



IA-03 | Prometheus | Toplines | October 2025

638 Interviews with likely 2026 voters in Iowa's 3rd Congressional District from October 23-27, 2025.

Margin of Error = +/- 4.3%.

Generic Ballot

- 45% The Democratic candidate
- 42 The Republican candidate
- 13 Not sure
- 1 Would not vote

4% Net Democratic Candidate

Jennifer Konrft v Zach Nunn Ballot

- 50% Jennifer Konrft, the Democratic candidate
- 42 Zach Nunn, the Republican candidate
- 7 Not sure
- 1 Would not vote

8% Net Jennifer Konrft

Sarah Trone Garriott v Zach Nunn Ballot

- 53% Sarah Trone Garriott, the Democratic candidate
- 40 Zach Nunn, the Republican candidate
- 6 Not sure
- 1 Would not vote

12% Net Sarah Trone Garriott

Q1. How did you vote in the 2024 election for President, or for some reason were you unable to vote?

- 46% Kamala Harris, the Democrat
- 48 Donald Trump, the Republican
- 2 A third party candidate
- 1 Not registered/Too young/Ineligible
- 4 Did not vote

Q2. Regardless of what you think of the political parties, which party are you registered to vote with?

- 33% The Democratic Party
- 40 The Republican Party
- 25 Registered to vote, but not with a political party
- 2 Some other political party

Polling was conducted online from October 23-27, 2025. Using Dynamic Online Sampling to attain a representative sample, Change Research polled 638 likely 2026 voters in Iowa's 3rd Congressional District. Post-stratification was performed on age, gender, race/ethnicity, education, and 2024 presidential vote. You can see a full methodology statement [here](#), which complies with the requirements of AAPOR's Transparency Initiative. Members of the Transparency Initiative disclose all relevant details about our research, with the principle that the public should be able to evaluate and understand research-based findings, in order to instill and restore public confidence in survey results.

Q3. Do you plan to vote in the November 2026 election for Senate, US House, and other offices?

85 Yes, definitely
 9 Yes, probably
 6 Maybe (50-50)
 0 No, probably not [Terminated]
 0 No, definitely not [Terminated]

Q4. What are the top three issues facing the country today?

51% The cost of living
 51 Government corruption
 47 Healthcare costs and access
 33 Democracy
 32 Jobs and the economy
 30 Immigration
 21 Taxes
 20 Education
 19 Crime and public safety
 11 Climate and environmental issues
 10 Abortion
 8 Roads and other infrastructure

Q5. How favorable are your feelings about each of the following individuals or groups? (Sorted in descending order by 'Total Fav')

	<u>Favorable</u>			<u>Unfavorable</u>		Never Heard of	<i>Total Fav</i>	<i>Total Unfav</i>
	Very	Smwt	Neu	Smwt	Very			
Donald Trump	31	12	4	3	49	0	43	53
Zach Nunn	23	14	14	8	38	3	37	46
Ashley Hinson	14	9	15	5	28	29	22	34
Sarah Trone Garriott	14	8	16	2	10	50	22	12
Jennifer Konfrst	13	10	15	2	9	51	22	11

Q6. Do you approve or disapprove of the job being done by Donald Trump on each of the following? (Sorted in descending order by 'Total Approve')

	<u>Approve</u>		<u>Disapprove</u>		Not Sure	<i>Total Approve</i>	<i>Total Disapprove</i>
	Strong	Smwt	Smwt	Strong			
His job as president overall	30	16	3	49	1	46	53
Handling jobs and the economy	28	17	5	48	2	45	53
Handling affordability and the cost of living	18	23	8	50	1	41	59

Q7. Do you approve or disapprove of the job Zach Nunn is doing as Iowa's 3rd District's Congressman?

21% Strongly approve
16 Somewhat approve
8 Somewhat disapprove
40 Strongly disapprove
15 Not sure

37% Total Approve

48 Total Disapprove

Q8. If the 2026 election for Iowa's 3rd Congressional District was held today, who would you vote for?

44% The Democratic candidate
40 The Republican candidate
16 Not sure

Q8b. [IF NOT SURE] If you had to choose, who would you vote for?

13% The Republican candidate
8 The Democratic candidate
76 Not sure
3 Would not vote

Generic Ballot

45% The Democratic candidate
42 The Republican candidate
13 Not sure
1 Would not vote

4% Net Democratic Candidate

[TEXT] Please read the following information about candidates for Iowa's 3rd Congressional District.

Jennifer Konfrst is the Minority Leader of the Iowa State House of Representatives. She first ran for the State House to advocate for everyday working Iowans and is running for Congress to defend healthcare access for Iowans, take on government corruption, and stand up for our veterans.

Zach Nunn is in his second term as your Congressman, after years as a state legislator in Iowa where he helped Gov. Reynolds deliver on a conservative agenda. Now he's doing the same in Washington, standing with President Trump to bring economic growth and opportunity to all Iowans.

Q9. Now that you have heard more, if the 2026 election for Iowa's 3rd Congressional District was held today, who would you vote for?

49% Jennifer Konfrst, the Democratic candidate
42 Zach Nunn, the Republican candidate
9 Not sure

Q9b. [IF NOT SURE] If you had to choose, who would you vote for?

15% Jennifer Konfrst, the Democratic candidate
3 Zach Nunn, the Republican candidate
74 Not sure
8 Would not vote

Jennifer Konfrst v Zach Nunn Ballot

50% Jennifer Konfrst, the Democratic candidate
42 Zach Nunn, the Republican candidate
7 Not sure
1 Would not vote

8% Net Jennifer Konfrst

[TEXT] Once again, please read the following information about candidates for Iowa's 3rd Congressional District.

Sarah Trone Garriott is a mother, minister and state senator who worked across party lines to protect public schools and lower taxes. She took on her own party and fought for term limits and a ban on insider trading for politicians. In Congress, Sarah will continue to be an independent voice and prioritize lowering costs for hardworking Iowa families.

Zach Nunn is in his second term as your Congressman, after years as a state legislator in Iowa where he helped Gov. Reynolds deliver on a conservative agenda. Now he's doing the same in Washington, standing with President Trump to bring economic growth and opportunity to all Iowans.

Q10. Now that you have heard more, if the 2026 election for Iowa's 3rd Congressional District was held today, who would you vote for?

52% Sarah Trone Garriott, the Democratic candidate
39 Zach Nunn, the Republican candidate
9 Not sure

Q10b. [IF NOT SURE] If you had to choose, who would you vote for?

14% Zach Nunn, the Republican candidate
8 Sarah Trone Garriott, the Democratic candidate
66 Not sure
12 Would not vote

Sarah Trone Garriott v Zach Nunn Ballot

53% Sarah Trone Garriott, the Democratic candidate
40 Zach Nunn, the Republican candidate
6 Not sure
1 Would not vote

12% Net Sarah Trone Garriott

D1. Are you:

47% A man
53 A woman
0 Neither of these

D2. Age

20% 18 to 34
25 35 to 49
25 50 to 64
30 65+

D3. What is your race?

88%	White / Caucasian
4	Hispanic or Latino/a
3	Black or African American
2	Asian / Pacific Islander
1	American Indian or Alaska Native
2	Other

D4. What is the highest level of education you have completed?

13%	High school diploma or less
24	Some college, but no degree
15	Associate's degree, or two-year college degree
32	Bachelor's degree, or four-year college degree
16	Graduate degree

D5. Party Identification

23%	Strong Democrats
6	Weak Democrats
12	Independent lean Democrats
12	Pure independents
8	Independent lean Republicans
9	Weak Republicans
29	Strong Republicans
29%	Base Democrats
33	Independents + Leaners
38	Base Republicans
41%	Democrats
12	Pure independents
47	Republicans