



To: Interested Parties
From: Matt Booker and Francisco Proskauer Valerio, Change Research
Re: Connecticut Governor’s Race Polling
Date: June 3, 2026

Lamont Leads the Democratic Primary for Governor; Elliott Gains Ground as Voters Learn More

A new Change Research survey¹ of likely 2026 Democratic primary voters in Connecticut shows Governor Ned Lamont leading State Representative Josh Elliott 58%-20% ahead of the August 11 primary. 22% of voters are undecided.

Lamont enters the race widely known and well liked; Elliott is still introducing himself

Lamont is viewed favorably by 71% of primary voters and unfavorably by 14%. His standing is strongest among self-identified strong Democrats (80% favorable / 6% unfavorable) and voters 65 and older (81% / 8%).

Elliott is far less defined, as 41% have never heard of him. However, those who have formed an impression lean positive: 22% favorable to 8% unfavorable. He is particularly strong with voters under 50, who view him favorably 38%-5%.

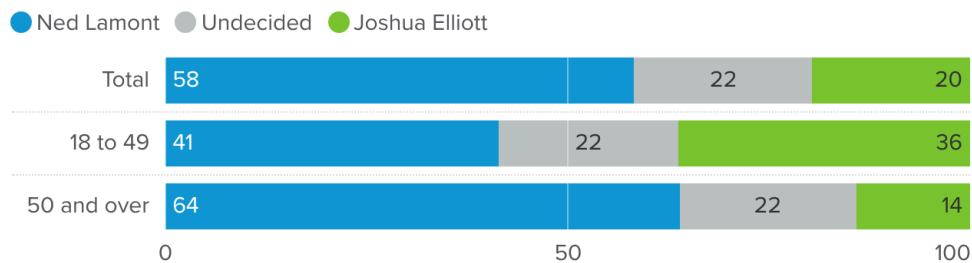
Lamont holds a wide lead on the initial ballot

On the initial ballot, Lamont’s lead is broad and anchored by groups that typically make up a large portion of Democratic primary voters. He leads Elliott 65%-14% with strong Democrats, 68%-10% with voters over 65, and 68%-11% among Black voters. Elliott leads with voters under 35, where he is ahead 44%-34%. Among voters familiar with both candidates, Lamont’s advantage is smaller than his lead overall, at 52%-29%.

Initial Ballot by Age

CHANGE RESEARCH™

"If the Democratic primary election for Governor were held today, and the candidates were the following, who would you vote for?"



¹ Polling was conducted online from May 28-29, 2026. Drawn from a list of registered Democratic voters in Connecticut and using Dynamic Online Sampling and SMS text messaging to attain a representative sample, Change Research polled 887 likely 2026 Democratic primary voters in Connecticut. Post-stratification was performed on age, gender, race/ethnicity, education, and region. The survey has a margin of error of 3.4 percentage points. A full methodology statement can be found [here](#).

The economy is top of mind for Democrats in Connecticut

Economic issues dominate the list of concerns among the electorate: 60% of primary voters name inflation and the cost of living among their top issues and 52% name healthcare. Utility costs, jobs, and taxes also rank as pressing concerns for voters.

Cost concerns are most pronounced among younger and more diverse voters. Inflation ranks highest with voters under 35 (72%), and housing costs are a top concern for 39% of under-35 voters and 48% of voters of color, versus 29% of voters overall.

The race tightens after voters hear about both candidates

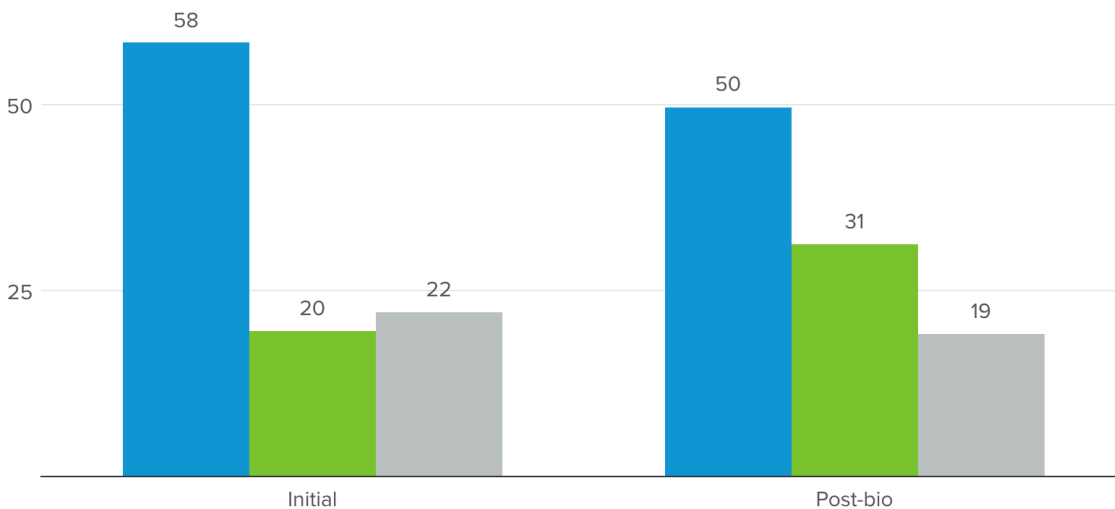
After respondents read balanced positive and negative information about each candidate, Lamont leads 50% to 31%, with 18% undecided. Most of the movement comes from voters who did not previously know Elliott: among those who had never heard of him, Lamont's lead narrows from 67%-7% to 53%-23%. For voters who have heard of both candidates, the race also becomes tighter, from a 52%-29% Lamont edge to a smaller 48%-37% Lamont advantage. Elliott moves into the lead with Democratic-leaning independents and voters aged 35 to 49, while Lamont remains strongest with strong Democrats and voters 65 and older.

Gubernatorial Ballot Shift

CHANGE RESEARCH™

"If the Democratic primary election for Governor were held today, and the candidates were the following, who would you vote for?"

● Ned Lamont ● Joshua Elliott ● Undecided



Overall, the data shows a race where Ned Lamont starts with several advantages, including strong numbers with older voters and Black voters. However, Elliott shows strength with voters under 50, and if a younger electorate shows up for the August primary, a closer election could take shape.