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**LAMONT FRONTRUNNER IN NOMINATION FOR CT GOVERNOR, STATE OF STATE PROPOSALS POPULAR WITH RESIDENTS**

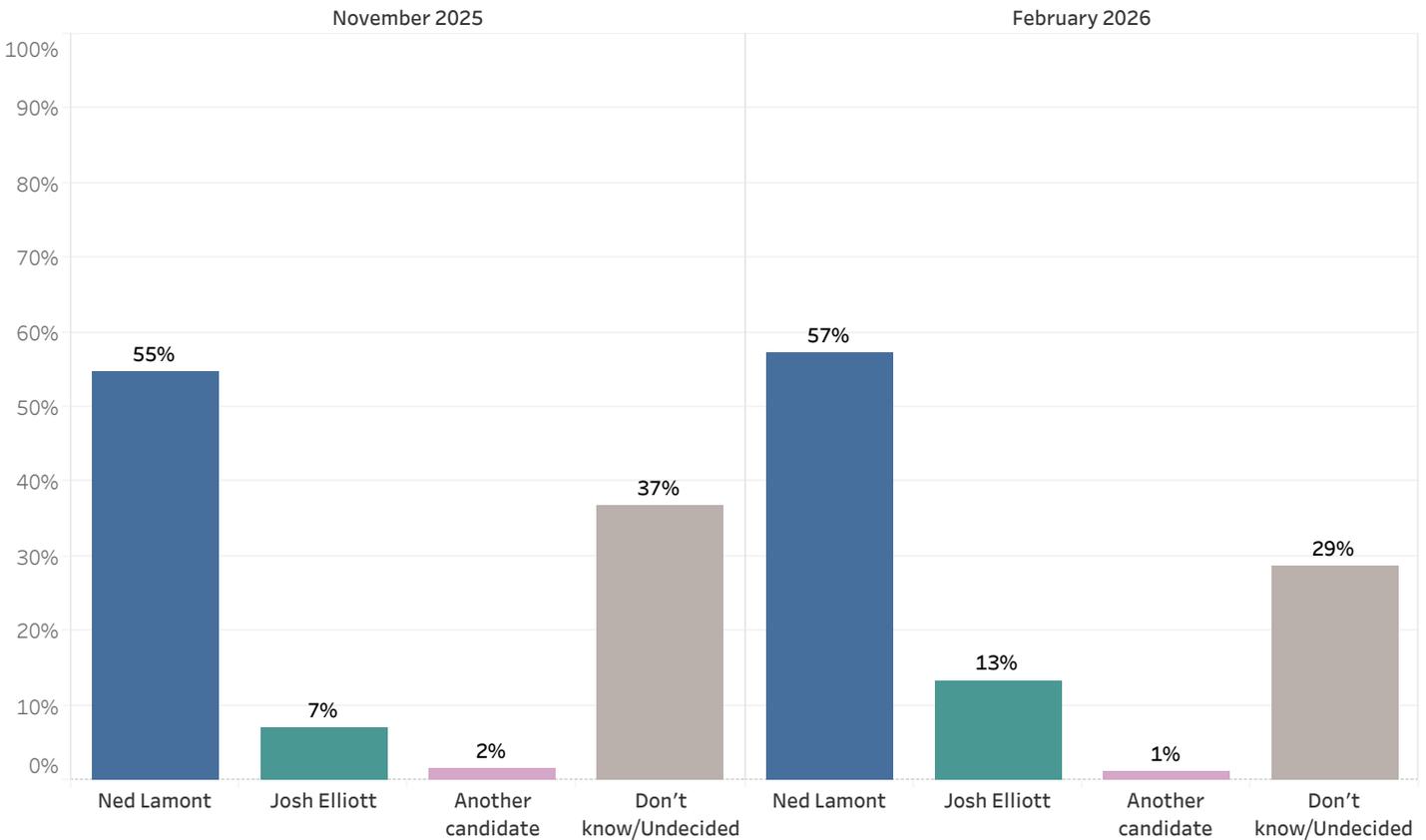
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DURHAM, NH - Incumbent Connecticut Governor Ned Lamont continues to hold a comfortable lead in his bid for the Democratic nomination in 2026, although approval of Lamont's performance as governor has slipped in recent months. However, bipartisan majorities support his proposals to ban cell phone use and provide free breakfast in Connecticut public schools, along with requiring parental permission for children to access social media platforms. The high cost of living is seen as the most important problem facing the state and just over half of state residents say it has been difficult to pay their home heating costs this winter, and a majority support a proposed rebate to help defray home heating costs. Nearly all Connecticut residents believe affordable housing is a very or somewhat serious problem in the state and more than two-thirds support a proposed rent cap.

**2026 Connecticut Gubernatorial Election**

In the race for the Democratic nomination for Governor of Connecticut, 57% of likely Democratic primary voters (N=170) say they would vote for incumbent Governor Ned Lamont if the primary were held today, 13% would vote for state representative Josh Elliott, 1% would vote for another candidate, and 29% are undecided. In November, 55% supported Lamont while 7% supported Elliott. Elliot's support is highest among self-described progressives (25%) and socialists (20%), but only 5% of moderates and 4% of liberals support him while most support Lamont.

**Connecticut 2026 Gubernatorial Democratic Primary**



\* We ask that this copyrighted information be referred to as *the Nutmeg State Poll*, a States of Opinion Project, conducted by the University of New Hampshire Survey Center.