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President Donald Trump's approval rating fell to 10 points under water (44% approve, 53% disapprove) as tensions with Iran escalated and after he delivered an address to the nation re-upping his critiques of the American voting system. His renewed attacks followed our recent survey showing voter confidence in elections reached a high-point of the year, with roughly 2 in 3 voters saying they expect the 2026 elections to be free and fair. This includes nearly identical shares of Democrats (69%) and Republicans (67%), who were split by 38 points on that question at this point in the 2022 cycle.

At the issue level, perspectives on Trump's handling of foreign policy declined marginally over the week as the situation with Iran shifted, while national security remains his strongest issue. Sentiment about the economy fell further in the red (39% approve, 53% disapprove), marking Trump's worst numbers since late May. On the congressional side, voters trust Democrats over Republicans to handle the matter, 42% to 39%, marking a modest gain for the party this week, while Republicans in Congress (like Trump) maintain their edge on national security (45% to 38%).

Vermont Republican Phil Scott is the most popular governor in America (71% approval) and Iowa Republican Kim Reynolds is the most unpopular (51% disapproval). Across the country, 45 of 50 governors are more liked than not, but much of that strength sits with governors on their way out. Read more on our [latest state-level approval ratings](#) below.

MORNING CONSULT — POLITICAL INTELLIGENCE (7/20/2026)				
PRESIDENTIAL APPROVAL	APPROVE	DISAPPROVE	NET	Δ 4-WK
Overall	44%	53%	-10	▲ 1
The economy	39%	53%	-14	▼ 4
Health care	40%	50%	-10	▲ 2
Immigration	47%	46%	Even	▼ 3
Energy	43%	46%	-3	~
Foreign policy	43%	48%	-5	▲ 2
National security	48%	43%	+5	▲ 2
CONGRESS · BALLOT & ISSUE TRUST	DEM	REP	NET	Δ 4-WK
Midterm ballot	46%	43%	D+3	~
The economy	43%	39%	D+4	~
Health care	49%	33%	D+16	~
Immigration	41%	43%	R+2	~
Energy	43%	38%	D+5	▼ 1
Foreign policy	42%	39%	D+3	▲ 2
National security	38%	45%	R+6	~

Source: Morning Consult Political Intelligence tracking, fielded through July 19, 2026, among registered voters.

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