

March 27, 2026

Congressman Larson well-positioned to retain his seat

Survey Findings from CT-01 Democratic Primary Poll

To: Interested Parties

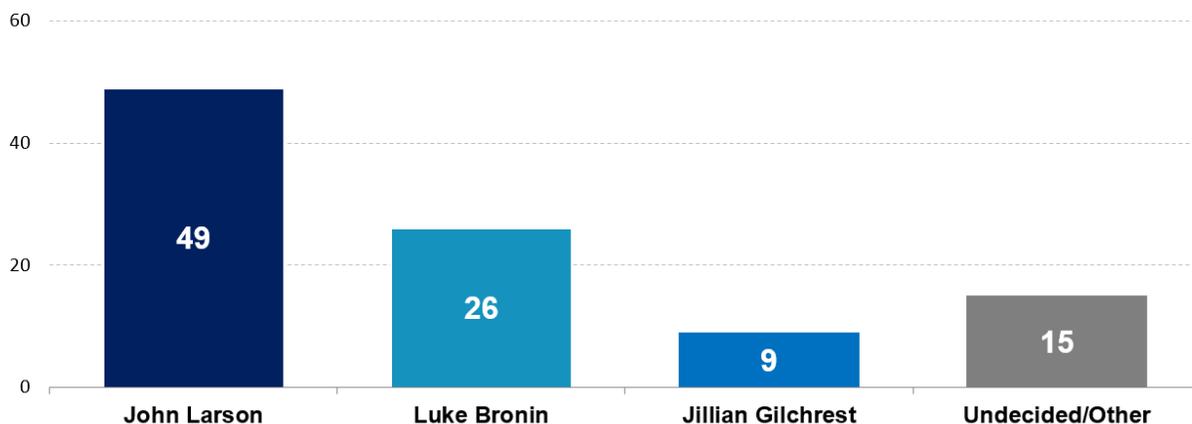
From: GQR

Congressman John Larson is well-positioned to win the Democratic primary election for Connecticut’s First District.¹ Larson leads former Hartford Mayor Luke Bronin by 23 points, 49 to 26 percent with 9 percent for State Representative Jillian Gilchrest and 15 percent undecided or supporting other candidates.

Larson enjoys near universal name recognition (92 percent), is well liked (76 percent view him favorably) and voters believe he delivers for Connecticut (80 percent say that it describes Larson well). He wins all regions of the district, across the ideological spectrum and among voters over 50 years (71 percent of the electorate). What’s more, Larson maintains his lead throughout the survey, including after he is attacked for being older and having “been in office too long.”

Figure 1: Primary Trial Heat

Thinking about the Democratic primary election for U.S. Congress this year, if the Democratic Primary election for U.S. Congress were held today, for whom would you vote if the candidates were: John Larson, Luke Bronin, Jillian Gilchrest, or someone else?



¹ GQR conducted an 18-minute live phone survey among 400 likely Democratic primary voters in Connecticut’s First Congressional District from January 27th to February 1st, 2026. Sample was pulled from the voter file. The data is subject to a margin of error of +/- 4.90 percentage points at the 95 percent confidence interval.