

How popular is Donald Trump?

di Nate Silver e Eli McKown-Dawson

The polls have not been kind to Donald Trump this week. **As of today, his net approval rating in our average is down to -14.3.** That's better than his second term low of -15.0, but not by much.

Drilling down into that number, the share of Americans who [*strongly disapprove of the job Trump is doing*](#) hit a second term high of 45.7 percent yesterday. Comparatively few Americans — 24.2 percent — *strongly approve* of Trump.

How should we expect Trump's approval rating to change over the next few weeks? Currently, most of the highest-weighted polls in our average include some data from [*after Alex Pretti's killing*](#) on January 24, but went into the field a few days before the 24th (meaning not all respondents were aware of the killing when they took the poll). As the killing becomes fully baked into the polls, Trump's numbers might decline further. **-EMD, 1/30/26**

This is the landing page for Silver Bulletin presidential approval ratings. We'll regularly update the charts below as new polls about Donald Trump's approval rating come in.¹

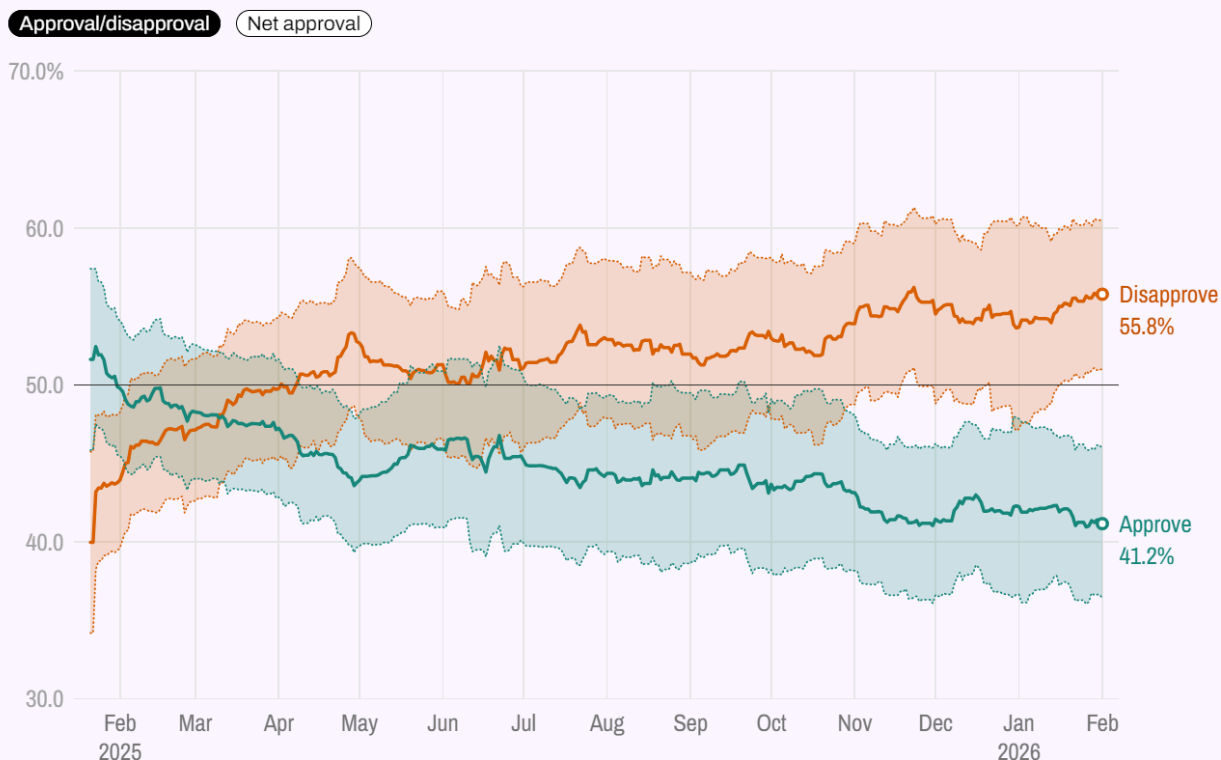
[Click here for more information on how the average works.](#) The Silver Bulletin average weights more reliable polls heavily — you can [find our latest pollster ratings here.](#)

The topline: So, just how popular is Trump?

Our default average reflects a combination of all polls, whether conducted among adults, registered voters or likely voters. If a pollster releases multiple versions of the same survey, we use the all-adult version of the poll before the registered voter version.² This is because all Americans have a say in how popular the president is — whether or not they vote.

Do Americans approve or disapprove of Donald Trump?

An updating polling average of Donald Trump's approval rating and disapproval rating in his second term, accounting for each poll's quality, recency, sample size, and partisan lean



Note: 90% of polls are projected to fall within the shaded regions.
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The polls: What do the surveys say?

Each poll gets an “influence” score based on its pollster rating, its sample size, its recency, and how often a pollster is publishing numbers.³ Sometimes, surveys with mediocre pollster ratings have more weight in the model just because they were conducted very recently or polled more people.

Inevitably, there’s a lot of disagreement from survey to survey, not just because of [statistical variation](#) but because pollsters have [long had trouble pegging down Trump’s popularity](#). By clicking on the “adjusted results” tab, you can see how [the “house effects” adjustment](#) that corrects for these predictable differences works in our model. You can also [click here to download every Trump approval poll in our database](#) — including some additional details not shown in the chart below.

Polls included in our Trump approval average

The polls on Donald Trump's approval rating used in our average and how influential they are. Click the buttons below to switch between the raw results and adjusted results

Raw results Adjusted results

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Dates	Pollster	Sample	Influence	Approve	Disapprove	Net
1/20 - 1/26, 2026	<u>Pew Research Center</u>	8,512 A	1.18	37%	61%	-24%
1/26 - 1/27, 2026	<u>The Argument/Verasight</u>	1,515 RV	1.10	42%	57%	-15%
1/29 - 1/30, 2026	<u>Public Policy Polling</u> <i>Sponsor: Progress Action Fund (hybrid PAC)</i>	652 RV	1.05	39%	56%	-17%
1/23 - 1/26, 2026	<u>Beacon Research/Shaw & Co. Research</u> <i>Sponsor: FOX News</i>	1,005 RV	0.99	44%	56%	-12%
1/22 - 1/26, 2026	<u>Echelon Insights</u>	1,029 LV	0.92	41%	57%	-16%
1/26 - 1/26, 2026	<u>J.L. Partners</u> <i>Sponsor: Daily Mail</i>	1,037 RV	0.89	41%	51%	-10%
1/23 - 1/26, 2026	<u>Tavern Research</u> <i>Sponsor: Searchlight Institute</i>	1,508 LV	0.71	42%	56%	-14%
1/21 - 1/28, 2026	<u>RMG Research</u> <i>Sponsor: Napolitan News Service</i>	3,000 RV	0.68	48%	51%	-3%
1/22 - 1/28, 2026	<u>Rasmussen Reports</u>	1,500 LV	0.63	47%	52%	-5%
1/23 - 1/25, 2026	<u>Ipsos</u> <i>Sponsor: Reuters</i>	1,139 A	0.62	38%	59%	-21%

Note: LV indicates likely voters, RV indicates registered voters, V indicates voters, and A indicates U.S. adults. We adjust the weights for daily tracking polls so interviews are not double-counted.

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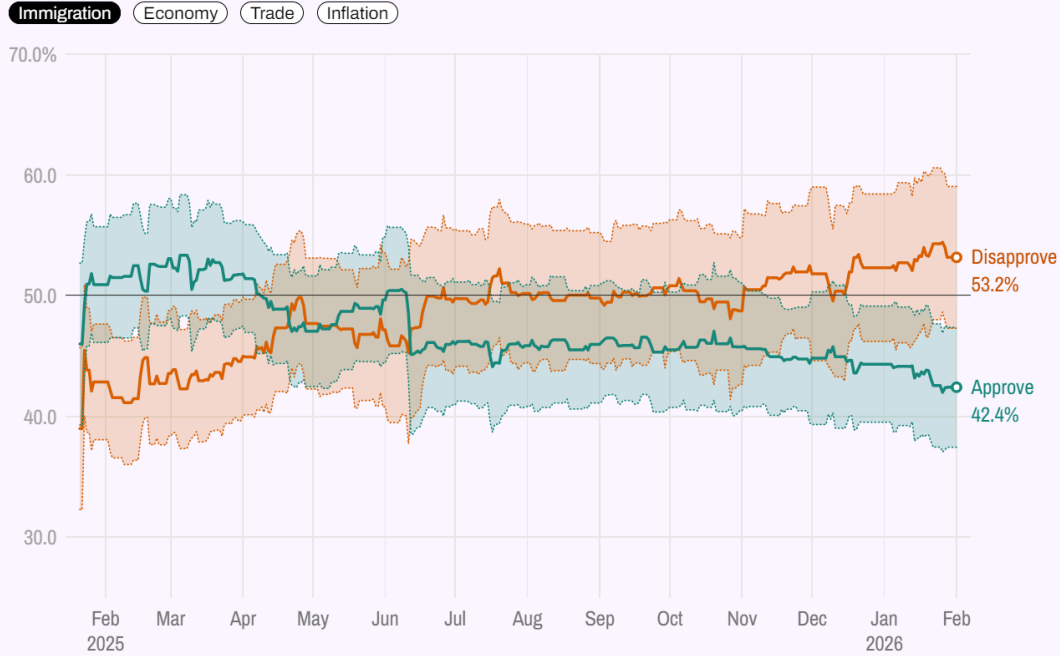
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The issues: What do Americans think of Trump's policies?

Pollsters don't just ask about Trump's overall job approval, they also ask about how well he's dealing with different issues. We're tracking how the public feels about Trump's handling of four topics: the economy, immigration, trade and tariffs, and the cost of living.

Do Americans **approve** or **disapprove** of how Trump handles immigration?

An updating polling average of Donald Trump's approval rating and disapproval rating **immigration**, accounting for each poll's quality, recency, sample size, and partisan lean. Use the buttons below to see the average for different issues

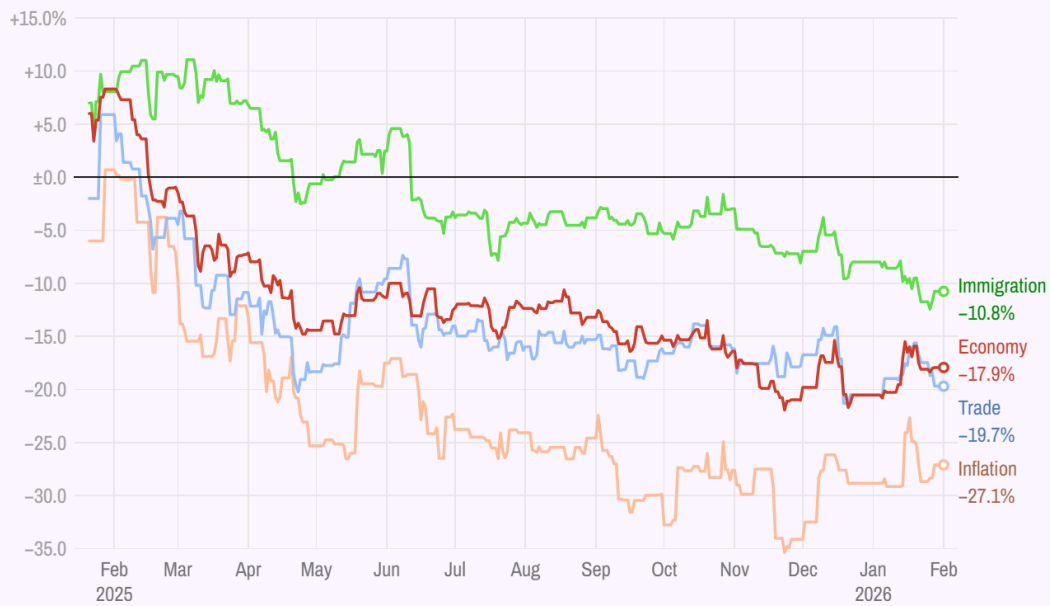


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Trump's net approval rating on the issues

An updating polling average of Donald Trump's net approval rating on immigration, the economy, trade, and inflation, accounting for each poll's quality, recency, sample size, and partisan lean



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Immigration approval polls included in our average

The polls on Donald Trump's approval rating on immigration used in our average and how influential they are. Click the buttons below to switch between approval polls for different issues

Immigration Economy Trade Inflation

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Dates	Pollster	Sample	Influence	Approve	Disapprove	Net
1/23 - 1/26, 2026	<u>Beacon Research/Shaw & Co. Research</u> <i>Sponsor: FOX News</i>	1,005 RV	1.30	45%	55%	-10%
1/22 - 1/26, 2026	<u>Echelon Insights</u>	1,029 LV	1.24	43%	55%	-12%
1/26 - 1/26, 2026	<u>J.L. Partners</u> <i>Sponsor: Daily Mail</i>	1,037 RV	1.15	39%	47%	-8%
1/23 - 1/25, 2026	<u>Ipsos</u> <i>Sponsor: Reuters</i>	1,139 A	0.85	39%	53%	-14%
1/15 - 1/22, 2026	<u>Clarity Campaign Labs</u>	1,147 LV	0.69	46%	50%	-4%
1/12 - 1/17, 2026	<u>The New York Times/Siena College</u>	1,625 RV	0.65	40%	58%	-18%
1/23 - 1/25, 2026	<u>Morning Consult</u>	2,201 RV	0.63	49%	45%	+4%
1/14 - 1/20, 2026	<u>Verasight</u> <i>Sponsor: Strength in Numbers</i>	1,532 A	0.51	44%	52%	-8%
1/12 - 1/14, 2026	<u>Rasmussen Reports</u>	1,131 LV	0.39	39%	59%	-20%
1/16 - 1/22, 2026	<u>YouGov</u>	2,226 A	0.37	44%	50%	-6%

Note: LV indicates likely voters, RV indicates registered voters, V indicates voters, and A indicates U.S. adults. We adjust the weights for daily tracking polls so interviews are not double-counted.

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