

Presidential approval is the best predictor of whether the incumbent party gains or loses seats.



Biden's Job Approval

48%*

**For the first time in history
four successive presidents lost
control of Congress.**

<u>Job Approval</u>	<u>Average Change</u>
Over 60%	+1 Seat
49%-59%^	-12 Seats
Under 49%	-39 Seats

**POS September 2021 Omni among Registered Voters.*

^Does not include 1974

Source: Gallup using final presidential approval and midterm election results from 1962 to 2018, not including 1974.