



FOR IMMEDIATE RELEASE: WEDNESDAY, June 3, 2026

CONTACT:

Ashley Koning, Director
Office: 848-932-8940
akoning@rutgers.edu

All news releases are available at https://eagletonpoll.rutgers.edu/press_releases/. Follow the Rutgers-Eagleton Poll on [Facebook](#), [Bluesky](#) and [LinkedIn](#).

Most New Jersey Voters Say Government Should Address Health Care Affordability and Access to Mental Health Services

Majorities across party, gender and age see these issues as priorities for elected officials

NEW BRUNSWICK, N.J. (June 3, 2026) – Overwhelming majorities of New Jersey voters say it is important for elected government officials to make health care more affordable – and, in particular, expand access to mental health care for all and making such services available in K-12 schools, according to a Rutgers-Eagleton Poll.

The poll is the latest in the [New Jersey Health Matters](#) series commissioned by the [New Jersey Health Care Quality Institute](#) and conducted by the Eagleton Center for Public Interest Polling.

Seventy-six percent of voters say it is “very important” and another 17% say “somewhat important” that government officials address making health care more affordable. Regarding mental health care, 86% say it is either “very” (58%) or “somewhat” (28%) important for elected officials address expanding access to mental health care and 80% say the same about expanding mental health services in K-12 schools (52% “very,” 28% “somewhat”).

“The recent poll results reflect what we've been hearing across New Jersey: Residents want more access to mental health including expanded access in schools,” said [Linda Schwimmer](#), president and chief executive of the New Jersey Health Care Quality Institute.

She added the institute soon will release a Children's Mental Health Mapping Report, “which will be a critical resource for policymakers, with 17 recommendations to improve access to mental health services for children in New Jersey.”

When it comes to addressing mental health, New Jersey voters say government and schools have more to do. Sixty-three percent say the federal government is doing “too little,” 49% say the same of the New Jersey state government and 47% say this about the state’s public school districts. Some voters (17% for the federal government and 27% each for the state government

and public schools) are unsure about how much each of these entities are doing.

“New Jersey voters clearly see health care affordability and mental health access as priorities for their elected officials, and that holds across party lines, even if the intensity varies,” said [Ashley Koning](#), an assistant research professor and director of the [Eagleton Center for Public Interest Polling](#) at [Rutgers University-New Brunswick](#). “Many also say government and schools are falling short on mental health and that care is hard to access for children, teens and adults alike, signaling that voters want action on this important issue.”

As it stands, 55% say it is difficult (17% “very,” 38% “somewhat”) on some level for adults in the U.S. to access mental health care and 52% say this is the case for children and teenagers in the U.S. (16% “very,” 36% “somewhat”). Voters feel more optimistic on a personal level, however: Fifty-two percent say it is “very” (23%) or “somewhat” (29%) easy for people like themselves to access mental health care.

A majority of voters rate both their physical (20% “excellent,” 60% “good”) and mental (40% “excellent,” 44% “good”) health positively.

On nearly every item, Democrats and Republicans split widely on the issue while independents land in between. On making health care more affordable, Democrats and independents are more likely by double digits than Republicans to say it is an important issue for elected officials to address. The gap widens on expanding mental health care access (76% of Democrats versus 33% of Republicans say “very important”) and expanding mental health services in K-12 schools (76% of Democrats versus 23% of Republicans). Nevertheless, majorities of partisan voters say it is important at some level.

Double-digit differences also emerge between Democrats and Republicans when it comes to how much government and schools are doing, with especially polarizing views on the federal government. Eighty-three percent of Democrats say it is doing “too little” versus 36% of Republicans, with Republicans far more likely to say it is “just the right amount.” Republicans also are more likely than Democrats or independents to say it is easier for adults, children, teens and people like themselves to find mental health care, as well as more likely to rate their own personal physical and mental health more positively.

Women place more importance on government action than men: They are much more likely than men to say mental health care access (69% versus 47%) and on K-12 services (64% versus 40%) is “very” important for elected officials to address. Women also are more likely than men to see access as difficult for adults, children and teens and “people like you.” In addition, women are more likely than men by double digits to say government and schools are doing “too little” when it comes to mental health. Men are more likely than women to rate their mental health “excellent” (46% versus 34%).

Nonwhite voters consistently place more importance on government action than white voters. Nonwhite voters are more likely to say it is “very important” that elected officials make health

care more affordable (85% versus 73%), expand mental health care access (69% versus 53%), and expand mental health services in K-12 schools (63% versus 47%). They also are more likely to say the federal government is doing "too little" on mental health (71% versus 61%).

While voters, no matter their age, align on the degree to which they rate general health care affordability as important, younger voters place more importance than their older counterparts when it comes to mental health care access and mental health services in K-12 schools. Younger voters also are the most likely to see mental health care as difficult to access, both for adults nationally (24% "very difficult" versus 14% of the oldest voters) and for themselves (16% versus 6%). The starkest divide is on self-assessed mental health, which climbs steadily with age: Twenty-four percent of voters ages 18 to 34 rate their mental health "excellent," compared with 48% of those 65 and older, and about one-third (33%) of the youngest voters rate it only "fair."

Lower-income voters are more likely than higher-income voters to see the importance of government action on both health care and mental health. They also perceive greater difficulty than those in higher income households when it comes to accessing mental health care and report less positive ratings of physical and mental health. Educational differences follow a similar pattern, with college graduates and those with graduate work rating their physical and mental health more positively than voters with a high school education or less, who are also more likely to say accessing mental health care is difficult for people like themselves.

Results are from a statewide poll of 859 registered voters in New Jersey from May 15 to May 19. The full registered voter sample has a margin of error of +/- 4.2 percentage points.

###

ABOUT THE EAGLETON CENTER FOR PUBLIC INTEREST POLLING

Home of the Rutgers-Eagleton Poll, the Eagleton Center for Public Interest Polling (ECPIP) was established in 1971 and is the oldest and one of the most respected university-based statewide polling operations in the United States. Now in its 56th year and with the publication of over 200 polls, ECPIP's mission is to provide scientifically sound, nonpartisan information about public opinion. In addition to its public polling, ECPIP partners with organizations, foundations, and public agencies to design and conduct custom survey research on issues of public concern. To learn more about ECPIP, explore our published research and data archive, or inquire about our research services, please visit our website: eagletonpoll.rutgers.edu. You can also visit our [Facebook](#), [Bluesky](#), and [LinkedIn](#).

ABOUT THE EAGLETON INSTITUTE OF POLITICS

The Eagleton Center for Public Interest Polling is a unit of the Eagleton Institute of Politics at Rutgers University–New Brunswick. The Eagleton Institute studies how American politics and government work and change, analyzes how the democracy might improve and promotes political participation and civic engagement. The Institute explores state and national politics

through research, education and public service, linking the study of politics with its day-to-day practice. To learn more about Eagleton programs and expertise, visit eagleton.rutgers.edu.

ABOUT RUTGERS UNIVERSITY-NEW BRUNSWICK

Rutgers University-New Brunswick is where Rutgers, The State University of New Jersey, began more than 250 years ago. Ranked among the world's top 60 universities, Rutgers's flagship university is a leading public research institution and a member of the prestigious Association of American Universities. It is home to internationally acclaimed faculty and has 12 degree-granting schools and a Division I Athletics program. It is the Big Ten Conference's most diverse university. Through its community of teachers, scholars, artists, scientists and healers, Rutgers is equipped as never before to transform lives.

ABOUT THE NEW JERSEY HEALTH CARE QUALITY INSTITUTE

The New Jersey Health Care Quality Institute is an independent, non-profit organization dedicated to improving the safety, quality, and affordability of health care for everyone. Its work spans policy development, quality improvement, and community health initiatives that advance evidence-based policies and champion best practices. With a membership of more than 120 organizations, the Quality Institute serves as a trusted convener working to advance meaningful change.

QUESTIONS AND TABLES START ON THE FOLLOWING PAGE

Questions and Tables

The questions covered in this release are listed below. Column percentages may not add to 100% due to rounding. Respondents are New Jersey registered voters 18+ unless otherwise noted; all percentages are of weighted results. Interpret groups with sample sizes under 100 with extreme caution. Crosstabs may be suppressed or condensed in order to maintain statistical rigor.

L1. How would you rate each of the following:

Your overall physical health

Excellent	20%
Good	60%
Only fair	17%
Poor	3%
Don't know	1%
Unweighted N=	855

	Party ID			Gender		Race or Ethnicity		Age			
	Dem	Ind	Rep	Man	Woman	Non-Hispanic white	Non-white	18-34	35-49	50-64	65+
Excellent	17%	21%	23%	19%	20%	20%	19%	23%	17%	25%	15%
Good	60%	56%	65%	63%	58%	64%	54%	53%	62%	57%	66%
Only fair	20%	18%	9%	14%	19%	13%	24%	19%	16%	14%	18%
Poor	2%	5%	1%	2%	3%	2%	3%	3%	4%	4%	<1%
Don't know	1%	1%	1%	1%	1%	1%	0%	2%	0%	0%	1%
Unwt N=	325	327	200	459	382	667	163	104	222	240	286

**Mental Health June 2026
Rutgers-Eagleton Poll**

	Income		Region					Education			
	<\$100K	\$100K+	Urban	Suburb	Exurban	Phil/ South	Shore	HS or less	Some college	College grad	Grad work
Excellent	13%	24%	23%	21%	24%	11%	21%	13%	24%	22%	22%
Good	59%	61%	54%	63%	58%	60%	60%	58%	55%	59%	70%
Only fair	21%	14%	16%	13%	16%	25%	16%	24%	17%	15%	8%
Poor	5%	1%	5%	3%	3%	2%	2%	4%	4%	3%	<1%
Don't know	1%	0%	2%	0%	0%	1%	1%	1%	0%	1%	<1%
Unwt N=	295	486	104	237	133	180	201	112	201	293	245

L1. How would you rate each of the following:

Your overall mental health

Excellent	40%
Good	44%
Only fair	12%
Poor	3%
Don't know	1%
Unweighted N=	854

	Party ID			Gender		Race or Ethnicity		Age			
	Dem	Ind	Rep	Man	Woman	Non-Hispanic white	Non-white	18-34	35-49	50-64	65+
Excellent	30%	42%	51%	46%	34%	41%	37%	24%	33%	47%	48%
Good	48%	43%	41%	42%	47%	45%	43%	38%	46%	44%	47%
Only fair	18%	10%	5%	8%	15%	10%	17%	33%	12%	8%	2%
Poor	3%	4%	2%	3%	4%	3%	3%	3%	9%	1%	1%
Don't know	1%	1%	1%	1%	1%	1%	<1%	2%	0%	0%	1%
Unwt N=	326	327	198	458	383	665	164	103	221	240	287

	Income		Region					Education			
	<\$100K	\$100K+	Urban	Suburb	Exurban	Phil/South	Shore	HS or less	Some college	College grad	Grad work
Excellent	28%	47%	36%	38%	50%	28%	50%	33%	43%	41%	44%
Good	46%	44%	42%	49%	39%	48%	38%	45%	42%	43%	48%
Only fair	18%	8%	15%	9%	9%	20%	9%	16%	11%	13%	6%
Poor	6%	1%	3%	4%	2%	4%	3%	5%	4%	2%	2%
Don't know	2%	0%	3%	0%	0%	1%	1%	1%	0%	2%	<1%
Unwt N=	295	486	103	238	133	181	199	111	202	292	245

L2. Please indicate how important you think it is for elected government officials to address each of the following:

Expanding access to mental health care

Very important	58%
Somewhat important	28%
Not too important	8%
Not important at all	5%
Don't know	2%
Unweighted N=	852

	Party ID			Gender		Race or Ethnicity		Age			
	Dem	Ind	Rep	Man	Woman	Non-Hispanic white	Non-white	18-34	35-49	50-64	65+
Very	76%	54%	33%	47%	69%	53%	69%	64%	60%	59%	50%
Somewhat	19%	30%	40%	31%	25%	32%	22%	17%	24%	30%	38%
Not too imp	1%	10%	14%	12%	3%	9%	4%	10%	11%	6%	6%
Not at all	2%	5%	10%	8%	2%	5%	3%	7%	3%	4%	6%
Don't know	2%	1%	3%	2%	1%	1%	2%	3%	2%	2%	<1%
Unwt N=	324	326	199	457	381	665	162	104	221	240	284

	Income		Region					Education			
	<\$100K	\$100K+	Urban	Suburb	Exurban	Phil/South	Shore	HS or less	Some college	College grad	Grad work
Very	65%	53%	67%	59%	50%	57%	54%	56%	59%	56%	61%
Somewhat	24%	31%	22%	25%	36%	34%	29%	27%	31%	29%	27%
Not too imp	7%	8%	7%	7%	8%	8%	9%	10%	5%	8%	7%
Not at all	4%	6%	1%	8%	5%	1%	5%	4%	4%	7%	4%
Don't know	1%	1%	2%	1%	1%	0%	3%	3%	2%	<1%	1%
Unwt N=	294	486	103	235	133	179	202	112	199	292	245

L2. Please indicate how important you think it is for elected government officials to address each of the following:

Making health care, in general, more affordable

Very important	76%
Somewhat important	17%
Not too important	4%
Not important at all	2%
Don't know	<1%
Unweighted N=	853

	Party ID			Gender		Race or Ethnicity		Age			
	Dem	Ind	Rep	Man	Woman	Non-Hispanic white	Non-white	18-34	35-49	50-64	65+
Very	89%	76%	55%	67%	86%	73%	85%	76%	75%	77%	77%
Somewhat	10%	16%	31%	23%	11%	20%	11%	12%	18%	17%	19%
Not too imp	1%	5%	8%	5%	2%	4%	3%	7%	5%	3%	2%
Not at all	1%	2%	6%	4%	<1%	3%	2%	4%	2%	2%	2%
Don't know	0%	1%	<1%	1%	0%	<1%	0%	1%	0%	0%	<1%
Unwt N=	322	329	199	458	381	664	164	104	221	240	285

	Income		Region					Education			
	<\$100K	\$100K+	Urban	Suburb	Exurban	Phil/South	Shore	HS or less	Some college	College grad	Grad work
Very	82%	72%	87%	73%	72%	79%	75%	76%	77%	74%	81%
Somewhat	12%	21%	12%	18%	21%	15%	17%	22%	17%	14%	16%
Not too imp	4%	4%	1%	5%	3%	4%	4%	1%	3%	8%	2%
Not at all	2%	3%	<1%	4%	3%	1%	2%	1%	3%	3%	2%
Don't know	1%	0%	0%	1%	0%	0%	1%	0%	1%	<1%	<1%
Unwt N=	295	485	102	235	133	182	201	111	201	292	245

L2. Please indicate how important you think it is for elected government officials to address each of the following:

Expanding mental health services in K-12 schools

Very important	52%
Somewhat important	28%
Not too important	12%
Not important at all	7%
Don't know	2%
Unweighted N=	851

	Party ID			Gender		Race or Ethnicity		Age			
	Dem	Ind	Rep	Man	Woman	Non-Hispanic white	Non-white	18-34	35-49	50-64	65+
Very	76%	45%	23%	40%	64%	47%	63%	64%	53%	48%	45%
Somewhat	20%	30%	37%	32%	23%	30%	24%	18%	24%	32%	33%
Not too imp	2%	15%	23%	15%	8%	14%	7%	9%	16%	10%	13%
Not at all	2%	8%	13%	10%	4%	7%	6%	7%	6%	9%	6%
Don't know	1%	1%	4%	3%	1%	3%	<1%	3%	<1%	1%	3%
Unwt N=	324	326	198	455	382	663	163	104	223	239	282

	Income		Region					Education			
	<\$100K	\$100K+	Urban	Suburb	Exurban	Phil/South	Shore	HS or less	Some college	College grad	Grad work
Very	60%	46%	69%	48%	37%	57%	51%	54%	52%	46%	58%
Somewhat	26%	30%	22%	31%	28%	25%	28%	28%	30%	28%	24%
Not too imp	9%	14%	6%	11%	26%	12%	9%	11%	11%	15%	10%
Not at all	5%	9%	2%	8%	6%	6%	10%	4%	6%	10%	5%
Don't know	2%	2%	1%	2%	2%	<1%	4%	3%	1%	1%	3%
Unwt N=	295	484	104	235	132	181	199	110	202	292	243

L3. From what you know and/or have experienced, how difficult or easy is it for each of the following groups to get access to mental health care right now?

Adults in the U.S., overall

Very difficult	17%
Somewhat difficult	38%
Somewhat easy	24%
Very easy	9%
Don't know	12%
Unweighted N=	848

	Party ID			Gender		Race or Ethnicity		Age			
	Dem	Ind	Rep	Man	Woman	Non-Hispanic white	Non-white	18-34	35-49	50-64	65+
Very diff	21%	18%	7%	9%	23%	15%	21%	24%	15%	15%	14%
Smwht diff	47%	35%	30%	38%	40%	38%	41%	39%	34%	41%	40%
Smwht easy	19%	26%	31%	25%	24%	26%	22%	24%	27%	24%	23%
Very easy	3%	11%	15%	11%	6%	9%	6%	6%	14%	6%	8%
Don't know	10%	11%	17%	16%	7%	12%	10%	7%	10%	14%	15%
Unwt N=	324	323	199	453	381	663	161	104	220	239	282

	Income		Region					Education			
	<\$100K	\$100K+	Urban	Suburb	Exurban	Phil/South	Shore	HS or less	Some college	College grad	Grad work
Very diff	19%	13%	17%	16%	16%	20%	13%	18%	18%	14%	17%
Smwht diff	39%	39%	39%	41%	28%	34%	45%	36%	40%	34%	49%
Smwht easy	23%	26%	23%	22%	30%	28%	22%	26%	21%	29%	19%
Very easy	8%	9%	7%	8%	15%	6%	9%	7%	10%	11%	4%
Don't know	11%	12%	13%	13%	11%	12%	10%	13%	11%	12%	11%
Unwt N=	292	484	100	233	133	180	202	111	198	289	246

L3. From what you know and/or have experienced, how difficult or easy is it for each of the following groups to get access to mental health care right now?

Children and teenagers in the U.S.

Very difficult	16%
Somewhat difficult	36%
Somewhat easy	22%
Very easy	8%
Don't know	17%
Unweighted N=	853

	Party ID			Gender		Race or Ethnicity		Age			
	Dem	Ind	Rep	Man	Woman	Non-Hispanic white	Non-white	18-34	35-49	50-64	65+
Very diff	22%	16%	8%	12%	20%	17%	16%	18%	14%	19%	14%
Smwht diff	44%	36%	23%	32%	41%	34%	41%	49%	31%	32%	36%
Smwht easy	16%	22%	34%	23%	22%	23%	23%	16%	24%	25%	23%
Very easy	2%	10%	17%	11%	6%	8%	7%	7%	14%	6%	6%
Don't know	16%	16%	19%	23%	11%	18%	13%	11%	16%	18%	21%
Unwt N=	325	325	200	458	381	667	161	103	221	242	284

	Income		Region					Education			
	<\$100K	\$100K+	Urban	Suburb	Exurban	Phil/South	Shore	HS or less	Some college	College grad	Grad work
Very diff	15%	16%	19%	15%	15%	19%	15%	13%	17%	14%	22%
Smwht diff	35%	37%	40%	36%	34%	33%	38%	34%	39%	31%	43%
Smwht easy	26%	21%	20%	24%	23%	21%	22%	32%	17%	23%	16%
Very easy	7%	10%	3%	8%	16%	9%	8%	5%	11%	11%	4%
Don't know	17%	17%	18%	18%	13%	18%	17%	17%	15%	20%	15%
Unwt N=	294	487	103	236	133	179	202	111	199	293	246

L3. From what you know and/or have experienced, how difficult or easy is it for each of the following groups to get access to mental health care right now?

People like you

Very difficult	10%
Somewhat difficult	27%
Somewhat easy	29%
Very easy	23%
Don't know	10%
Unweighted N=	851

	Party ID			Gender		Race or Ethnicity		Age			
	Dem	Ind	Rep	Man	Woman	Non-Hispanic white	Non-white	18-34	35-49	50-64	65+
Very diff	12%	12%	6%	6%	14%	10%	12%	16%	10%	11%	6%
Smwht diff	35%	24%	18%	26%	28%	25%	30%	31%	25%	24%	28%
Smwht easy	27%	30%	32%	27%	31%	30%	27%	21%	30%	32%	31%
Very easy	21%	22%	29%	25%	22%	23%	23%	25%	26%	22%	21%
Don't know	6%	11%	15%	15%	6%	12%	7%	7%	8%	11%	14%
Unwt N=	325	324	199	453	384	665	161	103	222	241	282

	Income		Region					Education			
	<\$100K	\$100K+	Urban	Suburb	Exurban	Phil/South	Shore	HS or less	Some college	College grad	Grad work
Very diff	14%	6%	11%	10%	10%	12%	10%	17%	14%	7%	4%
Smwht diff	32%	24%	24%	29%	19%	29%	27%	30%	27%	21%	31%
Smwht easy	27%	30%	34%	27%	29%	30%	28%	26%	23%	34%	33%
Very easy	16%	30%	23%	22%	35%	19%	22%	14%	27%	28%	22%
Don't know	10%	10%	9%	11%	7%	11%	13%	14%	8%	9%	11%
Unwt N=	295	484	103	234	133	179	202	110	200	292	245

L4. When it comes to addressing mental health, do you think each of the following entities is doing too much, too little, or just the right amount?

The New Jersey state government

Too much	9%
Too little	49%
Just the right amount	15%
Don't know	27%
Unweighted N=	855

	Party ID			Gender		Race or Ethnicity		Age			
	Dem	Ind	Rep	Man	Woman	Non-Hispanic white	Non-white	18-34	35-49	50-64	65+
Too much	3%	10%	16%	12%	6%	9%	10%	9%	13%	10%	6%
Too little	54%	50%	40%	41%	57%	48%	54%	55%	45%	53%	46%
Just right	16%	15%	13%	17%	13%	14%	16%	13%	19%	13%	14%
Don't know	27%	25%	30%	30%	24%	29%	20%	22%	23%	25%	34%
Unwt N=	324	328	200	457	384	666	164	104	221	242	285

	Income		Region					Education			
	<\$100K	\$100K+	Urban	Suburb	Exurban	Phil/South	Shore	HS or less	Some college	College grad	Grad work
Too much	7%	10%	9%	7%	19%	5%	8%	8%	10%	11%	7%
Too little	54%	46%	53%	48%	43%	51%	51%	54%	52%	44%	47%
Just right	13%	17%	15%	18%	14%	15%	10%	6%	16%	18%	19%
Don't know	26%	27%	23%	26%	24%	29%	31%	31%	22%	27%	27%
Unwt N=	295	486	104	237	133	180	201	112	201	291	247

L4. When it comes to addressing mental health, do you think each of the following entities is doing too much, too little, or just the right amount?

The federal government

Too much	8%
Too little	63%
Just the right amount	11%
Don't know	17%
Unweighted N=	853

	Party ID			Gender		Race or Ethnicity		Age			
	Dem	Ind	Rep	Man	Woman	Non-Hispanic white	Non-white	18-34	35-49	50-64	65+
Too much	2%	9%	15%	10%	5%	8%	8%	8%	10%	10%	5%
Too little	83%	61%	36%	57%	71%	61%	71%	70%	62%	67%	57%
Just right	4%	12%	21%	13%	9%	14%	5%	5%	15%	10%	14%
Don't know	11%	18%	27%	20%	14%	18%	15%	17%	14%	13%	24%
Unwt N=	324	326	200	457	382	666	162	104	220	242	284

	Income		Region					Education			
	<\$100K	\$100K+	Urban	Suburb	Exurban	Phil/South	Shore	HS or less	Some college	College grad	Grad work
Too much	5%	10%	6%	8%	16%	5%	5%	6%	6%	11%	7%
Too little	69%	60%	73%	63%	54%	65%	64%	60%	71%	59%	67%
Just right	9%	13%	11%	11%	10%	10%	14%	10%	10%	14%	10%
Don't know	17%	17%	10%	18%	20%	20%	17%	24%	13%	16%	16%
Unwt N=	294	486	102	237	133	180	201	112	200	292	245

L4. When it comes to addressing mental health, do you think each of the following entities is doing too much, too little, or just the right amount?

Public school districts in New Jersey

Too much	11%
Too little	47%
Just the right amount	15%
Don't know	27%
Unweighted N=	857

	Party ID			Gender		Race or Ethnicity		Age			
	Dem	Ind	Rep	Man	Woman	Non-Hispanic white	Non-white	18-34	35-49	50-64	65+
Too much	3%	11%	25%	15%	8%	13%	9%	10%	18%	11%	7%
Too little	55%	48%	31%	40%	55%	43%	55%	52%	44%	48%	45%
Just right	15%	16%	12%	15%	14%	16%	11%	14%	17%	14%	13%
Don't know	27%	25%	31%	29%	24%	28%	25%	24%	21%	26%	35%
Unwt N=	327	328	199	459	384	668	164	104	222	241	287

	Income		Region					Education			
	<\$100K	\$100K+	Urban	Suburb	Exurban	Phil/South	Shore	HS or less	Some college	College grad	Grad work
Too much	8%	14%	6%	11%	17%	13%	9%	10%	11%	14%	9%
Too little	50%	45%	55%	46%	35%	46%	52%	52%	49%	41%	50%
Just right	15%	15%	9%	16%	24%	11%	14%	11%	15%	17%	13%
Don't know	28%	26%	30%	26%	25%	29%	25%	28%	25%	28%	28%
Unwt N=	294	489	103	238	133	181	202	111	201	294	247

Methodology

This Rutgers-Eagleton Poll was conducted via one-to-one SMS messaging that led respondents to an online version of the survey. Data was collected from May 15 to May 19, 2026, with a scientifically selected random sample of 859 New Jersey registered voters, 18 or older. The survey was administered in English only.

Data were weighted to represent the population of registered voters in New Jersey. A base weight was applied to account for unequal probabilities of selection arising from the stratified sample design. The sample frame was stratified by party registration, age, gender, and race/ethnicity, with cases released at differing rates across strata; base weights are the inverse of each respondent's selection probability within stratum, restoring the sample's correspondence to the underlying frame before subsequent adjustments. Following the creation of base weights, calibration was performed to align the sample with known population benchmarks on key demographic and political characteristics. Table 1 outlines the variables used in the calibration process and identifies the sources of the benchmark distributions.

The calibration was accomplished using iterative proportional fitting (IPF). This procedure balances each calibration variable to target benchmarks individually and iteratively. The entire set of calibration variables is cycled through until the weights converge across all dimensions. Weights were trimmed to prevent individual interviews from having too much influence on survey estimates. The use of these weights in statistical analysis ensures that the demographic characteristics of the sample closely approximate the demographic characteristics of the target population.

Table 1. Calibration Variable Definitions and Benchmark Sources

Variable (categories)	Source
Sex (M, F)	CPS 2024 Voting and Registration Supplement PUMS data ¹
Age (18-34, 35-49, 50-64, 65+)	CPS 2024 Voting and Registration Supplement PUMS data
Education (HS grad or less, some college / Assoc degree, 4-yr college grad, graduate degree)	CPS 2024 Voting and Registration Supplement PUMS data
Race (White~Hispanic, Black~Hispanic, Hispanic, Other/mixed~Hispanic)	CPS 2024 Voting and Registration Supplement PUMS data
Region (urban, suburb, exurban, Phila/south, shore)	L2 voter file
2024 recalled vote (Harris, Trump, other, did not vote) ²	New Jersey Voter Information Portal ³

Post-data collection statistical adjustments require analysis procedures that reflect departures from simple random sampling. We calculate the effects of these design features so that an appropriate adjustment can be incorporated into tests of statistical significance when using these data. The so-called "design effect" or *deff* represents the loss in statistical efficiency that results from a disproportionate sample design and systematic non-response. The total sample design effect for this survey is 1.59.

¹ U.S. Census Bureau. *Current Population Survey, November 2024: Voting and Registration Supplement [Public Use Microdata Sample]*. Washington, D.C.: U.S. Department of Commerce. Released April 21, 2025. Available at [Census.gov](https://www.census.gov).

² Population targets for 2024 presidential vote choice combined certified results from the New Jersey Division of Elections (for the candidate split among voters) with the validated nonvoter rate among survey respondents from the L2 voter file (for the share who did not vote in 2024).

³ <https://www.nj.gov/state/elections/assets/pdf/election-results/2024/2024-official-general-results-president.pdf>

Mental Health June 2026 Rutgers-Eagleton Poll

All surveys are subject to sampling error, which is the expected probable difference between interviewing everyone in a population versus a scientific sampling drawn from that population. Sampling error should be adjusted to recognize the effect of weighting the data to better match the population. In this poll, the simple sampling error for 859 New Jersey adults is +/- 3.3 percentage points at a 95% confidence interval. The design effect is 1.59, making the adjusted margin of error +/- 4.2 percentage points. Thus, if 50% of New Jersey adults in this sample favor a particular position, we would be 95% sure that the true figure is between 45.8 and 54.2% (50 +/- 4.2) if all New Jersey adults had been interviewed, rather than just a sample.

Sampling error is only one possible source of error in a survey estimate. Sampling error does not consider other sources of variation inherent in public opinion studies, such as selection bias, non-response bias, question wording, context effects, or reporting accuracy, which may contribute additional error.

This Rutgers-Eagleton Poll was fielded by RumbleUp with sample from L2 Data. The questionnaire was developed and all data analyses were completed in house by the Eagleton Center for Public Interest Polling (ECPIP). Ashley Koning and Jessica Roman led analysis and preparation of this release, with assistance from David Martin. Questions covered in this release were paid for and sponsored by the New Jersey Health Care Quality Institute (NJHCQI). The Rutgers-Eagleton Poll is paid for and sponsored by the Eagleton Institute of Politics at Rutgers, The State University of New Jersey, a non-partisan academic center for the study of politics and the political process. Full questionnaires are available on request and can also be accessed through our archives at eagletonpoll.rutgers.edu. For more information, please contact poll@eagleton.rutgers.edu.

Weighted Demographics
859 New Jersey Adults 18+
Overall Margin of Error = +/- 4.2 percentage points

Please note: Totals may equal slightly more or less than 100% due to rounding.

		deff	MOE
Democrat	38%	1.68	+/- 7.0%
Independent	39%	1.58	+/- 6.8%
Republican	23%	1.45	+/- 8.3%
Man	50%	1.54	+/- 5.7%
Woman	50%	1.60	+/- 6.3%
White	64%	1.44	+/- 4.5%
Non-white	36%	1.31	+/- 8.8%
18-34	19%	1.41	+/- 11.4%
35-49	24%	1.62	+/- 8.4%
50-64	26%	1.55	+/- 7.9%
65+	31%	1.52	+/- 7.1%
<100K	43%	1.53	+/- 7.1%
100K+	57%	1.60	+/- 5.6%
Urban	14%	1.59	+/- 12.1%
Suburb	35%	1.44	+/- 7.6%
Exurban	14%	1.60	+/- 10.8%
Phil/South	18%	1.73	+/- 9.5%
Shore	19%	1.50	+/- 8.5%
HS or less	25%	1.23	+/- 10.3%
Some college	23%	1.47	+/- 8.4%
4-yr college grad	33%	1.50	+/- 7.0%
Grad work	19%	1.55	+/- 7.8%