

CONNECTICUT

Connecticut voters will select their choice for governor, attorney general, and treasurer this November. All 36 senate seats and all 151 house seats are also up for election. Democrats are expected to maintain control of all state executive offices and hold supermajorities in the house and senate.

Governor

Democratic Nominee

Governor Ned Lamont

Governor Ned Lamont was first elected in 2018 and is seeking a third consecutive term in office. Lamont's background is in business. He holds an MBA from Yale University's School of Management and was the founder and CEO of Lamont Digital Systems, a telecommunications company that provided cable television services to university campuses.

Lamont names high **energy costs** as one of the greatest challenges facing Connecticut families. During his [2026 State of the State Address](#), Lamont proposed a \$400 per family energy rebate to help families pay high energy costs during the winter. His long-term energy plan seeks to hold utility companies accountable by increasing competition and implementing stronger oversight and transparency requirements.

Lamont has been a major proponent of **universal pre-K** and expanded **childcare access**. In 2025, Lamont established the [Early Childhood Education Endowment](#), a permanent funding source dedicated towards Connecticut's early childhood education system. Lamont invested approximately \$320 million into the fund for FY 2027 and vows to make increased investments throughout his third term. Lamont is also dedicated to further improving **K-12 education**. In April 2026, Lamont signed an executive order establishing a [Blue-Ribbon Commission on K-12 Education](#). The commission is tasked with conducting a top-to-bottom review of education funding and providing recommendations to improve student outcomes. Lamont also proposes a **bell-to-bell cellphone ban** in public schools and calls for free school breakfasts for all students.

Lowering the **costs of healthcare** will be a key priority in Lamont's third term. This past legislative session, Lamont proposed legislation directing the Office of Policy and Management to study the feasibility of a Connecticut Option, an insurance plan designed by the state, but run by private insurers that creates a "preferred network" of providers that offer low-cost care. The bill did not pass this session, but Lamont is likely to push for this program throughout his third term.

WFSB and CT Insider will [host](#) a debate between Lamont and Republican nominee Ryan Fazio on **Thursday, October 22. Lamont is expected to secure a third term in office with both the [Cook Political Report](#) and [Sabato's Crystal Ball](#) rating this race as Solid Democrat.**

Trivia: Lamont previously served on the boards of Mercy Corps and the Conservation Services Group.