

IA-03 District Primer

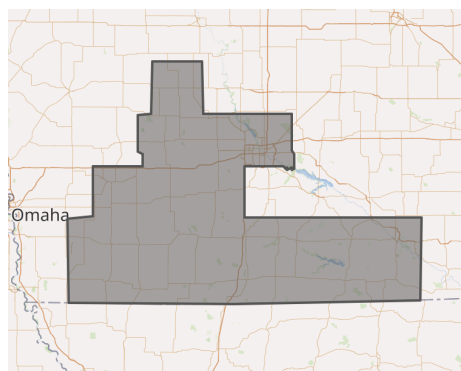
In 2024, Republican Zach Nunn won this seat by 18,602 votes. Dems lost by 12 votes per precinct. If we can persuade just 13 voters per precinct, we can win this year. With your help, we're going to **FLIP** this key seat and secure a Democratic House majority in 2026.

Key dates
Filing Deadline: March 13
Primary: June 2
Midterms: November 3

Recent Election Results

2024 Presidential Election	2024 House Election	2022 House Election
Harris: 199,043 (47.2%) Trump: 217,645 (51.6%)	Nunn (R): 213,746 (51.8%) Baccam (D): 197,962 (47.9%)	Nunn (R): 156,262 (50.3%) Axne (D): 154,117 (49.6%)

District Facts & Stats



Largest Cities

- Des Moines: 213,096
- West Des Moines (parts): 73,664
- Ankeny: 76,727

Geography

IA-03 encompasses south-central Iowa. The southern boundary spans most of the Missouri border. Outside of metro Des Moines (Polk County), the district is sparsely populated. The district was last redistricted in 2021.

Citizenry

IA-03 is socioeconomically mixed, with a combination of white- and blue-collar workers in industries ranging from insurance and financial services to agriculture and manufacturing. Approximately 79% of the population is white, 5% Black, 4% Asian, and 3% Hispanic. 12% of the households in the district speak a non-English language at home. In 2023, the median property value was \$229,200, and the homeownership rate was 69%.

The Local Vibe

Trump's immigration policies are causing workforce shortages throughout the district, especially in small towns and rural areas.

The downturn in the farm economy has contributed to layoffs at major regional employers like John Deere (with cuts in Des Moines and Ankeny) and Firestone.

Trump's policies have led to skyrocketing insurance costs and will potentially cause rural hospitals to close their doors.

In Des Moines, 12,000 people participated in the October 2025 No Kings protest; 26,000 turned out for the No Kings protest in March 2026.

Key Issues

- **Agriculture problems:** Trump's tariffs and cuts to farm programs, along with the war in Iran, have severely limited farmers' access to the inputs needed to grow their crops, risking economic hardship and food shortages.
 - **Health threats:** Cuts to Medicaid and Medicare, along with some of the most restrictive abortion policies in the country, have led to doctor shortages that limit access to health care and threaten the closure of rural hospitals.
 - **Labor woes:** Immigration crackdowns and the atmosphere of fear they create lead to workforce shortages and stunt economic growth in both urban and rural areas of the district.
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About the Candidates

Zach Nunn | GOP Incumbent

Republican **Zach Nunn** was born in Story City, IA in 1979. He served in the US Air Force. Nunn earned a bachelor's degree from Drake University in Des Moines in 2002. He has master's degrees from the US Air Force Air Command and Staff College and Cambridge University.

Nunn was first elected to office in 2022. He currently serves on three committees: Financial Services, Agriculture and the Select Committee on the Strategic Competition Between the United States and the Chinese Communist Party. Nunn opposes abortion with exceptions, including life of the mother, rape, and incest. He voted in favor of eliminating DEI offices and personnel from the Department of Defense but against defunding USAID and the UN. In August 2025, Nunn cosponsored the bipartisan Next Generation of Farmers Act, legislation to lower barriers to land ownership among first-time farmers. He has been endorsed by Donald Trump.

Sarah Trone Garriott | Democratic Challenger

Born in 1978, **Sarah Trone Garriott** is a Lutheran minister and mother of two. She has been a state senator from Iowa District 14 since 2023. She has master's degrees from Harvard University Divinity School and the Lutheran School of Theology at Chicago. She co-founded the Iowa Interfaith Exchange. She has been affiliated with the Lutheran Church ELCA and the Des Moines Area Religious Council Food Pantry Network. She has a record of fighting corruption, advocating for fair immigration policy, protecting Iowa's natural resources, and serving veterans. Trone Garriott is among the first cohort of 2026 Red-to-Blue candidates, selected for funding and campaign support by the DCCC.

The contrast: Although Nunn cultivates the image of being a moderate, he holds deeply conservative stances and is endorsed by Donald Trump. Trone Garriott's record of defeating three Republican opponents makes her a strong candidate for a seat that Nunn won by very slim margins in 2024 and 2022. She is likely to appeal to voters in the Des Moines metro area, while Nunn will likely pull his support from the more conservative and rural outlying counties.