

# NJ-07 District Primer

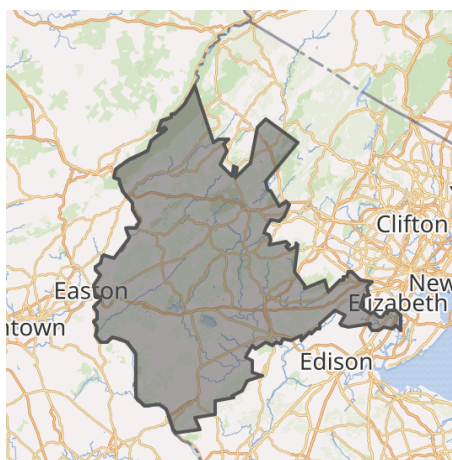
**In 2024, Republican Tom Kean, Jr. won this seat by 23,306 votes.** Dems lost this district by *just 4 votes per precinct*. That's close! If we can persuade just 5 voters per precinct, we can win this year. With your help, we're going to **FLIP** this key seat and secure a Democratic House majority in 2026.

Key dates
<b>Filing Deadline:</b> March 23
<b>Primary:</b> June 2
<b>Midterms:</b> November 3

## Recent Election Results

2024 Presidential Election	2024 House Election	2022 House Election
Harris: 216,349 (48.5%) <b>Trump: 221,591 (49.6%)</b>	<b>Thomas Kean (R): 223,331 (51.8%)</b> Susan Altman (D): 200,025 (46.4%)	<b>Thomas Kean (R): 159,392 (51.4%)</b> Tom Malinowski (D): 150,701 (48.6%)

## District Facts & Stats



### Largest Cities

- Westfield: 32,626
- Rahway: 31,309
- Bridgewater Twp: (parts): 32,600

### Geography

Located in northern NJ, the district is suburban and exurban tending to rural in the west. The eastern part of the district includes affluent suburbs whose residents often commute to NYC. Its western border is the Delaware River. Trump National Golf Club is in Bedminster.

### Citizenry

This district is among the most affluent in the country. It is primarily white (70.8%) with Hispanic/Latino (12.2%), Asian (8.3%) and Black (4.8%) being the next largest groups. 22,000 residents are veterans, and 16% are foreign-born. Despite the district's affluence, 73,000 rely on Medicaid, including one in seven children, and at least 12,000 receive SNAP benefits, and many more in counties only partially in the district.

### The Local Vibe

Part of the district, in the New Jersey Highlands, including Hunterdon and Warren counties, is heavily GOP. The district as a whole is more evenly divided, and the district is home to OneNJ7, an active and vocal Indivisible group currently sponsoring a series of candidate forums.

The planned establishment of a 1,500-bed ICE detention facility in Roxbury caused public outcry, leading the all-Republican town council to pass a resolution opposing an ICE detention center in the township.

Affordability has been a key local issue, and Trump's broken promises to reduce costs sank Kean's approval rating in 2025. Farmers in the district are facing acute labor shortages due to their reliance on H-2A guest workers amid Trump's immigration crackdown.

## Key Issues

- **Affordability:** This was a key issue in the 2025 governor's race (won by Democrat Mikie Sherrill) and Kean's approval rating has fallen in the district as prices go up, in spite of Trump's promises.
  - **Farm labor shortage:** Farmers in the western part of the district are facing acute labor shortages because of Trump's immigration policies.
  - **Trump:** The president's falling approval rating may become an issue in this race as the incumbent Republican is a stalwart MAGA loyalist who votes 100% of the time with Trump.
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## About the Candidates

### Tom Kean, Jr. | Republican Incumbent

**Tom Kean, Jr.** is running for his third term as this district's Congressional representative. He serves on the Energy and Commerce and the House Foreign Affairs committees. He has no primary challengers, has a large campaign chest, and votes with Trump 100% of the time.

Rep. Kean voted for the SAVE act to limit voting rights. He voted against a resolution to remove U.S. armed forces from Venezuela that have not been authorized by Congress, and he voted for a bill that would require universities and colleges in receipt of federal student aid to pressure pregnant students to bring their pregnancies to term, without informing them of abortion as an option.

### Democratic Challenger(s)

*There are several possible candidates; we'll know more after the primary election on June 2. Until then, we've identified these front runners:*

**Rebecca Bennet** is a former U.S. Navy helicopter pilot and current Air National Guard officer, as well as a business leader and the mother of two. She wants to make New Jersey more affordable by growing its economy. She favors measures that will lower the cost of prescription medications, remove barriers to accessing healthcare, and prevent gun violence. She has endorsements from national organizations and Democratic state and local politicians.

**Michael Roth** is a 4th generation New Jersey native who lives with a partner in Westfield, NJ. As the interim chief of the Small Business Administration during the Covid-19 pandemic, he managed \$1T in grants and worked on the passage of the Paycheck Protection Act. He also worked on the American Rescue Plan, Bipartisan Infrastructure Law, Inflation Reduction Act, and the CHIPS and Science Act. His priorities include ending DC corruption, improving affordability, and getting resources back to NJ for public education, childcare, reproductive freedom, flood protection, clean water and better transit.

Also running are **Tina Shah**, a triple-board certified M.D. who has worked for both the Obama and Biden administrations; **Brian Varela**, a NJ native and son of Colombian immigrants; **Megan O'Rourke** of Blairstown; and **Beth Allen Adubato** of New Providence.

**The contrast:** The district's GOP incumbent is all about being 100% MAGA, and his record shows it: His policies emanate robotically from Trump and MAGA in DC. Unlike him, the 2026 Democratic hopefuls have all demonstrated their abilities to make positive changes that can help the district's residents in response to local concerns.

Sign up for another event: [mobilize.us/swingleft](https://mobilize.us/swingleft)

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