The ideal district population, 39,202, is based on the 2020 Census. HD 19 has 38,433 people, which is -1.96% from the ideal. 16.55% of the people in the district are new constituents.

25.7% of the district is American Indian and Alaskan Native, alone or in combination with one or more other races. 0.54% of the district is Asian, alone or in combination with one or more other races.

6.34% of the district is Black or African American, alone or in combination with one or more other races. 0.12% of the district is Native Hawaiian or other Pacific Islander, alone or in combination with one or more other races.

64.15% of the district is non-Hispanic white. 3.11% of the district is some other race or ethnicity. 4.4% of the district is of Hispanic or Latino origin.

Counties: Atoka, Bryan, Choctaw, Pushmataha

Cities: Achille, Albany, Albion, Antlers, Bennington, Blue, Bokchito, Boswell, Caddo, Clayton, Colbert, Durant, Finley, Fort Talcson, Grant, Hendrix, Hugo, Kemp, Kireflf, Lane, Moyer's, Nashoba, Rattan, Savvy's, Soper, Sway's, Tuskahoma, Utica

School Districts: Achille, Albion, Antlers, Batties, Bennington, Boswell, Caddo, Calera, Clayton, Colbert, Durant, Fort Talcson, Grant School, Harmony School, Hugo, Lane, Moyer's, Nashoba, Rattan, Rock Creek, Smithville, Soper, Tuskahoma

Senate Districts: 5, 6

Congressional Districts: 2