The ideal district population, 39,202, is based on the 2020 Census. HD 31 has 39,871 people, which is 1.71% from the ideal. 5.51% of the people in the district are new constituents.

9.49% of the district is American Indian and Alaskan Native, alone or in combination with one or more other races.
1.33% of the district is Asian, alone or in combination with one or more other races.
6.51% of the district is Black or African American, alone or in combination with one or more other races.
0.27% of the district is Native Hawaiian or other Pacific Islander, alone or in combination with one or more other races.
73.76% of the district is non-Hispanic white.
7.26% of the district is some other race or ethnicity.
9.22% of the district is Hispanic or Latino origin.

Counties: Logan, Oklahoma
Cities: Guthrie, Seward
School Districts: Cashion, Coyle, Deer Creek, Edmond, Guthrie, Luther
Senate Districts: 20, 22, 28
Congressional Districts: 5