The ideal district population, 39,202, is based on the 2020 Census. HD 3 has 38,945 people, which is -0.66% from the ideal. 13.61% of the people in the district are new constituents.

21.42% of the district is American Indian and Alaskan Native, alone or in combination with one or more other races.
1.06% of the district is Asian, alone or in combination with one or more other races.
2.97% of the district is Black or African American, alone or in combination with one or more other races.
0.18% of the district is Native Hawaiian or other Pacific Islander, alone or in combination with one or more other races.
67.04% of the district is non-Hispanic white.
6.67% of the district is some other race or ethnicity.
8.32% of the district is of Hispanic or Latino origin.

Counties: Le Flore
Cities: Arkoma, Cameron, Cowlington, Fort Coffee, Heavener, Hodgdon, Howe, Monroe, Panama, Pocola, Poteau, Rock Island, Shady Point, Spiro
School Districts: Arkoma, Bokoshe, Cameron, Heavener, Hodgdon, Howe, Keota, Monroe, Panama, Pocola, Poteau, Shady Point, Spiro, Wister
Senate Districts: 5, 7
Congressional Districts: 2