The ideal district population, 39,202, is based on the 2020 Census. HD 55 has 39,554 people, which is 0.9% from the ideal. 48.97% of the people in the district are new constituents.

10.67% of the district is American Indian and Alaskan Native, alone or in combination with one or more other races.
0.79% of the district is Asian, alone or in combination with one or more other races.
3.87% of the district is Black or African American, alone or in combination with one or more other races.
0.15% of the district is Native Hawaiian or other Pacific Islander, alone or in combination with one or more other races.
74.03% of the district is non-Hispanic white.
7.75% of the district is some other race or ethnicity.
11.83% of the district is of Hispanic or Latino origin.

Counties: Beckham, Blaine, Caddo, Canadian, Washita
Cities: Bessie, Burns Flat, Calumet, Carute, Carters, Colony, Corn, Dill City, El Reno, Elk City, Foss, Geary, Hydro, New Cordell, Okarche, Rocky, Sentinel
School Districts: Burns Flat-Dill City, Calumet, Carute, Carnegie, Clinton, Cordell, Darlingtown, El Reno, Elk City, Geary, Hinton, Hydro-Eakly, Lookaba-Sickles, Maple, Merritt, Mountain View-Gotebo, Okarche, Piedmont, Riverside, Sayre, Sentinel, Thomas-Fay-Custer Unified,
Senate Districts: 23, 26, 38
Congressional Districts: 3

Area: 2,020 square miles
1 inch equals 12.47 miles