The ideal district population, 39,202, is based on the 2020 Census. HD 69 has 38,901 people, which is -0.77% from the ideal.

13.95% of the people in the district are new constituents.

10.86% of the district is American Indian and Alaskan Native, alone or in combination with one or more other races.
7.03% of the district is Asian, alone or in combination with one or more other races.
6.29% of the district is Black or African American, alone or in combination with one or more other races.
0.16% of the district is Native Hawaiian or other Pacific Islander, alone or in combination with one or more other races.
68.41% of the district is non-Hispanic white.
6.28% of the district is some other race or ethnicity.
7.79% of the district is of Hispanic or Latino origin.

Counties: Tulsa
Cities: Bixby, Jenks, Tulsa
School Districts: Bixby, Jenks
Senate Districts: 25, 37, 39
Congressional Districts: 1