The ideal district population, 39,202, is based on the 2020 Census. HD 6 has 38,889 people, which is -0.8% from the ideal. 25% of the people in the district are new constituents.

30.2% of the district is American Indian and Alaskan Native, alone or in combination with one or more other races.
1.6% of the district is Asian, alone or in combination with one or more other races.
3.12% of the district is Black or African American, alone or in combination with one or more other races.
0.2% of the district is Native Hawaiian or other Pacific Islander, alone or in combination with one or more other races.
62.98% of the district is non-Hispanic white. 2.46% of the district is some other race or ethnicity. 3.08% of the district is of Hispanic or Latino origin.

Counties: Craig, Mayes, Nowata, Rogers
Cities: Adair, Big Cabin, Bushyhead, Chelsea, Foyil, Grand Lake Towne, Ketchum, Langley, New Alluvia, Nowata, Oologah, Talala, Vinita, Watonga, White Oak
School Districts: Adair, Afton, Chelsea, Collinsville, Foyil, Ketchum, Nowata, Oologah-Talala, Sequoyah, Vinita, White Oak
Senate Districts: 1, 2, 29
Congressional Districts: 2