The ideal district population, 39,202, is based on the 2020 Census. HD 70 has 38,836 people, which is -0.93% from the ideal. 4.06% of the people in the district are new constituents.

12.6% of the district is American Indian and Alaskan Native, alone or in combination with one or more other races.
2.82% of the district is Asian, alone or in combination with one or more other races.
8.65% of the district is Black or African American, alone or in combination with one or more other races.
0.23% of the district is Native Hawaiian or other Pacific Islander, alone or in combination with one or more other races.
69.82% of the district is non-Hispanic white.
5.5% of the district is some other race or ethnicity.
6.91% of the district is of Hispanic or Latino origin.

Counties: Tulsa
Cities: Tulsa
School Districts: Jenks, Tulsa
Senate Districts: 35, 39
Congressional Districts: 1