The ideal district population, 39,202, is based on the 2020 Census. HD 74 has 39,980 people, which is 1.98% from the ideal.

12.16% of the people in the district are new constituents.

16.05% of the district is American Indian and Alaskan Native, alone or in combination with one or more other races.
3.90% of the district is Asian, alone or in combination with one or more other races.
5.55% of the district is Black or African American, alone or in combination with one or more other races.
0.26% of the district is Native Hawaiian or other Pacific Islander, alone or in combination with one or more other races.
67.29% of the district is non-Hispanic white.
6.32% of the district is some other race or ethnicity.
8.35% of the district is of Hispanic or Latino origin.

Counties: Rogers, Tulsa
Cities: Owasso, Tulsa
School Districts: Catoosa, Collinsville, Owasso
Senate Districts: 2, 10, 34
Congressional Districts: 1