The ideal district population, 39,202, is based on the 2020 Census. HD 7 has 38,785 people, which is -1.06% from the ideal.

10.77% of the people in the district are new constituents.

28.18% of the district is American Indian and Alaskan Native, alone or in combination with one or more other races.
0.93% of the district is Asian, alone or in combination with one or more other races.
1.79% of the district is Black or African American, alone or in combination with one or more other races.
0.75% of the district is Native Hawaiian or other Pacific Islander, alone or in combination with one or more other races.
63.84% of the district is non-Hispanic white.
3.75% of the district is some other race or ethnicity.
4.99% of the district is of Hispanic or Latino origin.

Counties: Craig, Delaware, Ottawa

Cities: Afton, Bluejacket, Cayuga, Commerce, Copeland, Dotyville, Fairland, Miami, Narcissa, North Miami, Peoria, Quapaw, Welch, Wyandotte

School Districts: Afton, Bluejacket, Commerce, Fairland, Grove, Miami, Quapaw, Turkey Ford, Vinita, Welch, White Oak, Wyandotte

Senate Districts: 1, 4

Congressional Districts: 2