



Oklahoma

Oklahoma Department of CareerTech



OKLAHOMA

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This report can be customized for your district – contact us for more information

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<https://oklahoma.gov/careertech/educators/resource-center/economic-workforce-data.html>

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Report Parameters

1 State

40 Oklahoma

Class of Worker

QCEW Employees, Non-QCEW Employees, and Self-Employed

The information in this report pertains to the chosen geographical area.

Economy Overview

4,119,500

Population (2025)

Population grew by **154,085** over the last 5 years and is projected to grow by **155,001** over the next 5 years.

1,963,969

Total Regional Employment

Jobs grew by **154,129** over the last 5 years and are projected to grow by **67,232** over the next 5 years.

\$65.0K

Median Household Income (2024)

Median household income is **\$15.7K below** the national median household income of \$80.7K.

Takeaways

- As of 2025 the region's population **increased by 3.9%** since 2020, growing by 154,085. Population is expected to **increase by 3.8%** between 2025 and 2030, adding 155,001.
- From 2020 to 2025, jobs **increased by 8.5%** in Oklahoma from 1,809,840 to **1,963,969**. This change **fell short of the national growth rate of 10.6% by 2.1%**. As the number of jobs increased, the **labor force participation rate increased from 60.6% to 62.9% between 2020 and 2025**.
- Concerning educational attainment, **18.5% of Oklahoma residents possess a Bachelor's Degree** (3.4% below the national average), and **8.4% hold an Associate's Degree** (0.5% below the national average).
- The top three industries in 2025 are Restaurants and Other Eating Places, Education and Hospitals (Local Government), and Local Government, Excluding Education and Hospitals.

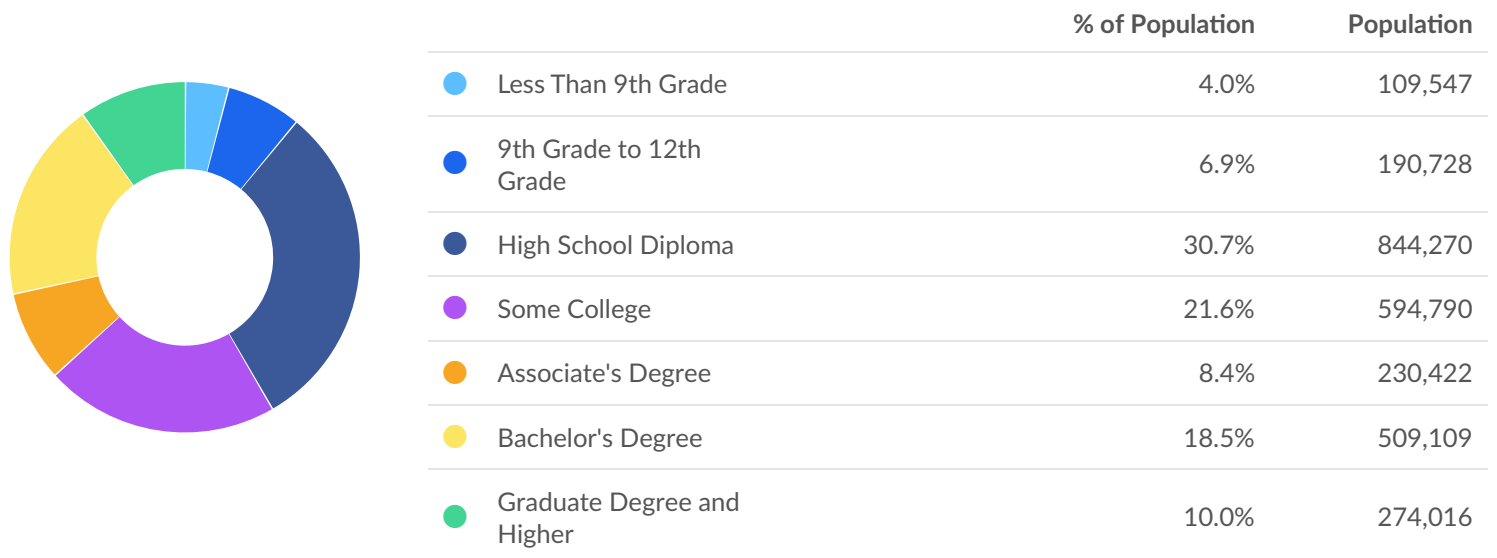
	Population (2026)	Labor Force (Feb 2026)	Jobs (2025)	Cost of Living	GRP	Imports	Exports
Region	4,151,802	1,992,385	1,963,969	93.3	\$274.30B	\$270.55B	\$326.61B

Feb 2026 Labor Force Breakdown



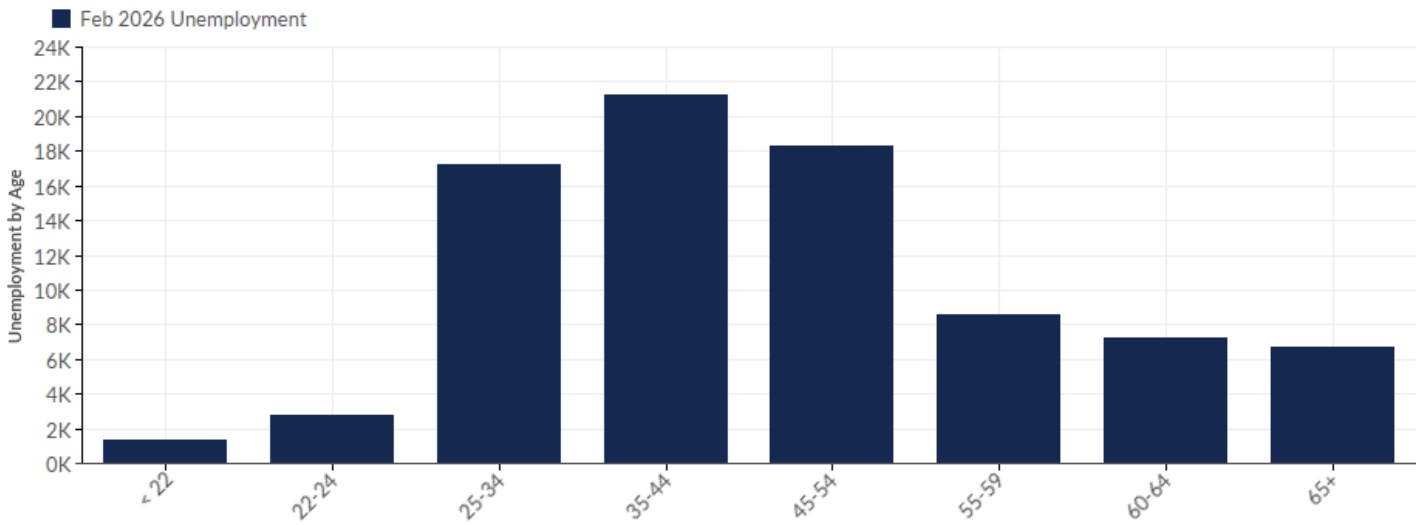
Educational Attainment

Concerning educational attainment, **18.5% of Oklahoma residents possess a Bachelor's Degree** (3.4% below the national average), and **8.4% hold an Associate's Degree** (0.5% below the national average).



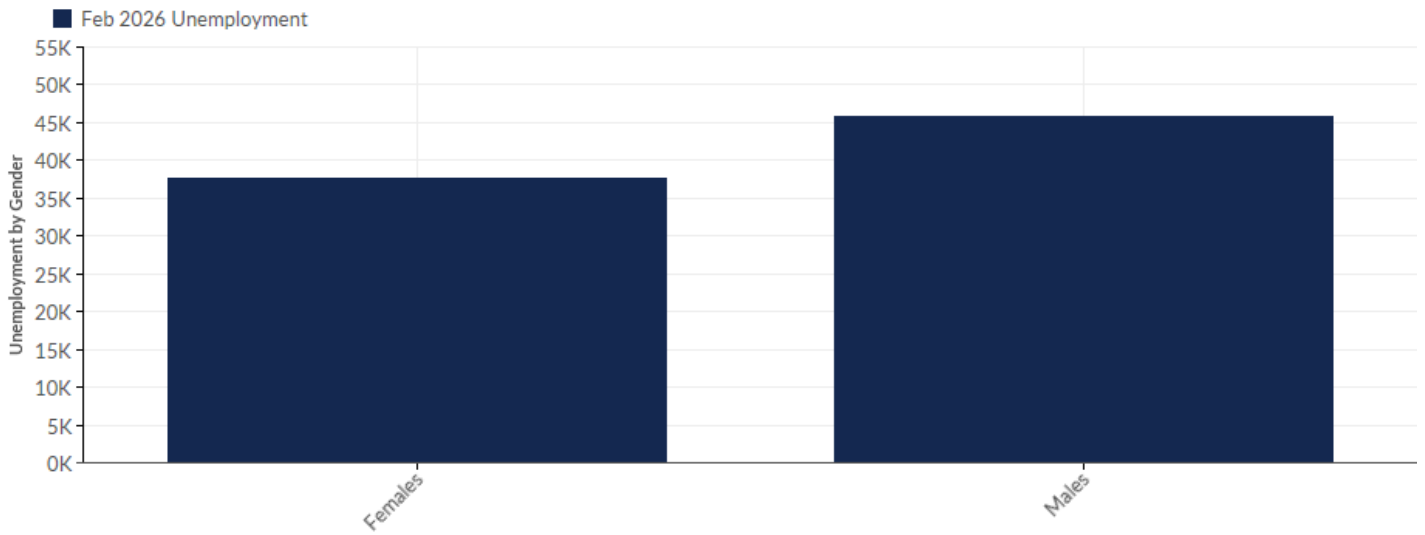
Unemployment by Demographics

Unemployment by Age



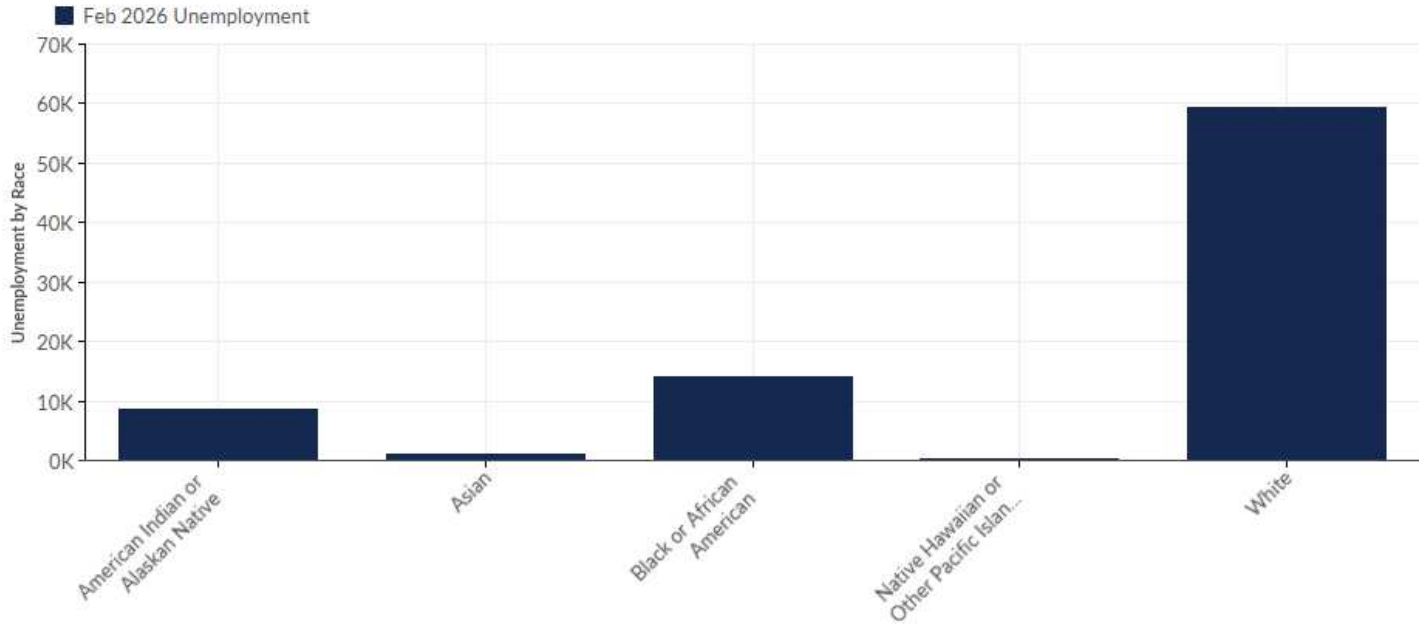
Age	Unemployment (Feb 2026)	% of Unemployed
< 22	1,298	1.56%
22-24	2,735	3.28%
25-34	17,263	20.72%
35-44	21,193	25.44%
45-54	18,334	22.01%
55-59	8,564	10.28%
60-64	7,231	8.68%
65+	6,698	8.04%
Total	83,316	100.00%

Unemployment by Gender



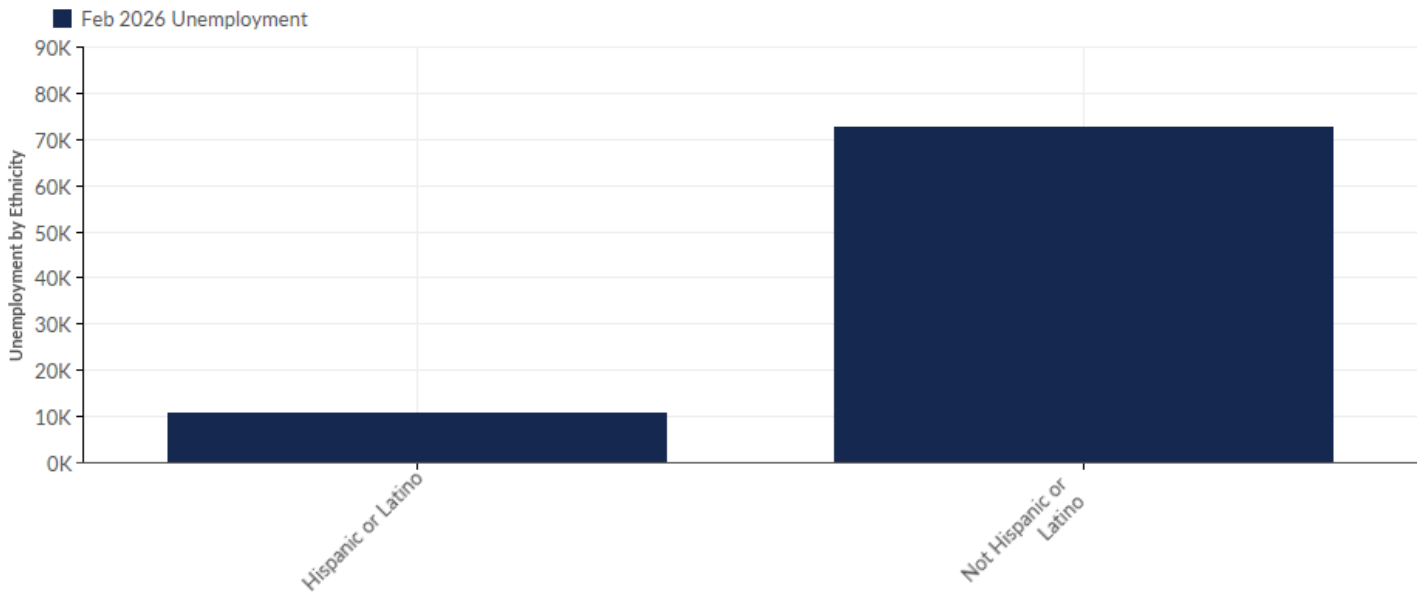
Gender	Unemployment (Feb 2026)	% of Unemployed
Females	37,614	45.15%
Males	45,702	54.85%
Total	83,316	100.00%

Unemployment by Race



Race	Unemployment (Feb 2026)	% of Unemployed
American Indian or Alaskan Native	8,625	10.35%
Asian	1,032	1.24%
Black or African American	14,156	16.99%
Native Hawaiian or Other Pacific Islander	210	0.25%
White	59,293	71.17%
Total	83,316	100.00%

Unemployment by Ethnicity

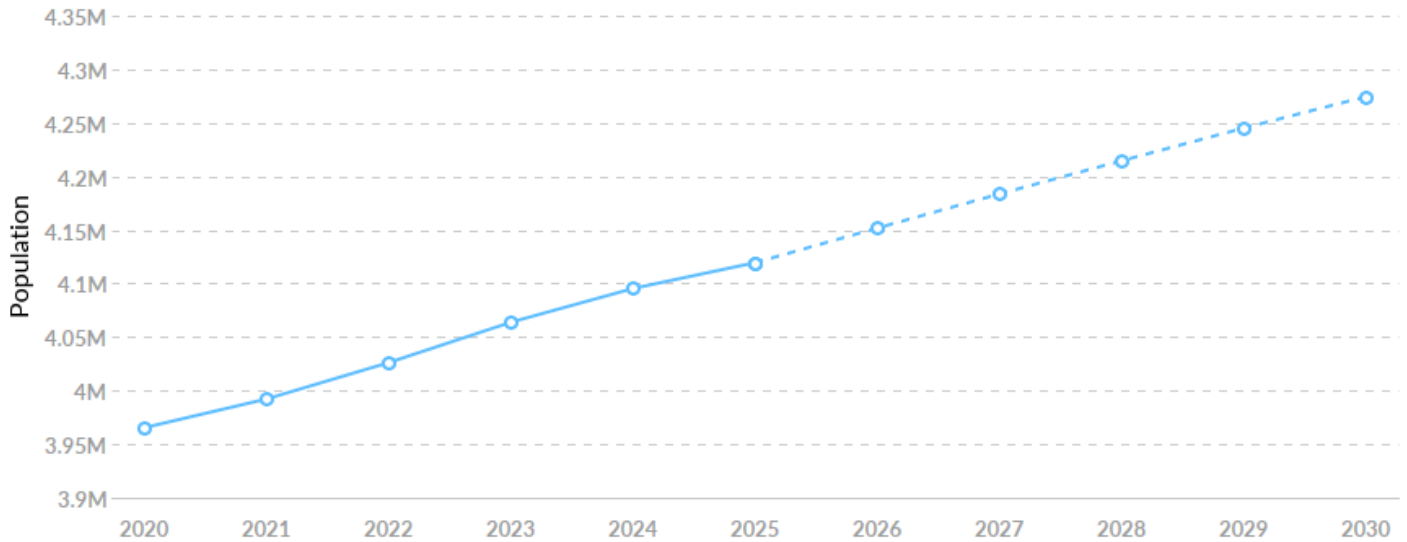


Ethnicity	Unemployment (Feb 2026)	% of Unemployed
Hispanic or Latino	10,764	12.92%
Not Hispanic or Latino	72,552	87.08%
Total	83,316	100.00%

Historic & Projected Trends

Population Trends

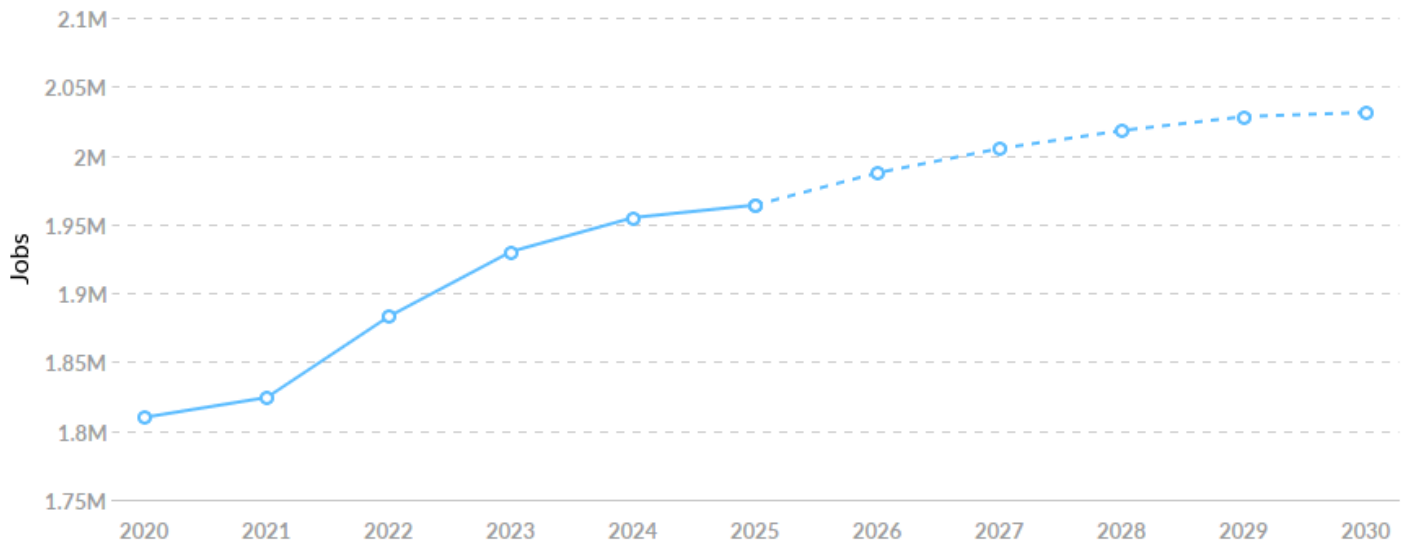
As of 2025 the region's population increased by 3.9% since 2020, growing by 154,085. Population is expected to increase by 3.8% between 2025 and 2030, adding 155,001.



Timeframe	Population
2020	3,965,415
2021	3,992,238
2022	4,026,229
2023	4,063,882
2024	4,095,393
2025	4,119,500
2026	4,151,802
2027	4,183,656
2028	4,214,654
2029	4,245,156
2030	4,274,501

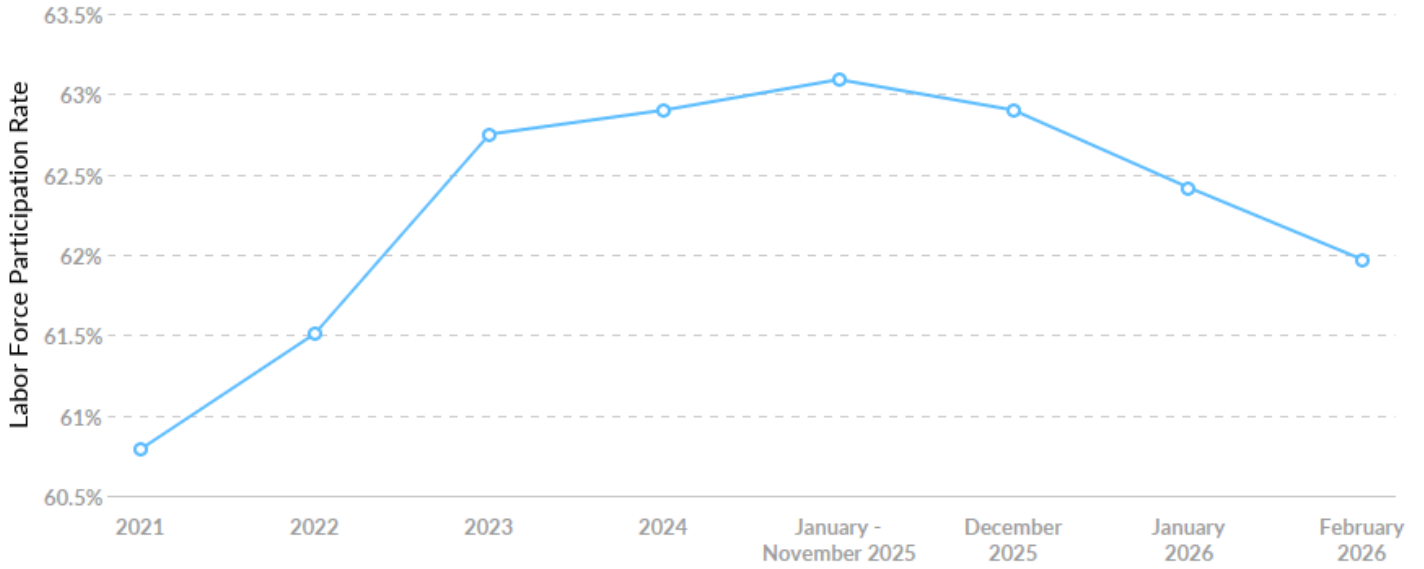
Job Trends

From 2020 to 2025, jobs increased by 8.5% in Oklahoma from 1,809,840 to 1,963,969. This change fell short of the national growth rate of 10.6% by 2.1%.



Timeframe	Jobs
2020	1,809,840
2021	1,824,238
2022	1,883,134
2023	1,930,171
2024	1,954,841
2025	1,963,969
2026	1,987,382
2027	2,004,985
2028	2,018,042
2029	2,028,197
2030	2,031,201

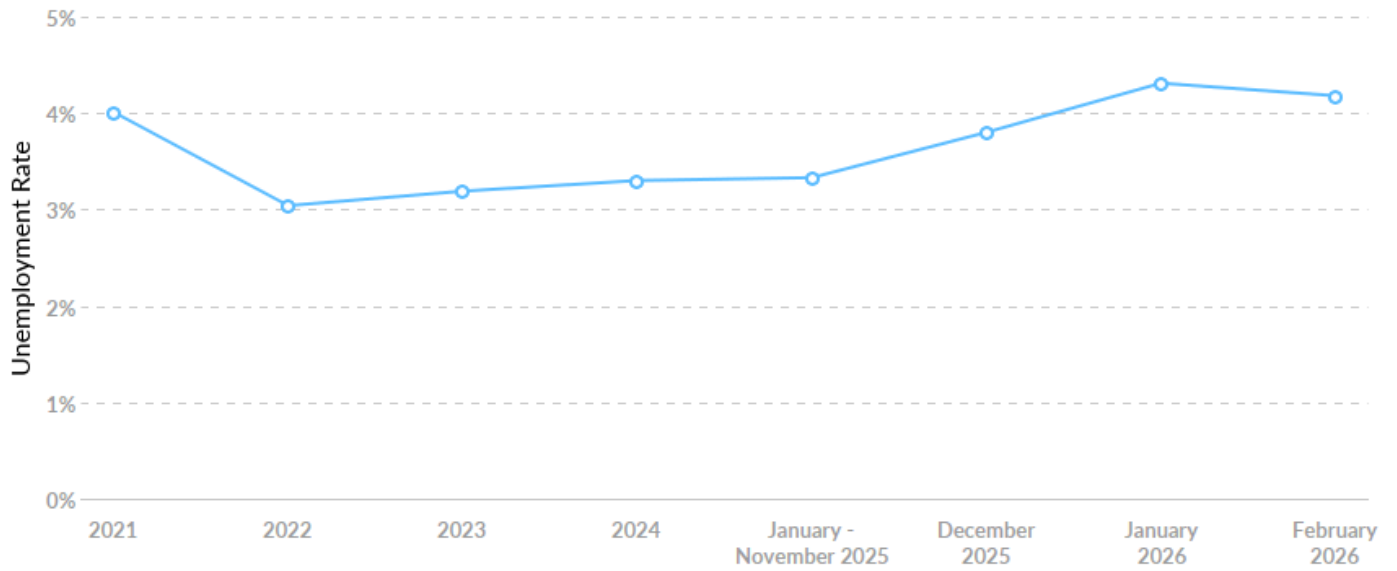
Labor Force Participation Rate Trends



Timeframe	Labor Force Participation Rate
2021	60.79%
2022	61.51%
2023	62.75%
2024	62.90%
January - November 2025	63.09%
December 2025	62.90%
January 2026	62.42%
February 2026	61.97%

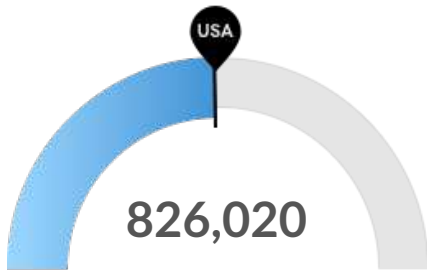
Unemployment Rate Trends

Oklahoma had a February 2026 unemployment rate of 4.18%, **increasing from 4.01%** 5 years before.



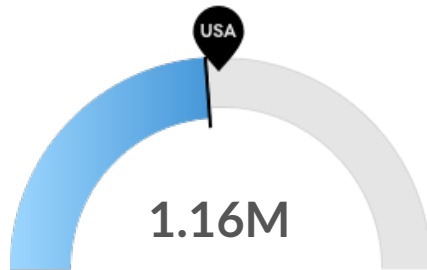
Timeframe	Unemployment Rate
2021	4.01%
2022	3.04%
2023	3.19%
2024	3.30%
January - November 2025	3.33%
December 2025	3.80%
January 2026	4.31%
February 2026	4.18%

Population Characteristics



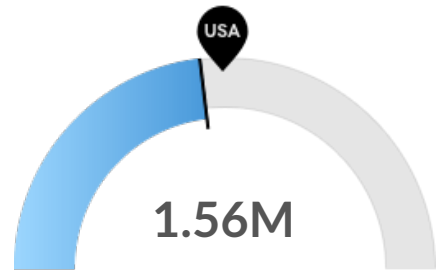
Millennials

Oklahoma has 826,020 millennials (ages 25-39). The national average for an area this size is 838,366.



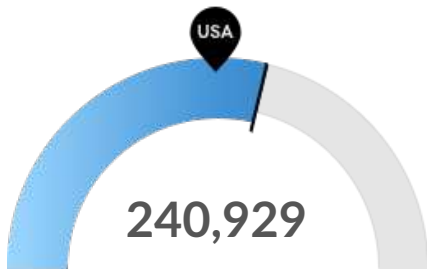
Retiring Soon

Retirement risk is about average in Oklahoma. The national average for an area this size is 1,238,351 people 55 or older, while there are 1,157,404 here.



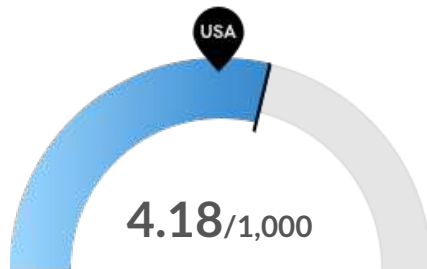
Racial Diversity

Racial diversity is low in Oklahoma. The national average for an area this size is 1,742,115 racially diverse people, while there are 1,559,279 here.



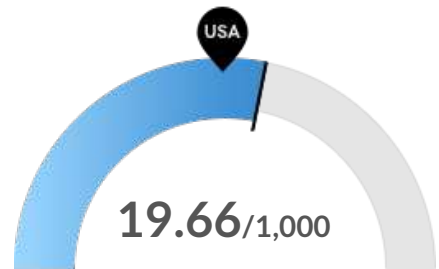
Veterans

Oklahoma has 240,929 veterans. The national average for an area this size is 194,900.



Violent Crime

Oklahoma has 4.18 violent crimes per 1,000 people. The national rate is 3.38 per 1,000 people.

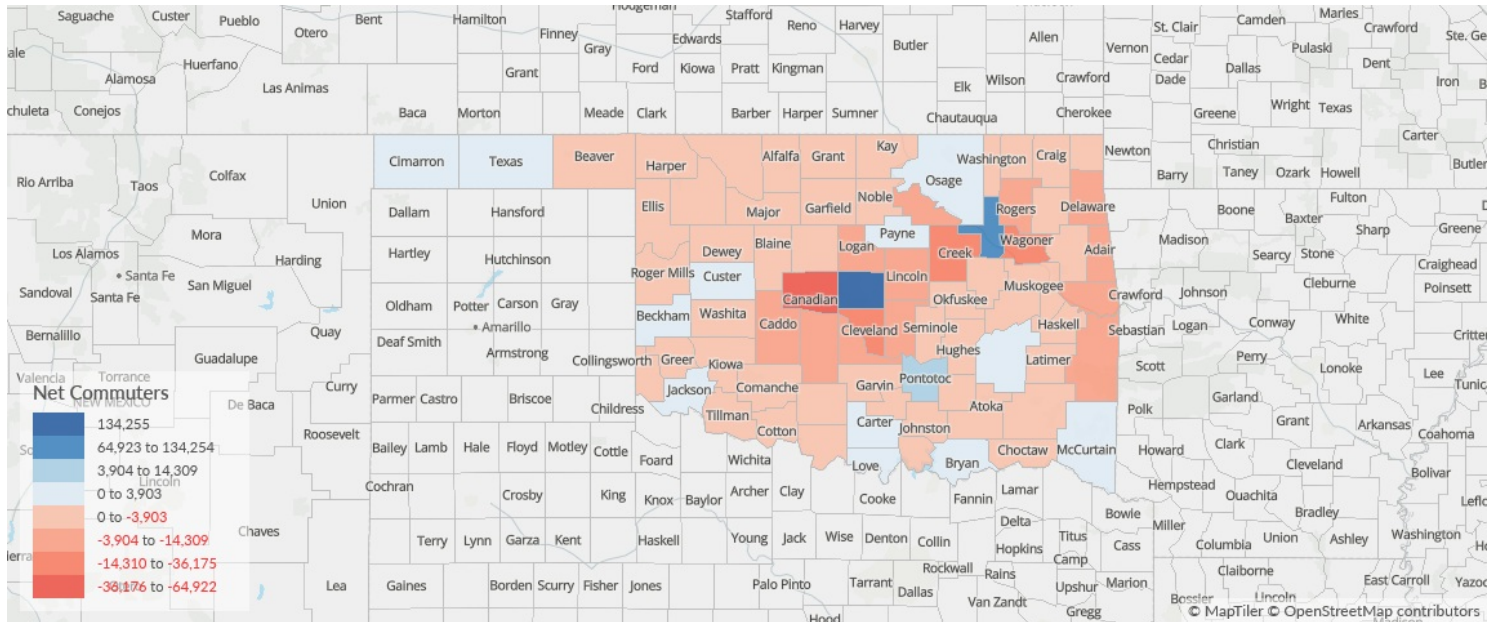


Property Crime

Oklahoma has 19.66 property crimes per 1,000 people. The national rate is 16.44 per 1,000 people.

Place of Work vs Place of Residence

Understanding where talent in Oklahoma currently works compared to where talent lives can help you optimize site decisions.



Where Talent Works

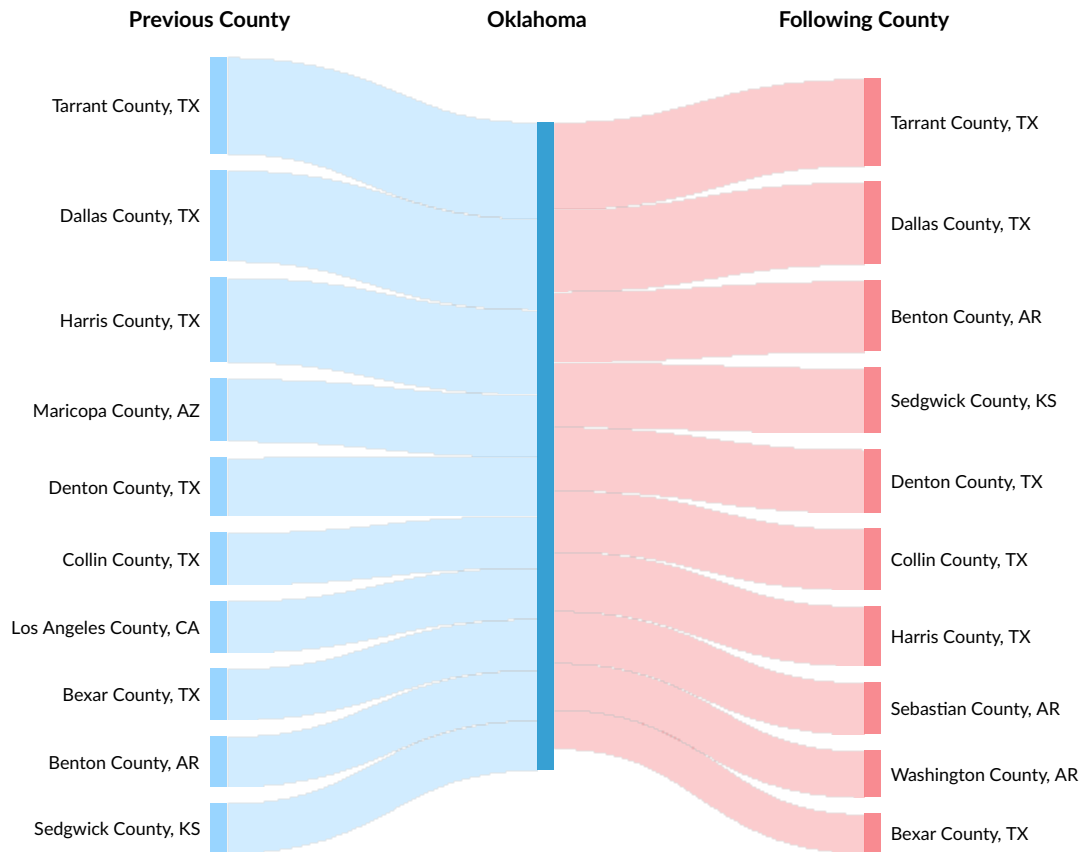
Where Talent Lives

County	Name	2025 Employment	County	Name	2025 Workers
40109	Oklahoma County, OK	557,427	40109	Oklahoma County, OK	423,173
40143	Tulsa County, OK	417,560	40143	Tulsa County, OK	352,636
40027	Cleveland County, OK	109,425	40027	Cleveland County, OK	130,366
40031	Comanche County, OK	55,610	40017	Canadian County, OK	84,058
40017	Canadian County, OK	47,882	40031	Comanche County, OK	57,518

Inbound and Outbound Migration

The table below analyzes past and current residents of Oklahoma. The left column shows residents of other counties migrating to Oklahoma. The right column shows residents migrating from Oklahoma to other counties.

As of 2023, **1,871** people have migrated from Tarrant County, TX to Oklahoma. In the same year, **1,688** people left Oklahoma migrating to Tarrant County, TX. The total Net Migration for Oklahoma in 2023 was **11,333**.

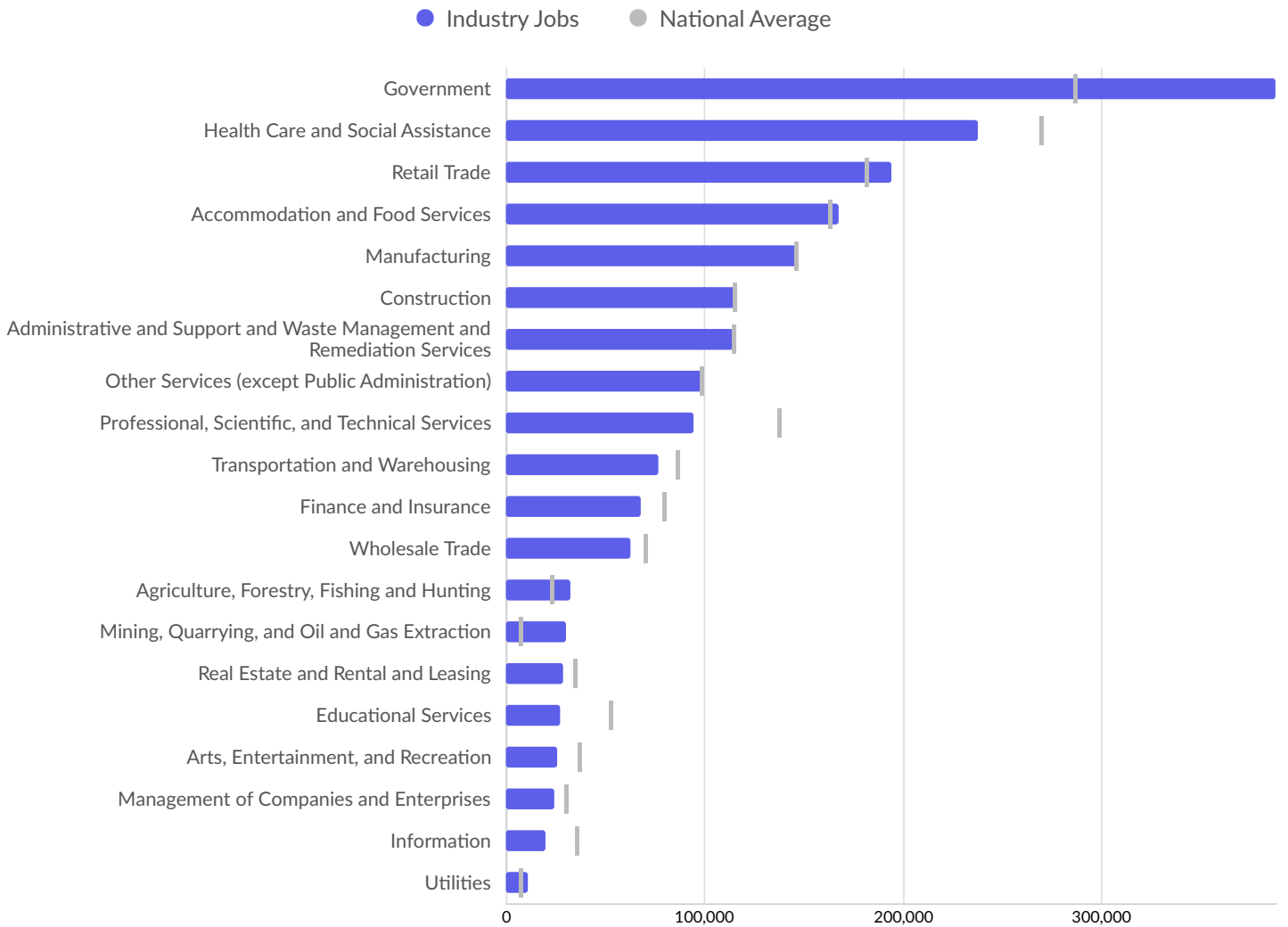


Top Previous Counties	Migrations
Tarrant County, TX	1,871
Dallas County, TX	1,764
Harris County, TX	1,643
Maricopa County, AZ	1,211
Denton County, TX	1,141
Collin County, TX	1,010

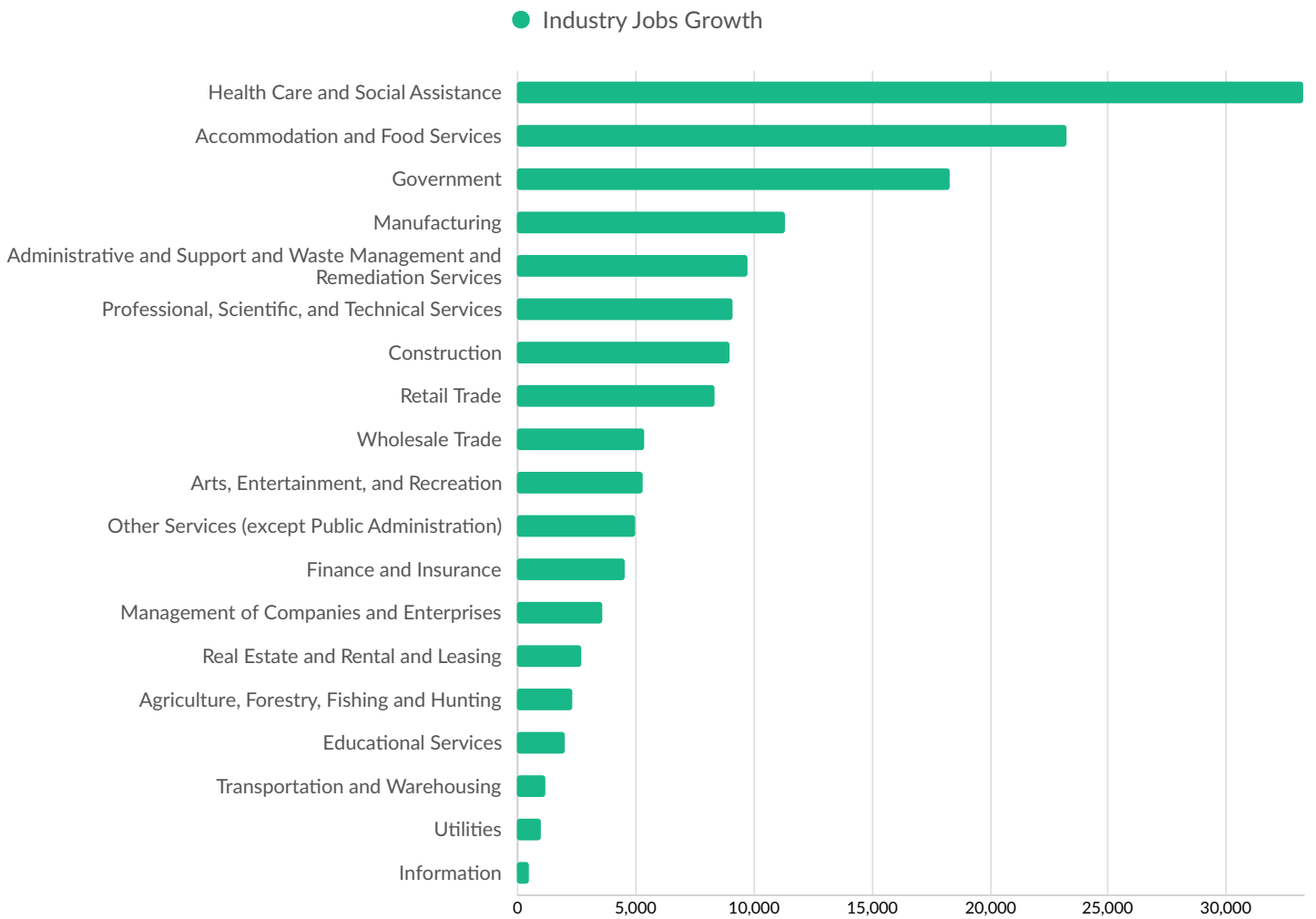
Top Previous Counties	Migrations
Los Angeles County, CA	996
Bexar County, TX	991
Benton County, AR	975
Sedgwick County, KS	967
Sebastian County, AR	858
El Paso County, CO	831
San Diego County, CA	715
El Paso County, TX	708
Clark County, NV	684
Top Following Counties	Migrations
Tarrant County, TX	1,688
Dallas County, TX	1,597
Benton County, AR	1,368
Sedgwick County, KS	1,263
Denton County, TX	1,227
Collin County, TX	1,184
Harris County, TX	1,156
Sebastian County, AR	1,008
Washington County, AR	904
Bexar County, TX	758
Maricopa County, AZ	737
El Paso County, CO	623
El Paso County, TX	596
Johnson County, KS	550
Montgomery County, TX	508

Industry Characteristics

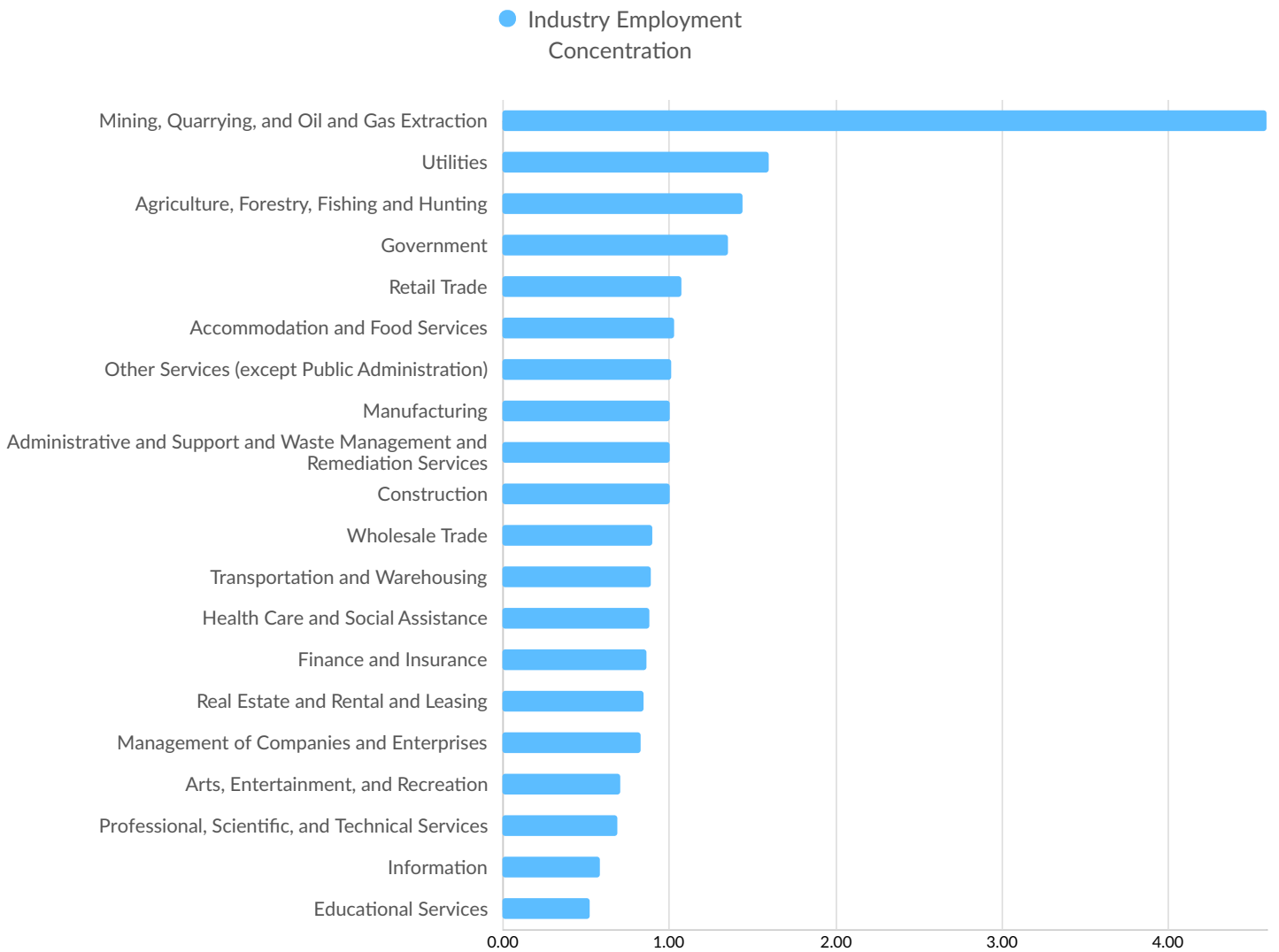
Largest Industries



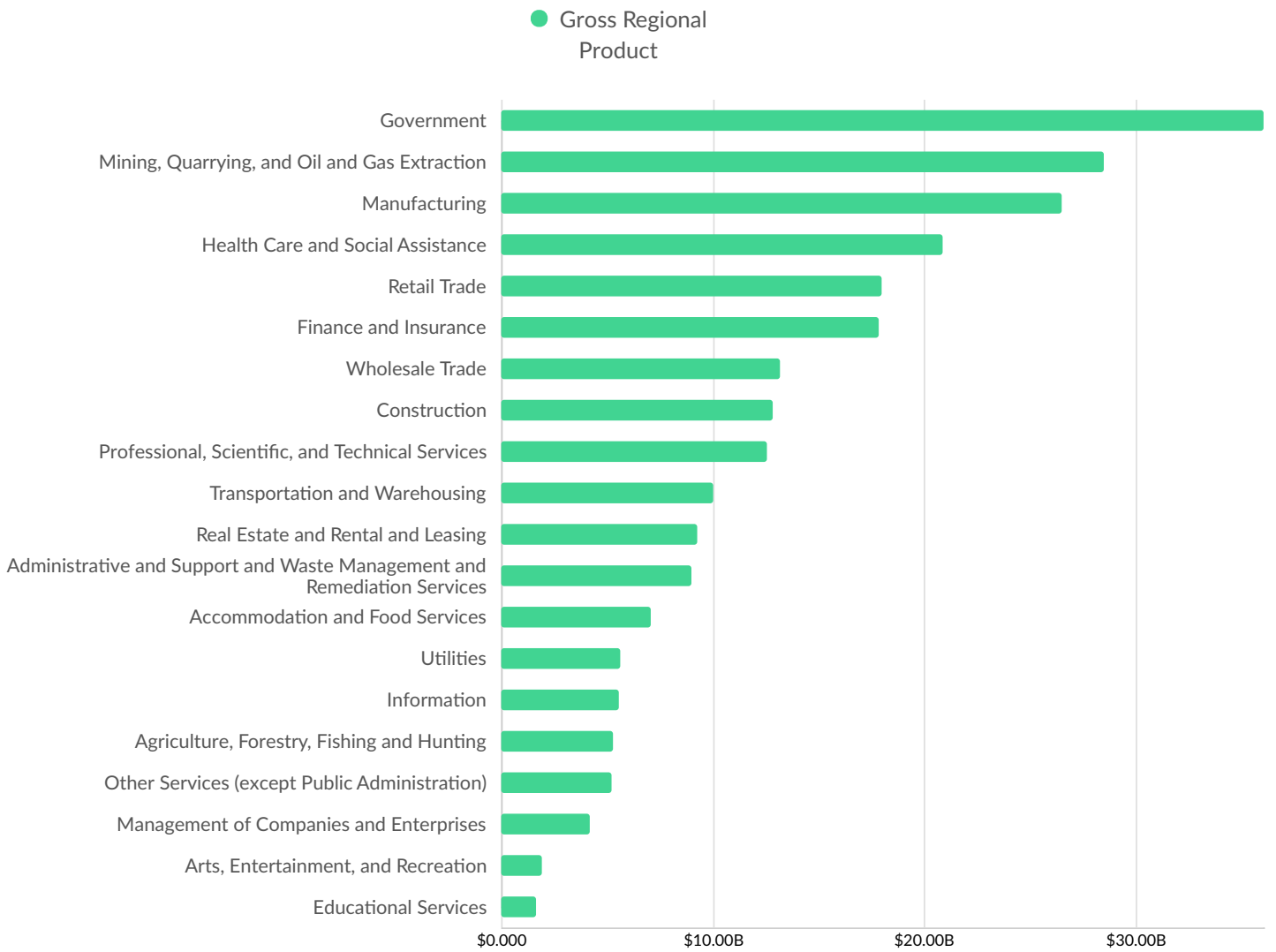
Top Growing Industries



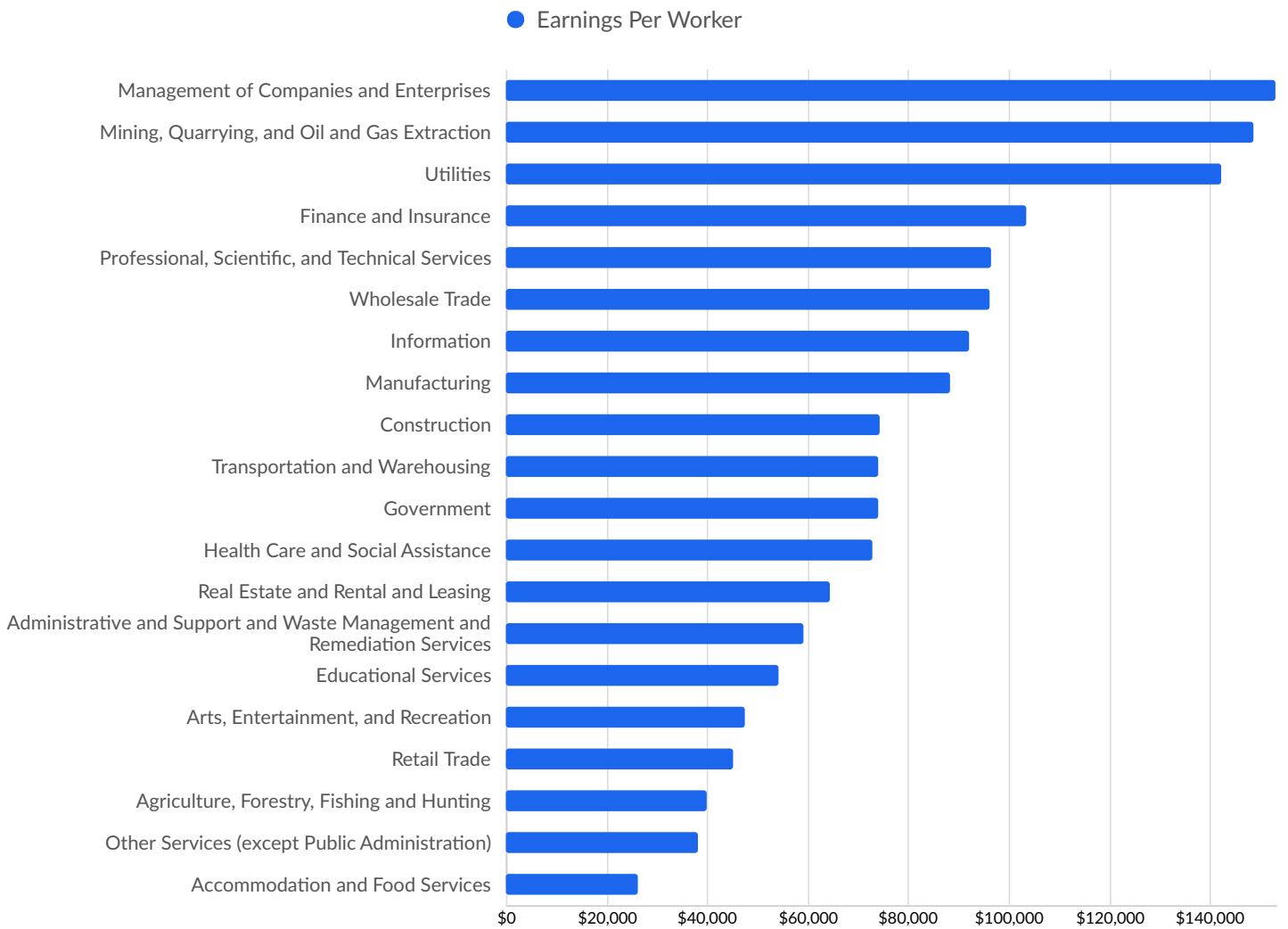
Top Industry Employment Concentration



Top Industry GRP























Top Industry Earnings



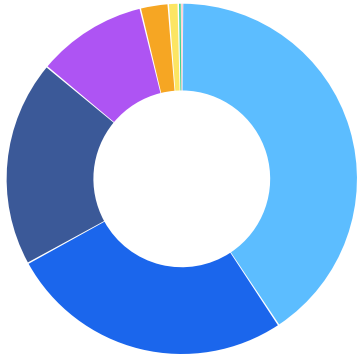
Business Characteristics

205,684 Companies Employ Your Workers

Online profiles for your workers mention 205,684 companies as employers, with the top 10 appearing below. In the last 12 months, 21,683 companies in Oklahoma posted job postings, with the top 10 appearing below.

Top Companies	Profiles	Top Companies Posting	Unique Postings
State of Oklahoma	12,120 	Dollar General	4,913 
Oklahoma State University	10,791 	Mercy	4,852 
University of Oklahoma	10,501 	Walmart	4,545 
United States Air Force	9,627 	SSM Health Care	4,043 
Walmart	8,680 	Ou Health	3,856 
United States Army	7,893 	Gifted Healthcare	3,549 
Integrus Health	5,869 	University of Oklahoma	3,253 
Paycom	4,707 	Integrus Health	2,704 
Tulsa Public Schools	4,164 	The Vet Recruiter ®	2,458 
Bank Of Oklahoma	3,900 	Cherokee Nation	2,320 

Business Size

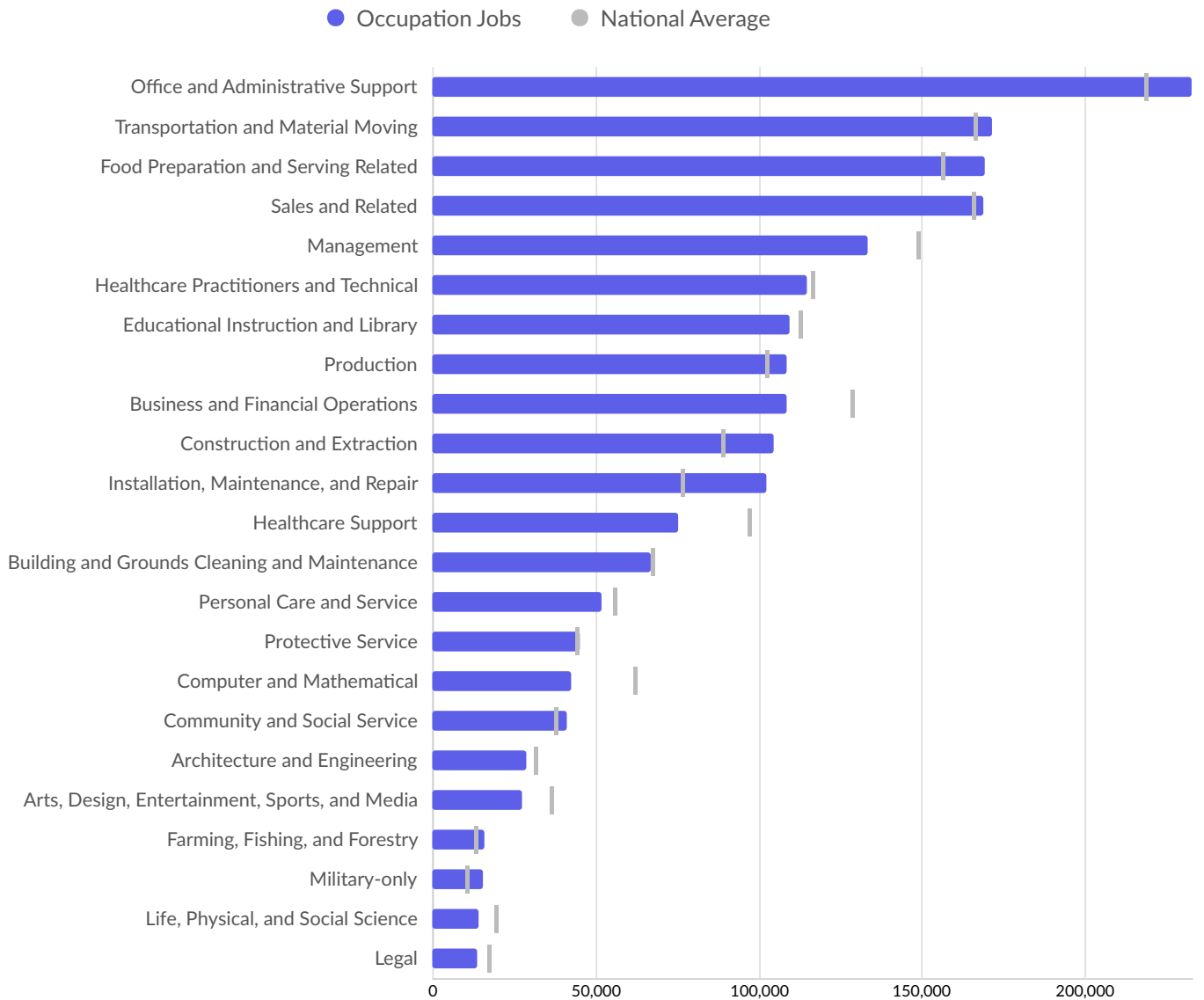


	Percentage	Business Count
● 1 to 4 employees	40.6%	75,224
● 5 to 9 employees	26.3%	48,760
● 10 to 19 employees	19.0%	35,232
● 20 to 49 employees	10.2%	18,810
● 50 to 99 employees	2.6%	4,769
● 100 to 249 employees	0.9%	1,695
● 250 to 499 employees	0.3%	542
● 500+ employees	0.1%	178

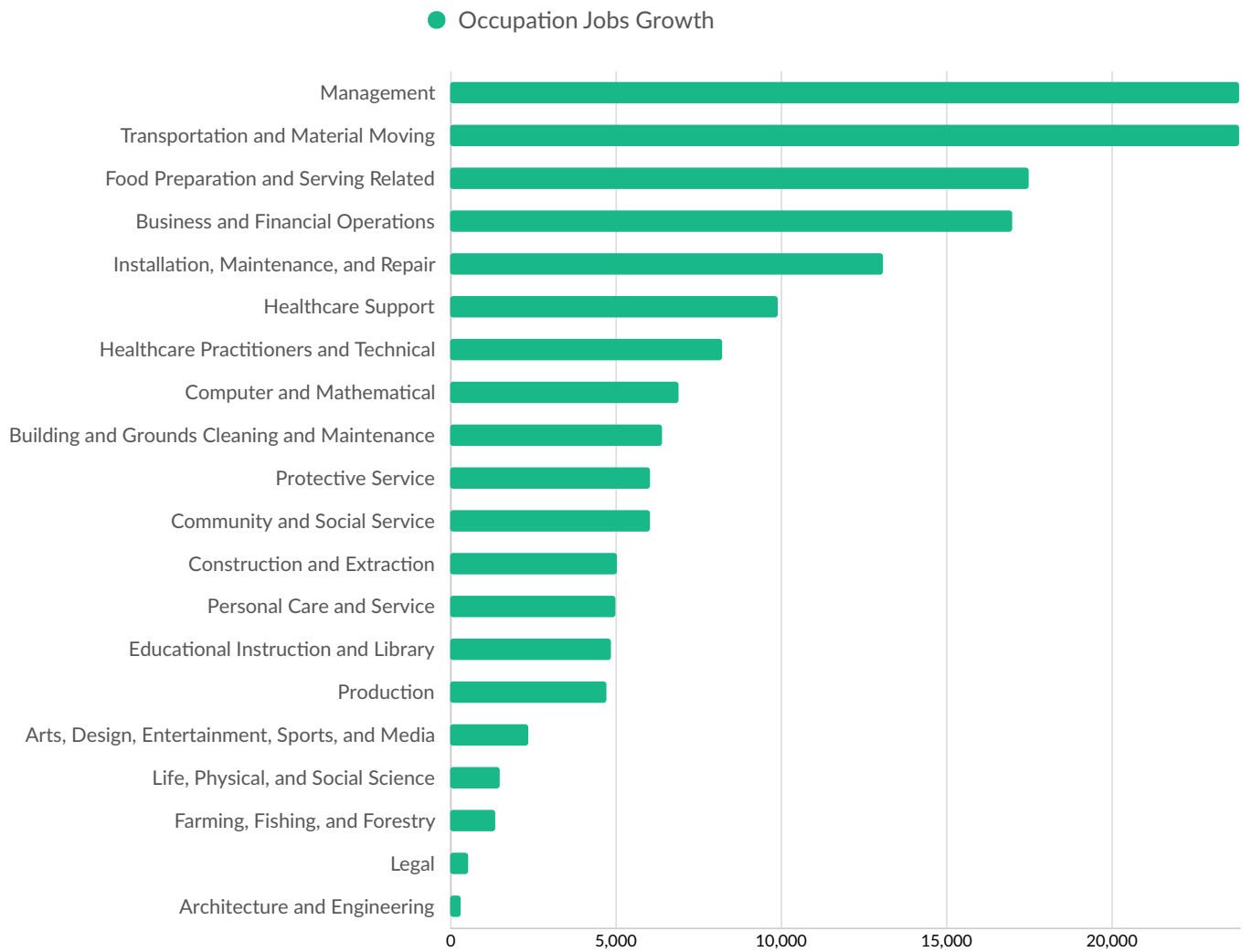
**Business Data by DatabaseUSA.com is third-party data provided by Lightcast to its customers as a convenience, and Lightcast does not endorse or warrant its accuracy or consistency with other published Lightcast data. In most cases, the Business Count will not match total companies with profiles on the summary tab.*

Workforce Characteristics

Largest Occupations

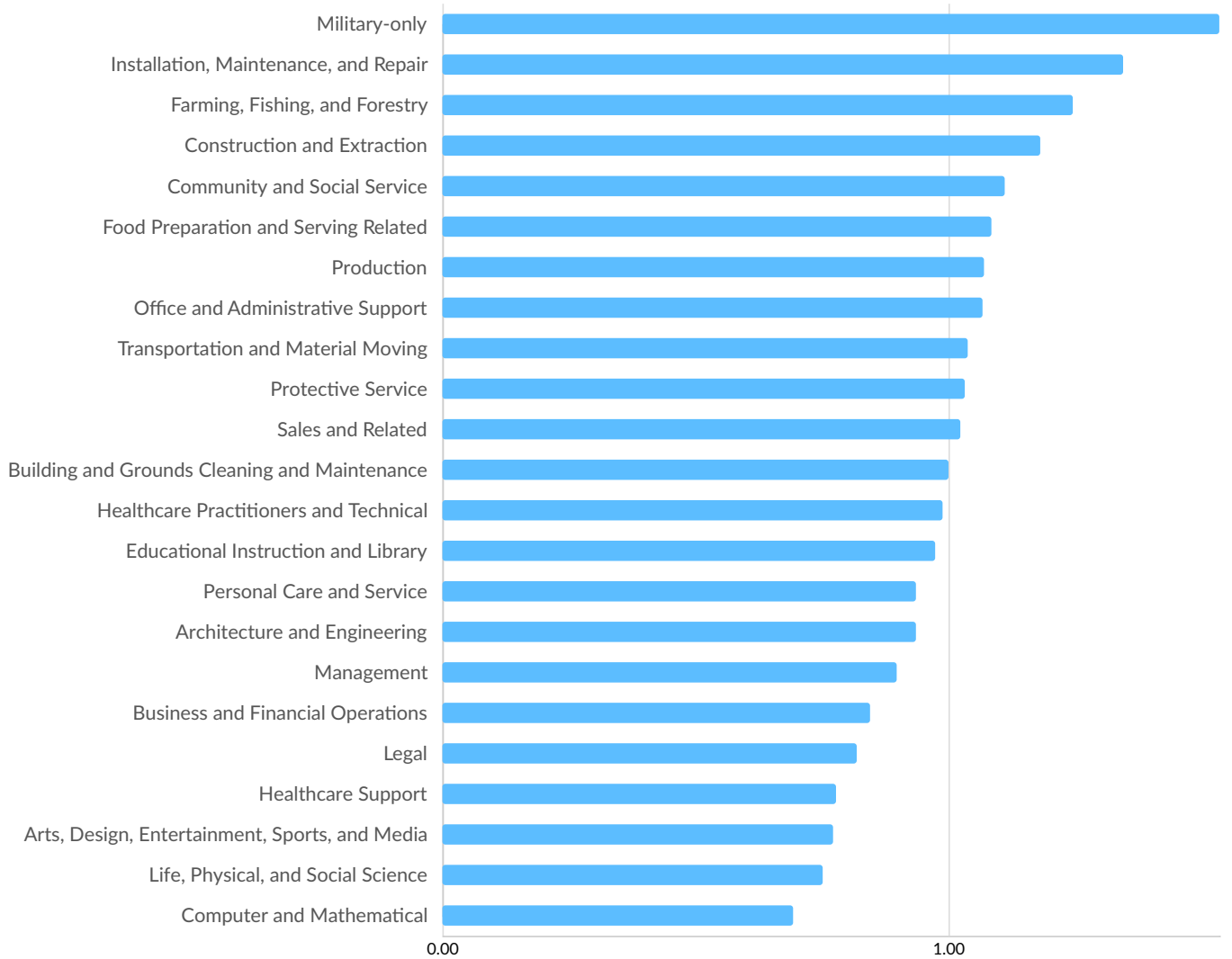


Top Growing Occupations

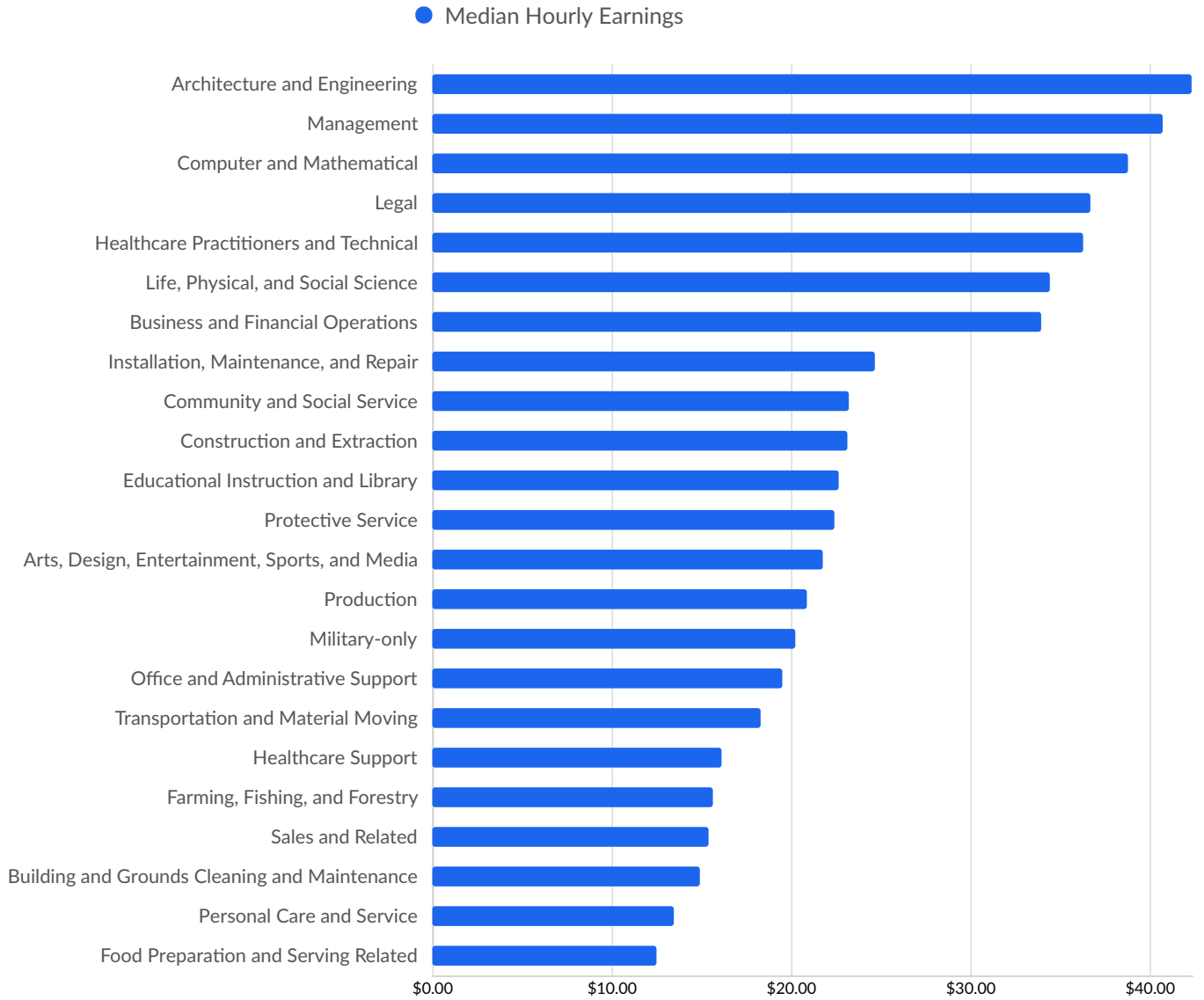


Top Occupation Employment Concentration

● Occupation Employment Concentration

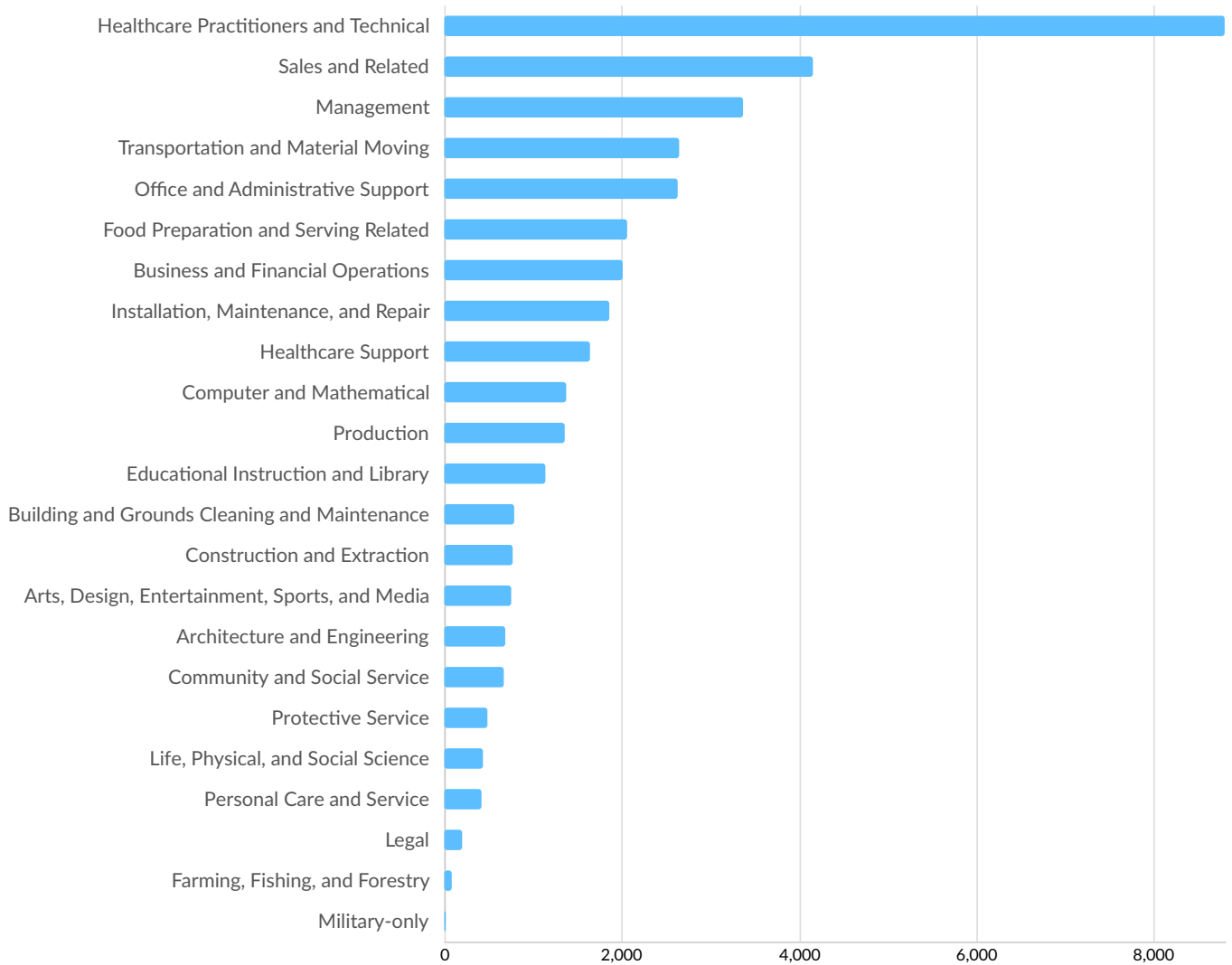


Top Occupation Earnings

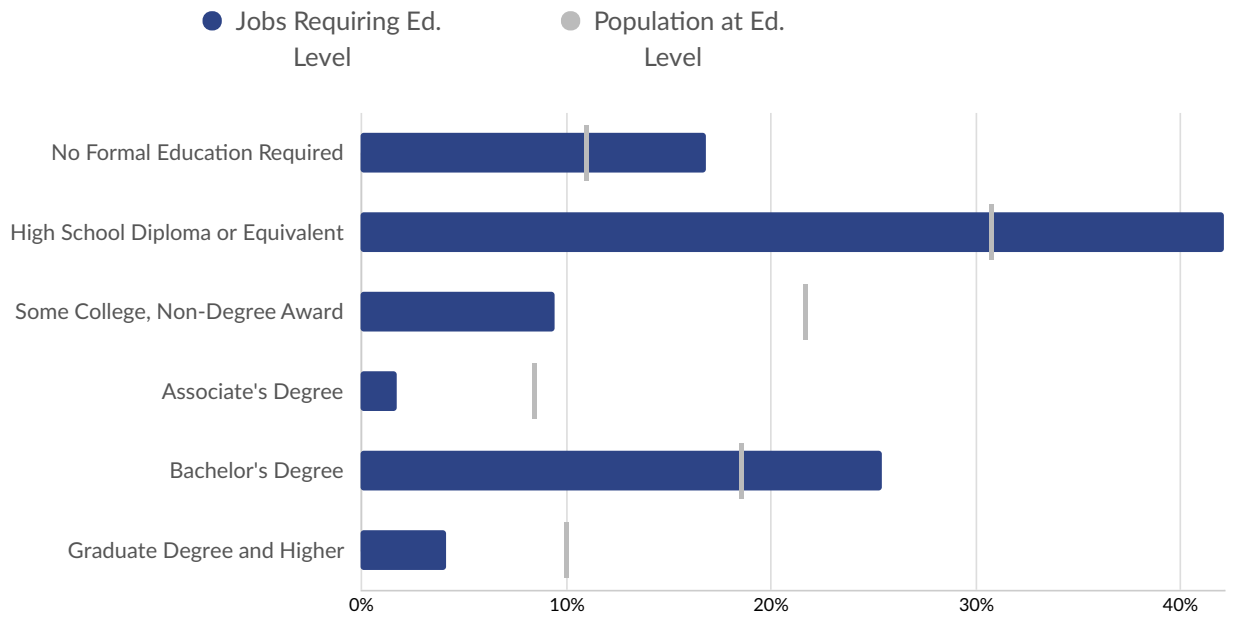


Top Posted Occupations

● Unique Average Monthly Postings



Underemployment



Educational Pipeline

In 2024, there were 61,870 graduates in Oklahoma. This pipeline has grown by 8% over the last 5 years. The highest share of these graduates come from "General Studies" (Associate's), "Registered Nursing/Registered Nurse" (Bachelor's), and "Welding Technology/Welder" (Certificate).

School	Total Graduates (2024)	Graduate Trend (2020 - 2024)
University of Oklahoma-Norman Campus	7,497	
Oklahoma State University-Main Campus	6,583	
Tulsa Community College	2,852	
University of Central Oklahoma	2,757	
Tulsa Technology Center	2,623	
Southeastern Oklahoma State University	1,888	
Oklahoma City Community College	1,798	
Northeastern State University	1,648	
Southwestern Oklahoma State University	1,331	
Indian Capital Technology Center-Muskogee	1,249	



In-Demand Skills

