

30 September 2025

1. Crisis overviewⁱ

4.6 / 5	21.9 million	6.7 million	\$1.4 billion	22.6%
Inform severity index	People in need of humanitarian aid (HNRP 2025 – EQ addendum)	People targeted in the response plan (HNRP 2025 – EQ addendum)	Required to reach the target (HNRP 2025)	Of the required funding secured (HNRP 2025)
158 MSEK	52 MSEK	16.6 MSEK	226.6 MSEK	
Initial allocation	Additional allocation	Flexible funding	Total Sida funding 2025	

Since the military coup on 1 February 2021, the humanitarian crisis in Myanmar has continued to deteriorate. The country is witnessing large-scale and severe human rights violations, including systematic attacks against civilians and healthcare facilities, with Myanmar being one of the deadliest conflicts in the world for civilians. The armed conflict, combined with recurring natural disasters and access constraints, has caused mass displacement and widespread protection concerns, increased levels of poverty, and reduced access to clean water, food and essential services. More than 3.6 million people are internally displaced within the country and food insecurity continues to increase, with more than 16.7 million people estimated to be acutely food insecure (Integrated Food Security Phase Classification (IPC) Phase 3 or above). Food insecurity is set to worsen further, particularly in Rakhine where conflict, mass displacement and restrictions on trade and movement is paired with a near collapse of local food production.

Access to conflict-affected areas and areas outside the control of the military junta is particularly constrained due to bureaucratic impediments and insecurity, further limiting people's access to food, clean water and basic healthcare. More than 21.9 million people are in need of humanitarian assistance, as per the revised Humanitarian Needs and Response Plan (HNRP) for 2025, targeting 6.7 million people (30 per cent) of those in need, reflecting a dramatic increase from the one million people in need prior to the 2021 military coup. In addition to conflict, the country is prone to frequent natural hazards such as cyclones and earthquakes. A devastating earthquake with an epicentre in Mandalay struck on 28 March 2025, causing thousands of casualties and widespread destruction that is expected to further exacerbate humanitarian needs at a time when organisations had started to scale down operations because of diminishing funding due to global aid cuts.

2. Humanitarian needs & affected population

The conflict between the Myanmar Armed Forces (MAF) and a large number of Ethnic Armed Organisations (EAOs) and People's Defence Forces is intensifying, with dire consequences for the civilian population. More than 3.5 million persons are displaced within Myanmar, including 1.5 million people forced to flee escalating violence since October 2023, when EAOs launched coordinated offensives against the MAF. Armed resistance to the military regime is fierce in areas with ethnic minorities and theatres of previous conflict, i.e. Rakhine, the Shan states and the southeast. Rural areas of Sagaing and Magway – home to the Bamar majority ethnic group – are also seeing heavy fighting and rising humanitarian needs in a conflict marked by violence against civilians and breaches of international humanitarian law, including indiscriminate shelling and airstrikes in populated areas and the routine targeting of healthcare facilities.

Civilian casualties and incidents of grave violations against children are mounting, including forced recruitment and the number of children killed and maimed by unexploded ordnance and landmines due to widespread use. With the Arakan Army (an EAO) now controlling most townships in Rakhine, reports of forced recruitment and massacres by both the MAF and AA have caused thousands of Rohingya to flee to Bangladesh. Nationally, many have fled abroad or gone into hiding to avoid military conscription. Harassment, discrimination and arbitrary arrests and detention are common, with some 29,600 people arrested or detained since the 2021 coup.

The coup has led to an economic crisis with cash and foreign currency shortages and a bank crisis which, paired with conflict, has pushed millions into poverty. More than a quarter of the population face acute food insecurity. Landmine contamination is further impacting livelihoods along with recurring monsoon rains and cyclones that destroy homes and farmlands. The most severe levels of acute food insecurity are reported in areas with ongoing hostilities and large numbers of internally displaced persons (IDPs), including Rakhine, Kachin, Sagaing and the southeast. Food insecurity is rising in many areas as a result of collapsing local food production and livelihoods, violence, inflation, and blocked trade routes and aid deliveries.

A devastating 7.7 magnitude earthquake struck Myanmar on 28 March 2025, with thousands of casualties and widespread destruction that is expected to further exacerbate humanitarian needs. Access to basic services, including healthcare, water and sanitation, and education has already been devastated by the conflict, especially in areas with ongoing hostilities. IDPs, stateless persons, women and children are particularly vulnerable and exposed to risks of exploitation and abuse, including gender-based violence and conflict-related sexual violence. Needs are also high in areas controlled by EAOs as the movement of people, goods and essential supplies is systematically restricted by the military regime. Lack of essential supplies and routine attacks on healthcare facilities and personnel has caused a drastic fall in vaccine coverage and access to basic healthcare. More than 4.5 million children are out of school due to the conflict and destruction of schools, with particularly low school enrolment rates in the northwest and southeast. With no end to hostilities in sight, the number of people in need of humanitarian assistance has risen to 21.9 million in 2025, of whom 30 per cent are children.

3. The humanitarian response

The Myanmar Humanitarian Needs and Response Plan (HNRP) 2025, including the earthquake flash addendum, identifies 21.9 million people in need of humanitarian assistance of whom 6.7 million are targeted for assistance with a funding requirement of \$1.4 billion. The focus is on those with the most severe needs, especially displaced people and those in hard-to-reach areas. The strategic objectives of the 2025 HNRP have been to ensure the protection of crisis-affected people by identifying, mitigating and addressing protection risks and providing life-saving assistance, including food assistance and integrated health and nutrition services.

Humanitarian needs continue to rise across Myanmar as a result of intense fighting. Expanding operations to conflict-affected and hard-to-reach areas has proven difficult for international organisations due to insecurity, access restrictions and bureaucratic impediments imposed by the Military and its governing body, the State Security and Peace Commission (SSPC). Organisations are expected to register with de-facto authorities and comply with various administrative procedures, or risk criminal penalties, forcing many organisations to operate with a low profile. The military has shut down telecommunications in areas outside their control and imposed restrictions on the movement of people, goods and humanitarian assistance across frontlines. The increased control over international borders by various EAOs is also impacting aid deliveries, with some cross-border trade restricted by neighbouring countries. Due to these access constraints, local actors play an increasingly central role as international organisations often lack direct access to the most vulnerable communities in hard-to-reach areas. This has contributed to a humanitarian response that in part has been access-driven, reliant on the presence and capacity of local and national actors to navigate the operational challenges.

However, there is still a lack of local and national ownership and decision-making in the humanitarian response. The Humanitarian Country Team (HCT) is therefore developing a strategy for strengthening local and national ownership and to help decentralise decision-making. The UN has also developed internal Principles of Engagement and guidelines in relation to the de-facto authorities and has also set up an internal Peer-to-Peer process to ensure that projects and programmes are in line with these principles. However, it is clear that risk appetite and strategic risk management as well as approaches to low-profile operations, cross-border assistance and other operational modalities differ significantly within the UN and as compared to international Non-Governmental Organisations (INGOs).

The major humanitarian donors in Myanmar in recent years include the US, Australia, EU, Japan, the UK and Sweden but the response remains severely underfunded across all sectors, with funding covering a mere 22.6 per cent of the 2025 HNRP requirements by mid-September, with severe implications on the number of people that can be reached with life-saving assistance. Moreover, the scale-back of US humanitarian funding in 2025 continues to have major consequences on aid operations in Myanmar, with the Humanitarian Country Team, international and local organisations now required to adapt operations and the overall response in light of the new funding landscape and the uncertainty around future US funding.

4. Sida's humanitarian allocation

Recognising the protracted and multifaced nature of needs, along with the deteriorating access to healthcare, food security and protective environment, Sida's 2025 allocation strategy is focused on partners that are able to deliver integrated multisectoral assistance and protection services in hard-to-reach and conflict-affected areas where needs are most severe. Sida will prioritise organisations with direct or indirect presence in hard-to-reach areas whose support can be provided through direct service delivery, in-kind support, and multi-purpose cash modalities and through low-profile interventions. Sida will therefore prioritise partners that have a strong stance on localisation and strategic risk management.

The focus of Sida's humanitarian assistance to Myanmar in 2025 continues to be on the provision of integrated and multisectoral life-saving assistance, including food security, protection, health, shelter, counselling and legal assistance, and water, sanitation and hygiene (WASH). Some partners also work to strengthen protection outcomes through education in emergencies, mental health and psychosocial support and explosive ordnance risk education. Sida's support will mainly be provided in the form of programme-based funding and partners will thus be able to adapt their programmes to the rapidly changing operating environment, and to prioritise hard-to-reach areas and communities based on severity of needs.

In September, Sida made an end of year allocation focused on crises with the most acute needs and severe underfunding. In this allocation, an additional 33 million SEK is allocated to Myanmar with this funding directed towards unmet needs, including rising food insecurity and rising malnutrition levels.

INITIAL ALLOCATION (SEK)		
PARTNER	SECTOR	INITIAL ALLOCATION
AAH	FSL, Health, Nutrition, WASH, Protection, MPCA	23,000,000
DRC	Protection, MPCA	11,000,000
IRC	Health, Nutrition, Shelter, Protection, FSL, WASH, MPCA	30,000,000 ¹
ICRC	Protection, IHL, WASH, Health	15,000,000
NRC	Education, Protection, Shelter, WASH,	30,000,000
Oxfam	Shelter, MPCA, FSL, Protection, WASH	20,000,000
MHF	Multisectoral	29,000,000
TOTAL		158,000,000

¹ Of which SEK 15 million already committed in 2023.

FLEXIBLE FUNDING & ADDITIONAL ALLOCATIONS 2025 (SEK)		
PARTNER	FLEXIBLE FUNDING ²	ADDITIONAL ALLOCATION
DRC	2,719,405	-
IRC	-	12,000,000
Local Partner	-	5,000,000
MSB ³	5,379,700	-
MHF	-	13,000,000
OCHA Field Coordination	3,700,000	-
Oxfam	-	12,000,000
Save the Children	3,745,000	-
PUI	1,081,600	-
WFP	-	10,000,000
TOTAL	16,625,705	52,000,000

¹ The 2025 initial allocation of humanitarian funding is based on Sida's humanitarian allocation analysis methodology. The analysis reflects the current humanitarian situation across crises and is being updated continuously with the latest available data. The information in the HCA is based on reports, data, and information from partner organisations and other entities, as well as observations from field visits and dialogue with partners.

² Flexible funding includes a mix of allocations such as Rapid Response Mechanism and other flexible funding mechanisms.

³ Sida provides flexible funding to MSB, and this allocation is therefore subject to change.