

9 September 2026

1. Summaryⁱ

6	20.1 million	146 MSEK	56 MSEK	6.7 MSEK	208.7 MSEK
Humanitarian crisis ranking (Sida's mid-year allocation analysis) ⁱⁱ	Number of people with humanitarian needs (Sida's mid-year allocation analysis) ⁱⁱⁱ	Initial allocation for 2026	Additional allocation in 2026	Flexible funding in 2026	Total Sida funding in 2026

The humanitarian crisis in Myanmar continues to deteriorate since the military coup on 1 February 2021. The ensuing armed conflict between the Myanmar Armed Forces, Ethnic Armed Organisations (EAOs) and Peoples' Defence Forces is characterised by severe protection concerns. Violence against civilians, routine targeting of schools and health facilities, landmine contamination, conscription, and forced recruitment have contributed to the mass internal displacement of more than 4 million people. The conflict paired with international sanctions, an economic crisis and the blocked movement of goods and people, has led to more than 12.4 million people experiencing acute levels of food insecurity (Integrated Food Security Phase Classification Phase 3 or above) with Internally Displaced Persons, non-displaced stateless persons and people in conflict-affected areas most vulnerable.

There are widespread human rights abuses and violations against international humanitarian law. Civilians are subjected to deliberate deprivation of basic needs through the restricted movement of goods and people, banking restrictions and telecommunications blackouts. The widespread use of bureaucratic impediments, combined with critical levels of underfunding, led to more than 1.5 million people in need not being reached with any form of assistance in 2025. People in conflict-affected areas and areas not controlled by the military junta are particularly hard-to-reach due to insecurity and bureaucratic impediments, limiting their access to food, clean water, education and basic healthcare.

More than 16.2 million people need humanitarian assistance as per the Humanitarian Needs and Response Plan (HNRP) for 2026 – with 4.9 million people targeted. In addition to conflict, Myanmar is prone to frequent natural hazards such as cyclones and earthquakes, as evidenced by the devastating earthquake on 28 March 2025 that caused thousands of casualties and widespread destruction in large parts of central Myanmar. Since July 2026, Myanmar is experiencing severe flooding in several parts of the country, exacerbating humanitarian needs.

Sida's humanitarian allocations in 2026 will therefore prioritise multi-sectoral lifesaving assistance and protection focused on hard-to-reach areas.

2. Humanitarian needs & affected population

The main driver of humanitarian needs is the armed conflict between the Myanmar Armed Forces and numerous EAOs and Peoples' Defence Forces. The situation is volatile with high levels of violence, which continued throughout the first national election held since the coup. Violence is fierce in theatres of previous conflict, such as Rakhine, Chin, Shan, Kachin, and the Southeast, but most areas have high levels of violence and displacement, including Sagaing, Mandalay and Magway. More than half of the population is exposed to conflict, and Myanmar ranks the fourth most dangerous country for civilians.¹ Myanmar is prone to recurring cyclones and flooding that destroy homes and livelihoods, worsening needs and hampering recovery among crisis-affected people.

The conflict is marked by violence against civilians, human rights violations and breaches of international humanitarian law (IHL). There are indiscriminate shelling and airstrikes in populated areas and routine targeting of healthcare facilities, schools and religious buildings through airstrikes and drone warfare². The number of civilians killed and maimed by unexploded ordnance and landmines has doubled as Myanmar recorded the world's highest number of landmine casualties in 2024.³ As a result, there are more than 4 million Internally Displaced Persons (IDPs), with many residing in the hardest-affected areas in the Northwest, Rakhine, and Southeast. This includes both protracted and recurring short-term displacements due to airstrikes and village raids. Millions have left Myanmar for neighbouring countries, including 1.2 million Rohingya who have fled to Bangladesh. There are concerning reports of forced returns of IDPs and human trafficking. Harassment, arbitrary arrests and detention are common with many in hiding to avoid military conscription and forced recruitment by parties to the conflict.⁴

Food insecurity remains high due to ongoing violence, landmines, lost livelihoods, inflation, banking restrictions, and blocked movements of trade and aid deliveries. The most acute levels of malnutrition are reported in areas with ongoing hostilities and large numbers of IDPs, with children under five and pregnant and breastfeeding women particularly vulnerable.⁵ Access to basic services, including healthcare, water and sanitation, and education has been devastated by the conflict, lost livelihoods and rising poverty. Damaged health facilities and lack of essential supplies and personnel have caused a drastic fall in vaccine coverage and access to basic healthcare, combined with recurring outbreaks of communicable diseases. IDPs, stateless persons, women and children are particularly vulnerable and exposed to protection concerns, including gender-based violence. Needs are high in areas not controlled by the military regime as the movement of people, goods and essential supplies is systematically restricted by the military regime.

¹ ACLED, [Ahead of elections, Myanmar's military capitalizes on foreign support to divide the resistance](#) | ACLED, December 2025 (accessed 2025-12-11).

² Ibid

³ ECHO, [Daily Flash Myanmar - World's largest number of landmine casualties](#) (accessed 2025-12-11).

⁴ OCHA, [Humanitarian Needs and Response Plan 2026 \(Myanmar\)](#), December 2025 (accessed 2025-12-09).

⁵ Ibid

3. The humanitarian response

The 2026 HNRP for Myanmar identifies 16.2 million People in Need (PiN) of humanitarian assistance, of whom 4.9 million are targeted. The PiN figure is lower than in 2025, but OCHA and other partners are clear that this does not reflect any observed improvement or reduction in needs. Rather, the lower PiN figure reflects a change in methodology and scope, in which only two-thirds of the country is included in the HNRP. Within the areas in scope, more than 45 per cent of the population are in need of humanitarian assistance, underscoring the scale and severity of the crisis.

4.9 mn	\$890 mn	46.6%
People targeted in the response plan (HNRP 2026)	Required to reach the target (HNRP 2026)	Of the funding secured [HNRP 2026]

Due to the humanitarian reset, there is a stricter focus on acute life-saving assistance for shock-affected people affected by conflict and the March 2025 earthquake. Taking underfunding, operational constraints, and funding projections into consideration, the HNRP has identified 2.6 million people as urgently prioritised. Due to the volatile situation, the humanitarian response has continuously needed to adapt to reflect changes in the context and emerging needs. IDPs, returnees and non-displaced stateless people are prioritised, with particular focus on hard-to-reach rural areas and people with severe needs. Activities related to resilience, disaster risk reduction and prevention have been deprioritised.

Humanitarian organisations must navigate insecurity, bureaucratic impediments and a repressive environment that has created an atmosphere of fear that hampers information-sharing and coordination efforts. These challenges are further compounded by distrust among some local partners towards international organisations, with a particular distrust of the UN. Local actors are indispensable to the response due to their acceptance within and access to affected communities but is not without risk. Local actors often work with zero visibility, facing severe constraints in transferring funds and transporting supplies. Local staff also face significant risk to their personal safety, including forced recruitment, conscription and detention.

The largest donors to the 2026 HNRP are the US, UK, ECHO, and Australia. Sweden is the fifth largest humanitarian donor as of mid-2026⁶. The original 2025 HNRP was critically underfunded (at 17 per cent) despite international attention following the March 2025 earthquake because earmarking for the earthquake response meant that non-affected areas were not targeted to the same extent. Only Health and Coordination received more than 30 per cent of its required funding in 2025, leaving large gaps across all sectors, making it difficult for Sida to prioritise specific sectors or geographical areas in our 2026 allocation. This underfunding highlights the added value of Sida's flexible programme-based approach (PBA) funding modality as it allows partners to shift resources

⁶ OCHA, [Myanmar | Humanitarian Needs and Response Plan 2026 | Financial Tracking Service](#). Accessed 2026-09-09)

and priorities based on other donor contributions, critical gaps in their programme and shifting humanitarian needs.⁷

4. Sida's humanitarian allocation

Due to the multifaceted and widespread nature of humanitarian needs in Myanmar, Sida's 2026 allocation will prioritise partners that provide integrated and multisectoral life-saving assistance and protection services. This includes Health, Nutrition, Food Security, Shelter, and Water, Sanitation and Hygiene (WASH), along with Education, Protection and Mental Health and Psychosocial Support (MHPSS). Priority has been given to partners able to operate in hard-to-reach areas where needs are most severe, including Rakhine, Sagaing, Kachin, Northern Shan state, Kayah, Chin, Magway, Kayin and areas of Mon and Tanintharyi, where there are large numbers of conflict-affected people and severe access constraints. Considering evolving needs, Sida is allocating an additional SEK 56 million to Myanmar in September 2026. The allocation focuses on partners operating in areas where humanitarian needs remain high or have worsened due to recent flooding, cholera outbreak and high levels of violence, often intersecting and leading to further displacement and food insecurity.

Sida has selected partners that can deliver principled assistance in hard-to-reach areas through low-profile interventions, either directly or indirectly through local partnerships. These partners demonstrate strong commitments to localisation and risk management that enables them to target hard-to-reach populations through a combination of direct service delivery, in-kind assistance, and both sectoral and multi-purpose cash assistance. Their capacity to navigate bureaucratic impediments by leveraging local partnerships and different response modalities is essential, given access constraints and cost-effectiveness. Sida's support will mainly be in the form of flexible programme-based funding that enable partners to adapt their programmes and response modalities to the constantly changing operating environment and evolving needs.

Unfortunately, ongoing conflict, widespread bureaucratic impediments, and the routine targeting of civilian infrastructure by parties to the conflict, limits opportunities for durable and sustainable solutions. Landmine contamination, mass displacement, banking restrictions, and strict limitations on the movement of goods and people, makes it difficult to address food security, livelihoods and basic needs of people in areas outside of military control.

Severe underfunding in 2025 has also contributed to a more prioritised 2026 HNRP which is focused on urgent lifesaving assistance and protection, leaving limited scope for investments in sustainable outcomes. OCHA has stated that a failure by development actors to step in to support the rebuilding of livelihoods will only perpetuate existing needs.⁸ Nevertheless, some partners try to integrate sustainable results in their programming, e.g. by improving food consumption and food security among households with malnourished mothers and children.

⁷ OCHA, [Humanitarian Needs and Response Plan \(HNRP\) 2025 and Earthquake Addendum \(EQ\) Funding Status](#), (as of 1 December 2025).

⁸ OCHA, [Myanmar 2026 GHO Article | Humanitarian Action](#), December 2025 (Accessed on 2025-12-09).

Although Sida's current partners are assessed as capable of operating in hard-to-reach areas and navigating significant access constraints, much of this is often done in close partnership with local and national actors (LNAs), many of whom are situated within the affected communities. Sida should continuously monitor that our partners maintain access across the country and to assess if there are reasons to explore targeted operational partnerships with LNAs to ensure Sida's humanitarian assistance to Myanmar in 2026 remains relevant and reaches those most in need. Joint programmes with other donors, including delegated funds, could be considered alongside joint partner dialogue and monitoring activities.

PARTNER		INITIAL ALLOCATION
Action Against Hunger (ACF)		23,000,000
International Committee of the Red Cross (ICRC)		15,000,000
International Rescue Committee (IRC)		40,000,000
Norwegian Refugee Council (NRC)		32,000,000
Myanmar Humanitarian Fund (MHF)		21,000,000
UN World Food Programme (WFP)		15,000,000
TOTAL		146,000,000
FLEXIBLE FUNDING & ADDITIONAL ALLOCATIONS (SEK)		
PARTNER	FLEXIBLE FUNDING ⁹	ADDITIONAL ALLOCATION
Action Against Hunger (ACF)	-	2,500,000
International Rescue Committee (IRC)	-	9,000,000
Norwegian Refugee Council (NRC)	-	9,000,000
OCHA ¹⁰	5,200,000	-
Solidarites International (SI)	-	7,000,000
UN World Food Programme (WFP)	-	28,500,000
The Swedish Civil Defence and Resilience Agency (MCF)	1,470,000	
TOTAL	6,670,000	56,000,000

⁹ Flexible funding includes a mix of allocations such as Rapid Response Mechanism and other flexible funding mechanisms.

¹⁰ Sida provides flexible funding to OCHA's field coordination, and this preliminary allocation is therefore subject to change.

ⁱ The 2026 mid-year 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.

ⁱⁱ Sida's mid-year allocation analysis consists of three dimensions that are assessed for each of the 25 crisis-affected countries that were included in the initial allocation for 2026: 1) magnitude and severity of humanitarian needs 2) capacity of the humanitarian system to respond to needs and 3) capacity of the crisis-affected country to respond to needs. The qualitative and quantitative analysis produces an index scoring for each country, where the highest ranked country is found to have the greatest proportion of unmet severe humanitarian needs, based on available data. For more information, please see Mid-year Allocation Methodology.

ⁱⁱⁱ Sida uses the most inclusive estimate of humanitarian needs which is available from recent sources and supported by triangulation. For Myanmar, the sources are HNRP and IPC.