



Situation Analysis

MYANMAR CRISIS

Period: 23/03/26 – 29/03/26

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Introduction

Purpose

This report provides a comprehensive overview of the current humanitarian situation, focusing on both operational environment factors and sectoral analysis. It aims to support informed decision-making for humanitarian partners and stakeholders.

About GANNET

GANNET is a Generative AI Initiative from Data Friendly Space, offering AI-powered tools built to make knowledge and real-time information accessible to our community in a resource-efficient and ethical way. It provides tools such as the GANNET Virtual Assistant and GANNET SituationHub to help humanitarian actors access, analyze, and utilize critical information for their operations.

GANNET SituationHub

The GANNET SituationHub is a generative AI-powered digital public good designed to identify and analyze humanitarian data from thousands of trusted sources in real time. By transforming complex data into clear insights, it enables faster, more effective response strategies and improved coordination among stakeholders.

GANNET Virtual Assistant

The GANNET Virtual Assistant is a verified chatbot designed for humanitarian quick decision-making. Built on cutting-edge Generative AI and trained with humanitarian expert-reviewed data, it provides real-time information. The GANNET Virtual Assistant facilitates rapid data access and synthesis for crisis response.

Methodology Overview

The Situation Hub's analytical process uses a structured Human-in-the-Loop workflow that combines automated analysis retrieval through GANNET Virtual Assistant, DFS's AI-powered humanitarian assistant, with expert review by the DFS analysis team. GANNET automates the extraction and generation of crisis-related insights based on structured prompts, which are aligned with a tailored analytical framework. These outputs are then reviewed, validated, and refined by analysts to ensure accuracy, contextual relevance, and operational utility. The workflow is organized into four key phases: planning and setup, ongoing operations, quality assurance, and system evolution, ensuring a balance between speed and analytical rigor.

Planning, Setup & Quality Control

In the planning phase, analysts develop a contextualized analytical framework, largely based on the Joint Intersectoral Analysis Framework (JIAF), and convert it into structured prompts for AI-assisted data extraction. These prompts are refined over time to improve output quality. Data sources are vetted for reliability, and translations are reviewed for accuracy. Using a centralized Content Management System (CMS), analysts review and curate AI-generated outputs, validate them against external sources, and make refinements to enhance clarity and relevance. The CMS enables collaborative editing and version tracking, ensuring outputs align with humanitarian needs.

Bias Mitigation

To minimize bias, the team diversifies data sources, cross-verifies information, and continuously evaluates the AI's performance. Analysts are crucial in identifying and correcting inaccuracies, especially in automated categorization. Future improvements aim to enhance source credibility checks and sentiment analysis, further strengthening the reliability of the Situation Hub's outputs.

Crisis Overview

The SituationHub landing pages use a standardized yet customizable template to deliver consistent, comprehensive crisis overviews. These pages integrate static content with dynamic data from sources like ACLED and DTM via open APIs, enabling interactive visuals with real-time updates. Regular reviews and verification with in-country partners ensure accuracy, while manual updates are used for sources not connected to APIs.

Media Monitoring

The media monitoring process has evolved from a manual, list-based approach to an AI-assisted system integrated into the CMS. This allows analysts to efficiently review, filter, and contextualize media narratives, while automation helps track emerging trends.

Overview

The following overview has been generated using the information available up to April 7, 2026. It provides a synthesized summary and key insights into the crisis based on the most recent data accessible at that time.

Summary

Myanmar has been in crisis since February 1, 2021, when the military (Tatmadaw) overthrew the democratically elected government. This coup sparked widespread protests and armed resistance, leading to a severe political, economic, and humanitarian crisis. The military junta, known as the State Administration Council (SAC), has responded with brutal force, resulting in thousands of civilian deaths and widespread human rights abuses.

As of December 2025, approximately 3.6 million people are internally displaced across the country—a dramatic increase from roughly 300,000 pre-2021—with displacement projected to rise toward 4 million in 2026. Intensified clashes continue in Sagaing, Magway, northern Shan, Kayah, and Mandalay, where junta forces have launched renewed ground and air offensives ahead of military-run elections starting December 28, 2025. The Arakan Army now controls all but three of Rakhine State's 17 townships, while resistance forces including the Karen National Liberation Army have consolidated influence across much of central and southeastern Myanmar. The UN's 2026 Humanitarian Needs and Response Plan, released December 10, projects over 16 million people will require humanitarian assistance.

Recovery from the March 2025 earthquake remains slow, with an estimated 3.5 million tonnes of debris and reconstruction hampered by insecurity, shortages of heavy machinery (43%) and labour (40%), and limited access. Many affected communities, particularly in Magway, Sagaing, and Mandalay, continue to live in temporary shelters, while essential services remain disrupted. Approximately 24,200 houses were damaged (24% completely destroyed), and 132 health facilities were damaged—half in Mandalay.

The Rohingya crisis continues to worsen, with the junta's blockade of Rakhine preventing international aid delivery since late 2023, leaving hundreds of thousands of IDPs with severely limited assistance. On December 10, 2025, a military airstrike destroyed Mrauk-U General Hospital, killing at least 33 people and injuring 76–80—one of the deadliest attacks on healthcare in the conflict. Chronic poverty now affects over 80% of the population, the World Bank projects GDP will contract 2.0% in FY2025/26 with inflation remaining above 20%, and market disruptions have deepened food insecurity nationwide. The 2026 HNRP appeals for approximately \$890 million but reflects severely constrained funding and narrowed operational space, forcing agencies to prioritize only 2.6 million people with the most severe needs for life-saving support.

Key Insights

1. Myanmar's humanitarian crisis continues to deepen amid persistent conflict, economic collapse, and the lingering impacts of the March 2025 earthquake. An estimated 16 million people—nearly one in three citizens—are projected to require humanitarian assistance in 2026, as conflict-driven displacement, natural disasters, and funding shortages exacerbate vulnerabilities nationwide.

The March 28 earthquake remains a defining event in the humanitarian landscape. Official figures confirm 3,745 deaths and over 5,000 injuries, with the Early Recovery Cluster reporting over 24,200 houses damaged (24% completely destroyed), 4,857 apartments affected, and 132 health facilities damaged. An estimated 3.5 million tonnes of debris blocks roads and markets, with clearance impeded by shortages of heavy machinery (43%) and labour (40%). Nearly three-quarters of the most affected townships continue to face critical shelter and livelihood gaps—64% of communities reported job losses and 30–31% reported damage to crops and workplaces—while disrupted water systems (44% of groundwater sources contaminated) have fueled outbreaks of cholera and dengue.

2. Conflict has escalated dramatically ahead of junta-run elections starting December 28, 2025. The military has intensified air and ground offensives, conducting 2,165 airstrikes between January and November 2025—up from 1,716 in all of 2024. On December 10, a military airstrike destroyed Mrauk-U General Hospital in Rakhine State, killing at least 33 people and injuring 76–80—prompting UN, WHO, and Amnesty International condemnation and calls for investigation as a possible war crime.

Total displacement has reached approximately 3.6 million people as of late 2025, with projections indicating it could rise to 4 million in 2026. The Arakan Army now controls all but three of Rakhine's 17 townships, while resistance forces have captured extensive border areas in the southeast. Attacks on healthcare are widespread: Insecurity Insight recorded 1,815 attacks on health care between February 2021 and November 2025, with WHO verifying 67 attacks in 2025 alone. Access restrictions, including the junta's blockade of Rakhine since late 2023, continue to endanger civilians—particularly Rohingya communities facing persistent protection risks, restricted mobility, and limited access to aid.

3. Humanitarian access remains severely limited by insecurity and deliberate obstruction. The 2026 HNRP appeals for approximately \$890 million but reflects severely constrained funding and narrowed operational space, prioritizing only 2.6 million people with the most severe needs at a cost of \$521 million. Partners reached some 5 million people in the first nine months of 2025, but access constraints—including roadblocks, landmines, telecommunications blackouts, and the Rakhine blockade affecting 600,000 IDPs—force reliance on low-profile, community-led delivery modalities. WFP warns that hunger has reached "unacceptable" levels, with over 400,000 young children and mothers surviving on nutrient-deprived diets of plain rice or watery porridge.

4. The Food Security Cluster estimates about 8.5 million people face moderate-to-severe food insecurity in 2026, driven by conflict, displacement, rising food and fuel prices, reduced market access and supply-chain disruptions. September 2025 analyses reported "Serious" to "Critical" Global Acute Malnutrition in multiple conflict-affected townships, notably in Northern Rakhine, Kachin, Sagaing, Southern Shan, and Kayah—with nutrition and treatment services suspended or operating at minimal capacity due to access constraints.

Economic conditions continue to deteriorate: the World Bank projects real GDP will contract 2.0% in FY2025/26, with inflation remaining above 20%. Rising poverty and fear of forced conscription have driven male migration, leaving women, girls, and older people as household heads. More than four in ten households identify lack of income as their top challenge, and 83% of internally displaced families can meet half or less of their basic needs. The convergence of conflict, disaster, and economic decline continues to erode coping capacities, pushing Myanmar further toward a protracted humanitarian emergency with no signs of de-escalation.

5. International condemnation has intensified following the December 10 airstrike on Mrauk-U Hospital. The UN High Commissioner for Human Rights called for an investigation, warning the attack could amount to a war crime. WHO's Director-General condemned the strike as among dozens of verified attacks on healthcare in 2025. Amnesty International and the Burma Human Rights Network have urged the UN Security Council to refer Myanmar to the International Criminal Court, impose an arms embargo, and authorize emergency cross-border humanitarian aid.

Peace negotiations remain effectively stalled: resistance leaders and the National Unity Government publicly rejected Chinese-brokered terms for northern Shan State. The junta has cancelled voting in thousands of wards where it cannot secure control, while nationwide "silent strikes" signalled popular rejection of the military's December elections. EU and Australia have declared the vote "not credible" amid junta repression. The junta denies responsibility for civilian casualties, accusing "terrorists" of being targeted, while humanitarian organizations warn the pre-election environment is driving further escalation rather than de-escalation.

Economy

Current Economic Situation

Since early March 2026, Myanmar has faced acute fuel shortages and sharp retail price rises, with national diesel and Octane 95 prices up 34% and 24% respectively over a two-week period, and parallel-market prices doubling or tripling in some states and regions [2][1]. Localised spikes were particularly severe: in Sittwe, Octane 92 rose from around 17,000–18,000 MMK per litre to roughly 40,000 MMK per litre in the first week of March, while by mid-March pump diesel reached approximately 3,800 kyat/litre (up from 2,450 kyat in February) with black-market rates as high as ~12,000 kyat/litre [2][18][10]. In Tachileik, Thai fuel supplies ceased on 2 March, triggering immediate shortages and price spikes between 2,500–13,000 MMK per litre amid rotational station closures [2]. Myanmar imports approximately 90% of its fuel, and authorities introduced rationing measures including QR-code limits and even/odd licence-plate refuelling rules from 7 March, while stating that strategic reserves cover roughly 50 days and that 16 additional tankers were expected to arrive [18][1][2]. These energy shocks have severely constrained long-haul transport, cross-border trade (notably at Myawaddy and Tachileik), marine operations in Tanintharyi, and last-mile humanitarian deliveries, raising logistics costs and undermining market access for goods and agricultural inputs [1][2]. Fertilizer supply is also at risk — Iran supplies approximately 400,000–600,000 tonnes of urea annually — and UN agencies warn that rising fuel and fertiliser costs could double farming production expenses ahead of the monsoon season, pushing millions closer to hunger [18][10][1]. WFP estimates 12.4 million people are already facing acute food insecurity, with the combined effects of global energy shocks and ongoing conflict producing sharp inflationary pressure on fuel and food, severe transport constraints, and heightened risk of reduced agricultural output [4][6][1][2].

Conflict Economic Landscape

Conflict- and earthquake-affected areas — including Chin, Kachin, Kayah, Rakhine, Sagaing and Shan — are projected to be hit hardest by overlapping economic shocks, compounding displacement, lost livelihoods, and a fragile recovery one year after the March 2025 earthquake [8][16][15]. In earthquake-affected regions of Sagaing and Mandalay, one in six households faces moderate to severe food insecurity while half of families remain only marginally food secure, contributing to a national total of 12.4 million people facing acute hunger [8][4]. Reconstruction remains uneven — thousands of homes, schools, health facilities, and bridges remain damaged or only partially repaired — and agencies highlight continuing needs to restore water and sanitation, health services, and livelihoods [22][15][16]. Humanitarian reach has been substantial but severely underfunded: WFP reached roughly 500,000 earthquake survivors and is requesting USD 150 million to assist 1.5 million people in 2026; the ICRC reported assisting over 300,000 people; and IFRC/MRCS support reached approximately 213,652 people across 31 townships, while IFRC's Emergency Appeal remained only ~29.4% funded [8][16][15]. Restrictions, delays, and reported diversion or confiscation of international aid by authorities have limited access to assistance in opposition-held areas, further impeding service restoration and economic recovery [12]. Humanitarian agencies warn that unless fuel and funding constraints are addressed, assistance will need to be prioritised toward immediate life-saving needs at the expense of livelihood recovery programmes, risking longer-term job losses and deeper dependence on aid [6][8].

Stability of Currency and Bank System

As of 23 March 2026, the official market exchange rate stood at 1 USD = 2,100 MMK [5]. The fuel crisis has introduced significant additional inflationary pressure: national diesel and Octane 95 prices rose by 34% and 24% respectively over a two-week period in early March 2026, with parallel-market prices doubling or tripling in some states and regions [2]. The military council stated that strategic reserves cover approximately 50 days and that 16 additional tankers were expected, though widespread rationing and long queues have persisted since early March [1]. WFP has cautioned that rising fuel and fertiliser costs are driving broader price pressures across transport and agricultural production sectors, potentially doubling farming production costs in coming months and exacerbating food insecurity for the 12.4 million people already facing acute hunger [4][1][6].

Employment

Fuel scarcity is severely disrupting livelihoods and economic activity across Myanmar. Transporters report visiting multiple filling stations with unreliable results, long-haul transport has become unpredictable, and cross-border trade with Thailand has slowed or halted; marine last-mile delivery remains limited while air freight is available only for high-priority humanitarian cargo [2][1]. Farmers have been forced to queue for long hours or buy illicit supplies in order to harvest crops, and suppliers are unable to guarantee timely deliveries, causing households to scale back movement and commercial activity [18][10][2]. Government-introduced fuel-saving directives — including even/odd plate refuelling rules and designated work-from-home days for state staff — further compress mobility and employment-linked economic activity [1][18][29]. Rising fuel and fertiliser costs threaten to double agricultural production expenses ahead of the monsoon season, compounding the food insecurity situation in Sagaing and Mandalay where one in six households already faces moderate to severe food insecurity [6][8]. At a broader structural level, ongoing conflict and overlapping shocks have degraded livelihoods and employment prospects at scale, with high civilian casualties and displacement increasing reliance on irregular or humanitarian income sources [27][21]. Over 1.1 million Rohingya remain in protracted displacement in Bangladesh, lacking access to sustainable jobs and self-reliance opportunities; NGOs are calling for expanded access to documentation and work rights, citing Thailand's August 2025 policy granting some refugees the right to work as an encouraging precedent [17][28][37].

Politics

Governance Structures and Rule of Law

The junta has convened a new proxy parliament and army chief Sr. Gen. Min Aung Hlaing is seeking the presidency, consolidating military control over state institutions [65][74][69]. Under the 2008 constitution, the commander-in-chief appoints 25 percent of parliamentary seats, and the junta installed former officers—including individuals accused of war crimes and crimes against humanity in Chin State—as junta-chosen MPs, raising concerns that the legislature will entrench impunity [106]. The preceding elections were widely discredited as a sham, with opposition parties dissolved and many people excluded from voting due to denial of citizenship, while the military-backed Union Solidarity and Development Party claimed an overwhelming parliamentary majority despite low pre-coup vote shares [69][74]. New parliamentary sessions began on March 20 with junta-appointed MPs, a development condemned by the Chin Human Rights Organization as enabling impunity and eroding legitimacy [106].

Accountability mechanisms remain fragmented: the International Court of Justice and the International Criminal Court have active cases or investigations, while the Independent Investigative Mechanism for Myanmar continues to collect and preserve evidence for future prosecutions, but enforcement and custody of suspects remain limited [58]. UNHCR's Executive Committee and regional NGO statements report ongoing IHL and human rights violations, sustained internal and cross-border displacement, and humanitarian funding cuts that undermine legal protections and access to services [70][65]. The same forum noted a 90 percent drop in resettlement pathways since 2024 and called for structural change in Myanmar, including restored rights and credible accountability [70]. Conflict-related harm has been estimated at roughly 90,000–93,000 killed and approximately 3.6 million displaced since 2021, further delegitimising state authority [69][74].

Political Freedoms and Recent Laws

The junta has tightened controls on civic space by blocking internet access, denying visas to international relief teams, and restricting humanitarian access, while journalists and activists have faced arrests, torture, and other reprisals reported by media and human rights groups [65][98]. The junta's reported misuse of aid and access restrictions disproportionately limit assistance to areas outside its control, further constraining civic space and the ability of non-state actors to operate freely [65]. Persistent repression of independent media and harassment of journalists has undermined perceptions of governmental accountability and transparency [99][98].

Restrictions on Rohingya citizenship and the absence of conditions required for safe, voluntary return continue to undermine basic political and civil participation rights and make repatriation unsafe [58]. UN bodies and NGOs flagged limited progress on ASEAN's Five-Point Consensus and called for renewed political momentum during meetings held 24–26 March 2026, noting that without an inclusive political process, humanitarian aid alone cannot resolve displacement and protection gaps [70][67]. International observers describe the post-election transition as a cosmetic "cosplaying" of democracy, while international accountability mechanisms—including the International Court of Justice, the International Criminal Court, and the UN's Independent Investigative Mechanism for Myanmar—remain active but constrained in enforcement [69][58].

Influence of Non-State Actors and Political Factions

Myanmar's military has rapidly expanded and institutionalized drone and heavy air capabilities supplied by Russia—including Sukhoi Su-30 fighters, Mi-38T helicopters, Albatross-M5, Orlan-10E, and VT-40 UAVs—and created a Drone Warfare Directorate in 2024, contributing to a marked rise in air and drone strikes, a reported 52% increase in civilian deaths in 2025, and more than 5,900 air raids recorded between February 2021 and March 2026 [100][115]. China-brokered truces with ethnic armed organisations—for example the return of Lashio to military control and withdrawals around Mogok—have helped strengthen the junta's territorial position and signal Beijing's backing of the military establishment [86][79].

Ethnic armed groups exercise de facto governance and economic control in their areas. The United Wa State Army (UWSA) owns and operates a coal plant through Wan Hong Natural Energy in Mong Hsat Township, secures the Nar Par Kaw mine with Wa forces, and exerts cross-border environmental and resource influence affecting Thailand [105]. Factional fighting among non-state armed groups—notably clashes between the Ta'ang National Liberation Army (TNLA) and the Myanmar National Democratic Alliance Army (MNDAA) in northern Shan State between 14–16 March 2026—has involved mass arrests, abductions, drone bombardments, and civilian deaths, further fragmenting local security and governance [110].

Regional diplomacy is increasingly engaging non-state actors directly: Bangladesh has initiated communications with both Myanmar's governing authorities and the Arakan Army regarding Rohingya repatriation, indicating that armed non-state actors are now key interlocutors in political and repatriation processes [60].

Public Trust in State Institutions

Public trust in state institutions is severely undermined by the junta's consolidation of power, including a staged electoral process and signals that Commander-in-Chief Min Aung Hlaing is moving toward the presidency after Armed Forces Day, which critics say masks continued military rule [69][79][86]. The military's adoption of Russian weapons and assault doctrines, alongside a reported 52% rise in civilian deaths from air strikes in 2025, has amplified perceptions of state brutality and weakened trust in the armed forces and governing authorities [115][100]. Active conflict and rights abuses in northern Shan State between March 14–16—including reported extrajudicial arrests, abductions, torture, and drone strikes that killed civilians—have increased public fear and reduced confidence in security institutions [110]. Taken together, these dynamics have severely damaged institutional legitimacy: conflict-related harm estimated at roughly 90,000–93,000 killed and approximately 3.6 million displaced since 2021 continues to delegitimise state authority in the eyes of many citizens [69][74].

Role of Marginalized Groups

Rohingya remain in protracted legal limbo and statelessness, and observers warn current conditions in Myanmar do not meet thresholds for safe, voluntary repatriation, with premature returns likely to cause renewed harm [58][70]. Key figures illustrating the scale of displacement include:

- Approximately 1.2 million Rohingya living in camps and legal limbo in Bangladesh [58]
- Over 140,000 new Rohingya arrivals in Bangladesh since 2023, with the World Food Programme reporting more than 150,000 new arrivals since 2024 [70][67][87]
- A reported ~90% drop in resettlement places since 2024 [70]
- WFP funding fell by about 40% in 2025, and from 1 April 2026, monthly food-assistance values will be cut from US\$12 to US\$7–US\$10 for many households, with only approximately one-third deemed "extremely food insecure" retaining US\$12 [87][98]

NGOs at the 24–26 March 2026 Executive Committee / Asia-Pacific update called for systematic inclusion of refugee- and IDP-led organisations (RLOs) in coordination mechanisms and for regional commitments to promote refugee self-reliance through access to documentation, work, education, and freedom of movement [67][70]. Refugee-led responses remain under-resourced and frequently excluded from planning and decision-making, increasing protection risks and reducing locally led solutions [67]. Bangladesh has signalled a shift toward multi-actor diplomacy—engaging both Myanmar authorities and the Arakan Army—to seek conditions for safe return, underscoring that non-state actors are central to any meaningful participation of displaced communities in decision-making [60].

Security And Stability

Security Overview

Armed conflict and serious IHL/human rights violations persist across Myanmar, driving continued internal and cross-border displacement and worsening protection risks for civilians and aid operations [139][131]. NGOs and UN fora warn the crisis is likely to deteriorate, with over 140,000 new Rohingya arrivals in Bangladesh since 2023, while funding cuts, suspended resettlement pathways and reduced humanitarian capacity are increasing protection risks and limiting durable solutions for displaced populations [139][131]. Conflict monitoring groups estimate tens of thousands of conflict deaths since the 2021 coup (ACLED ~96,000) amid an intensifying campaign of air, drone and artillery strikes, and the junta's political appointments of officers accused of war crimes signal deepening impunity that undermines accountability and civilian protection [148][166]. One-year reviews of the 28 March 2025 earthquake record the junta's obstruction and misuse of relief, noting that large-scale aerial and artillery attacks surged in the two months after the quake, killing and wounding civilians en masse [130]. Fuel shortages and higher transport costs linked to the Middle East conflict are constraining humanitarian access and operations while exacerbating food insecurity; the WFP reports one in six households in Sagaing and Mandalay face moderate-to-severe food insecurity and warns that approximately 12.4 million people face acute hunger, with Chin, Kachin, Kayah, Rakhine, Sagaing and Shan among the hardest-hit areas [162][156]. Security vacuums in and around displacement sites—including reports of escalating violence inside refugee settlements—and extensive landmine and explosive remnants of war contamination in Rakhine are producing semi-lawless zones and civilian casualties, with documented ERW fatalities and injuries across the region [123][153].

Security Forces and Law Enforcement

The junta expanded manpower through a 2024 nationwide conscription that added nearly 100,000 soldiers, yet many Tatmadaw infantry battalions remain under-strength (often fewer than 200 personnel versus a nominal 500), constraining effective ground unit strength [122][146]. To compensate, the military has increased aerial and drone capabilities—reported acquisitions include Sukhoi Su-30 fighters, Mi-38T helicopters, multiple surveillance/strike and loitering munitions, and a 2024 Directorate of the War on Drones—reflecting the adoption of Russian-style assault and drone doctrines [122]. ACLED recorded over 5,900 air raids between February 2021 and March 2026 and a 52% rise in civilian deaths from air strikes in 2025, with hundreds of aerial and artillery attacks carried out in the aftermath of the March 2025 earthquake, heightening civilian protection risks and allegations of war crimes [122][130]. Documented abuses by security and allied forces include extrajudicial arrests, torture, disappearances and targeted attacks on civilians and civil rescue personnel during recent clashes, such as northern Shan State operations in mid-March, underscoring major accountability gaps [133][122][130]. The junta has further impeded humanitarian response by delaying or denying visas for international teams, confiscating medical supplies and harassing aid workers, undermining civilian protection in affected areas [130]. State control is fragmented—large swathes of territory are contested or held by resistance and ethnic armed groups—reducing law enforcement presence and accessibility in many rural areas [125][149]. Operational capacity is additionally constrained by acute fuel shortages and rationing since early March 2026, causing severe queuing, transport disruptions and reduced mobility for security operations and civilian services [124][160][138].

Demography

Demographic Overview

The World Food Programme reported 12.4 million people—nearly one quarter of Myanmar's population—are facing acute hunger [179][182]. Poverty is large-scale, with about half the country living in poverty, heightening vulnerability to displacement and food insecurity [180]. Conflict since the 2021 coup has produced large-scale casualties and displacement, with ACLED estimating at least 96,000 killed and UN figures indicating roughly 3.6–3.7 million people internally displaced [195][189][180]. The Bamar (Burman) are the country's majority ethnic group, while multiple ethnic nationalities—including Karen, Chin, Kachin, Kayah, Rakhine/Arakan and Shan—are concentrated in conflict-affected states and regions cited in humanitarian reporting [175][179][176]. Bangladesh continues

to host the Rohingya population linked to Myanmar, with WFP supporting nearly 1.2 million refugees in Bangladesh, including about 150,000 new arrivals since 2024 [198][199].

Socio-Cultural

Socio-Cultural Overview

Approximately 1.2 million Rohingya remain confined to camps in Bangladesh, with significant new arrivals recorded since 2023–2024 [227][239][214]. The Rohingya's lack of citizenship and legal identity, and community calls for restoration of citizenship, security guarantees and internationally monitored rights, make voluntary, safe repatriation currently unviable [227]. Bangladesh's engagement now includes communication with both Myanmar authorities and the Arakan Army, reflecting contested governance in northern Rakhine that could affect documentation, land and identity claims for returnees [210]. Refugees in Cox's Bazar are officially prohibited from working, and planned reductions in WFP food/cash assistance from April 1, 2026 are expected to deepen dependency and risk increases in illicit coping strategies and social tensions [239]. Cultural and religious norms in Cox's Bazar restrict girls' mobility and economic participation, driving perceptions that marriage provides security and contributing to child marriage risks in displacement settings [207]. NGOs and refugee-led organisations report shrinking civic space and under-resourcing, and call for systematic inclusion of RLOs in coordination mechanisms and for access to documentation, work and education to strengthen community self-reliance [214][219]. People with disabilities face stigma and specific barriers after the earthquake, with Myanmar Humanitarian Fund-supported rehabilitation and psychosocial interventions improving inclusion in some communities [228]. Global shocks from the Iran/Middle East crisis in late February–March 2026 have driven fuel and fertilizer shortages and price rises, worsening food insecurity and straining community coping mechanisms—especially in conflict- and earthquake-affected areas [213][208][231]. Fragmentation among ethnic militias, contested local authority and ongoing large-scale displacement have eroded social cohesion in many areas and complicated community-level protection and traditional justice mechanisms [205][206][236].

Gender Dynamics

Funding shortfalls and a sharp drop in resettlement options—cited at roughly 90% since 2024—have weakened protection and durable-solution pathways for displaced people from Myanmar, disproportionately affecting women's access to documentation, livelihoods, education and safe solutions [214][219]. WFP's planned reduction of monthly cash food assistance from US\$12 to US\$7–\$10 for lower-risk groups from April 1, with only the roughly one-third of households designated "extremely food insecure"—a category that explicitly includes households headed by women, children, the elderly or people with disabilities—retaining the US\$12 rate, raises acute gendered protection concerns [239][243]. Reduced rations may push people, including women, into informal or illicit coping strategies to survive [239]. WFP monitoring one year after the March 2025 earthquake shows a fragile recovery in Sagaing and Mandalay, with one in six households facing moderate to severe food insecurity and half of families only marginally food secure—conditions that increase vulnerabilities for displaced and crisis-affected women and girls as communities rebuild [208][237]. The Myanmar Red Cross Society, supported by IFRC, ICRC and partners, and thousands of trained volunteers delivered multipurpose assistance and community-led shelter, reaching over 213,652 people across 31 townships, underscoring the importance of local responders in protecting and restoring choice and dignity for affected women and men alike [234].

Impact of Socio-Cultural Drivers on Aid

Local and community-led approaches have been central to the humanitarian response following the March 2025 earthquake. The Myanmar Red Cross Society (MRCS) and its network of volunteers and community committees reached more than 213,652 people across 31 townships, with community-led shelter programmes using local materials and family-selected designs, together with multipurpose cash that allowed families to prioritise needs, increasing cultural acceptability and dignity of assistance [234]. IFRC and MRCS engaged community committees and village leaders in planning and delivery, reflecting the influence of traditional and local leaders on where and how aid is provided, while digital tools and two-way community feedback mechanisms were introduced to improve transparency, accountability and adaptation of programmes to local preferences [234]. MRCS-supported rehabilitation and assistive-device provision in Mandalay improved community attitudes toward people with disabilities, illustrating how assistance can reduce stigma and shift social perceptions [228]. Insecurity Insight noted that Myanmar-specific safety guidance, including drone-attack guidance, has been adapted into Burmese to support aid-worker safety and community messaging, addressing language and communication needs [248]. Water scarcity among IDPs in Hpruso—requiring one-and-a-half to three-hour trips to fetch water, reliance on fragile tarpaulin reservoirs, and rationing of use—exacerbates daily hardship and can strain social cohesion between displaced and host populations [255]. In Cox's Bazar, ration reductions from April 1 will lower many households' monthly food assistance while refugees remain officially unable to work, raising protection and potential law-and-order risks among displaced and host communities [243][239]. Overall, the reporting shows strong reliance on local actors, volunteers and informal support networks to increase aid acceptance and access, but chronic funding shortfalls and planned ration cuts risk eroding social cohesion and equitable access to assistance [234][239][237].

Environment

Environmental Conditions

Myanmar faces overlapping environmental shocks that continue to compound humanitarian needs. One year after the March 2025 earthquake, communities are rebuilding amid flooding and extreme heat, with damage to homes, schools, and health facilities hampering relief efforts [290]. The WFP has warned that extreme heat, rising fertilizer costs, and restricted fuel access threaten the upcoming cultivation season and could sharply increase production costs [279]. Displaced people in Karenni State face acute water scarcity as the hot season approaches, with many travelling approximately 1.5–3 hours to reach water sources, reusing water for multiple purposes, and facing costs of roughly 15,000 kyats for a 1,000-litre tank or up to 45,000 kyats for a 3,000-litre water truck [285].

China's Fengyun-4C satellite, equipped with a lightning imager and other sensors, is expected to improve monitoring of convective activity and storm cells over South Asia, including Myanmar, and strengthen early-warning capabilities for extreme weather events [298].

Environmental Challenges

A coal-fired power plant in Mong Hsat Township, operated by a UWSA-owned company and supplied by the Nar Par Kaw mine, began operating late last year and has been linked to fish kills, skin irritation among residents, unknown waste management practices, and risks of river contamination that could cross into Thailand (the plant sits roughly 12 miles from the border) [281]. Local monitors warn the plant's emissions — including sulfur dioxide, nitrogen oxides, and particulate matter — and potential for acid rain could drive respiratory illness and damage farmland within an estimated ~50-mile radius, while continuous coal transport and mining increase local environmental pressure [281]. Displaced households in Karenni State report severe limits on water for hygiene, rising skin diseases, repeated reuse of greywater, and reliance on fragile tarpaulin reservoirs [285]. Ongoing conflict and intensified air operations continue to drive displacement and infrastructure destruction, further exacerbating environmental risks and impeding environmental recovery and service provision [300][290].

Environmental Risks and Mitigation

A 7.7-magnitude earthquake struck central Myanmar on 28 March 2025, killing thousands and creating widespread shelter, water, sanitation, and health needs that continue to drive recovery requirements one year on [263][264][290]. Humanitarian agencies report large recovery gaps: the ICRC assisted more than 300,000 people and the IFRC/MRCS network reached over 213,652 people across 31 townships with shelter, WASH, health support, and multipurpose cash, while funding shortfalls limit the ability to scale up recovery activities [264][290]. The World Food Programme warns that global shocks linked to the Middle East crisis — manifested in fuel and fertilizer price spikes since late February 2026 — are increasing transport and input costs, threatening monsoon planting, and leaving one in six households in affected Sagaing and Mandalay areas with moderate to severe food insecurity [262][265][266]. Since early March 2026, national diesel prices rose 34% over two weeks and Octane 95 rose 24%, with rationing measures and long queues disrupting transport and constraining humanitarian logistics and last-mile delivery in coastal and border areas [270][265]. Conflict-related environmental hazards include extensive minefields and explosive remnants of war; UNICEF reported 1,082 people killed by mines and ERW in 2024 [271][281]. Mitigation and sustainable recovery measures promoted by responders include community-led "Build Back Safer" shelters incorporating rainwater harvesting, sanitation, and solar power, as well as multipurpose cash to restore livelihoods and a shift from emergency relief to restoration of community infrastructure. These efforts require sustained donor funding — the IFRC noted its emergency appeal was underfunded and WFP appealed for USD 150 million for 2026 — to embed disaster preparedness and resilience in recovery programming [290][262]. Humanitarian actors emphasize the need for continued funding and unimpeded access to sustain recovery, integrate disaster preparedness before the monsoon, and protect agricultural livelihoods vulnerable to fuel and fertilizer shortages [290][264][262].

Conflict

Overview of the Ongoing Armed Conflict

The conflict, which intensified after the 2021 coup, remains a multi-front civil war between the junta and numerous ethnic and resistance forces [348][330]. Late March 2026 saw major escalations in the south, where intense fighting over control of Route 8 entered a third week as combatants contested a key trade artery [350][351]. Around 20 March 2026, junta airstrikes struck a monastery sheltering displaced people in Katha, Sagaing Region, killing dozens and possibly more than 50 civilians while fighting around the town continued [353]. In northern Shan State, clashes between the Ta'ang National Liberation Army (TNLA) and the Myanmar National Democratic Alliance Army (MNDAA) led to talks on 17–20 March 2026 that reportedly produced a ceasefire, while earlier operations between 14–16 March included detentions, beatings and drone strikes that caused civilian arrests, injuries and fatalities, including a killed rescue worker [338].

The junta's battlefield edge has grown with Russian-supplied aircraft, helicopters and drones, driving a surge in aerial and drone attacks — ACLED recorded 5,912 air strikes and 931 drone attacks between 1 February 2021 and 13 March 2026, with air attacks the leading cause of civilian deaths and a 52% rise in aerial-raid deaths in 2025 [348]. Air and drone strikes have hit civilian sites including schools and hospitals, worsening humanitarian needs already exacerbated by the March 2025 earthquake and by reported junta obstruction of relief efforts [348][328]. Conflict monitors estimate more than 90,000 killed since 2021, and the UN reports roughly 3.6–3.7 million internally displaced, with large segments of the population living in poverty and deprived of services [336][330]. Rakhine State faces a concurrent landmine and explosive remnants crisis: UNICEF reported 1,082 deaths from mines and ERW in 2024, and March 2026 incidents continue to cause civilian deaths and injuries [319]. Humanitarian access remains highly constrained by active hostilities, movement restrictions and funding cuts, while China-brokered truces have shifted local frontlines without halting widespread violence [326][327][322][330].

Conflict Stakeholders

The primary state actor is the military junta (Tatmadaw), led by Senior General Min Aung Hlaing, which formally rebranded the regime (SSPC) on 31 July 2025 and has signalled leadership changes with Min Aung Hlaing eyeing the presidency ahead of Armed Forces Day [330][320]. The junta has institutionalised drone warfare with a dedicated directorate established in 2024 and strengthened its battlefield advantage through Russian military support — including Sukhoi Su-30 jets, Mi-38T helicopters, and advanced surveillance, strike and kamikaze drones (Albatross-M5, Orlan-10E, VT-40) — capabilities directly linked to the marked rise in civilian deaths from air strikes in 2025 [348][333].

China is a key external influencer, brokering truces and facilitating returns of territory to the junta — for example, Lashio was returned in spring 2025 and a Ta'ang pullback followed an October truce — with Beijing increasingly leaning toward supporting the military

establishment [330][322][341]. External arms and technical flows also extend via regional transit routes: Indian authorities in March 2026 arrested foreign nationals accused of crossing into Myanmar to train armed groups in drone warfare and allegedly importing consignments of drones via India for use by ethnic armed groups [343].

Non-state armed actors include longstanding ethnic armed organisations – among them the Arakan Army, Karen formations/KNU, TNLA and MNDAA – alongside People's Defence Forces (PDF) affiliated with the National Unity Government (NUG); these actors exercise territorial control, local administration and significant military capacity, making them central power brokers on the ground [320][338][341]. The Arakan Army's de facto control in parts of northern Rakhine State has altered governance dynamics and complicated repatriation discussions with Bangladesh, prompting Dhaka to call for engagement with both state and non-state actors [315]. Fragmentation and shifting alliances among opposition and ethnic forces – including episodes of intra-ethnic violence and tactical truces brokered by third parties – produce a highly compartmentalised battlefield that constrains unified opposition command and complicates humanitarian access across contested areas [336][341][338]. Overall, power dynamics feature a junta with superior aerial firepower and external suppliers facing diverse non-state actors with local authority and territorial control, creating asymmetric conflict dynamics with high civilian harm and displacement [348][320][341][330].

Peace Negotiations

China-brokered truces over the past year returned Lashio to military control in spring 2025 and saw the TNLA pull back from Mogoke in October 2025, but violence remains endemic and ceasefires have been fragile [321][322]. A meeting between the TNLA and MNDAA held in Laukkai from 17–20 March 2026 produced a ceasefire agreement, even as reports documented arrests, drone strikes and civilian harm during the preceding dispute [338]. Russia's role as a security partner – providing materiel and doctrine – alongside China's mediation has strengthened the junta's leverage, shaping both negotiation dynamics and battlefield realities [321][333].

Bangladesh has initiated multi-channel diplomacy on Rohingya repatriation, engaging both Myanmar's governing authorities and the Arakan Army to seek conditions for safe returns [315]. Regional mechanisms show limited traction: NGOs and stakeholders at the UNHCR Executive Committee (24–26 March 2026) noted slow progress on ASEAN's Five-Point Consensus and called for renewed political momentum and an actionable roadmap [327][326]. The junta's anticipated leadership transition, with Min Aung Hlaing positioning to assume the presidency, reinforces expectations that political processes will remain under military influence [321][330]. Overall, peace initiatives remain highly localised or externally mediated, with national-level processes – including manipulated elections – failing to produce an inclusive, sustained negotiation framework [341][326].

Conflict Outlook

The conflict is likely to continue nationwide with a significant risk of localised intensification rather than rapid de-escalation; recent China-brokered truces have yielded tactical gains for the junta in some border areas but have not halted widespread fighting or the high tempo of air and drone strikes [321][322][333]. Opposition forces are adapting by experimenting with FPV and other drones, while the junta has incorporated Russian-style mass assault tactics and expanded conscription since 2024, sustaining a high-casualty operational model that favours prolonged conflict over quick resolution [333][348].

External shocks from the Middle East conflict materially worsen humanitarian and operational dynamics in the immediate term. Myanmar's national fuel imports cover approximately 90% of needs; the junta announced roughly 50 days of strategic fuel reserves with 16 additional tankers expected, and fuel rationing began in early March 2026, leading to long queues from 4 March onward [316]. National diesel and Octane-95 prices rose by approximately 34% and 24% respectively over two weeks in March 2026, while parallel-market prices have doubled or tripled in some states and regions [349]. Myanmar also imports 400,000–600,000 tonnes of urea from Iran annually, and disruptions risk sharply higher production costs for agriculture and reduced harvests [341]. These fuel shortages and higher transport costs are already constraining commercial and humanitarian logistics, limiting long-haul and last-mile deliveries, and disrupted urea supplies threaten planting and harvest cycles that could drive food insecurity and secondary displacement in the coming months [316][349][341].

Prospects for a negotiated political settlement remain limited absent stronger regional or international pressure; ASEAN and UN processes have raised visibility but lack enforceable mechanisms, and Bangladesh's shift toward multi-actor engagement on Rohingya returns underscores regional diplomatic complexity while practical repatriation conditions remain absent [327][315][313]. Humanitarian consequences and displacement trends point to worsening needs: the 2025–2026 Joint Response Plan is critically underfunded, resettlement referrals have dropped sharply (approximately 90% decline since 2024), and reductions in assistance alongside shrinking resettlement avenues will increase protection risks and the number of people unable to meet basic needs [313][327]. New displacement is expected from continuing operations in Rakhine and border areas and from secondary shocks to food and livelihoods driven by fuel and fertiliser shortages [313][341][349]. Without sustained external mitigation of supply shocks and renewed credible political pressure for inclusive dialogue, the conflict trajectory points toward prolonged hostilities, periodic localised escalations, and deeper humanitarian deterioration over the coming months [316][333][327].

Displacement

Displacement Overview

Over 3.7 million people are internally displaced in Myanmar, according to the United Nations, with ACLED estimating more than 90,000 people killed in the conflict since 2021 [408][396]. Displacement is concentrated in conflict- and earthquake-affected states and regions, including Sagaing, Mandalay, Chin, Kachin, Kayah, Rakhine, and Shan [390][385][408]. The 28 March 2025 earthquake struck central Myanmar, killing thousands, devastating communities, and displacing hundreds of thousands more, with WFP, IFRC, and ICRC reporting they reached roughly 500,000 earthquake-affected survivors [386][390][388][398].

Cross-border displacement remains acute: Bangladesh hosts roughly 1.2 million Rohingya in camps in Cox's Bazar and Bhasan Char, with over 140,000 new arrivals recorded since 2023 [376][382][373]. Displacement is largely protracted—especially for Rohingya since 2017—and safe, voluntary repatriation pathways are effectively absent [376]. Third-country resettlement has sharply contracted, with placements reportedly down approximately 90% since 2024, increasing reliance on host countries and prolonging displacement [373]. Humanitarian access, funding cuts, and recent global fuel shocks are further undermining assistance, slowing recovery, and complicating returns and durable solutions [390][385][394][373].

Living Conditions of the Displaced Population

One year after the 28 March 2025 earthquake, many displaced and affected communities in central Myanmar remain in fragile living conditions, with thousands still rebuilding homes, livelihoods, and access to services. The ICRC reported reaching more than 300,000 people in earthquake-affected areas during its response, while IFRC reported assistance to 213,652 people across 31 townships through community-led shelter programmes and multipurpose cash support [386][388]. However, the IFRC Emergency Appeal is only 29.4% funded, constraining scale-up of integrated shelter, sanitation, and livelihoods work [388]. WFP reached about 500,000 earthquake survivors with relief and recovery support but warns it needs USD 150 million in 2026 to assist 1.5 million people countrywide, or will face prioritisation of only the most urgent life-saving needs and reduced recovery programming [384][385].

Displaced people across several states face acute water shortages: IDPs in Karenni State describe journeys of up to three hours to fetch water, reliance on fragile tarpaulin reservoirs, rising costs for water trucking, and consequent hygiene and skin disease problems [379]. Active armed conflict—including shelling and air strikes—continues to cause civilian casualties, force localised displacement, restrict night-time movement, and impede access to health care [417][415][409][398].

Humanitarian gaps persist across the response. Funding shortfalls, access constraints, and reported junta interference with the international response have left many displaced people dependent on local responders and targeted programmes, such as Myanmar Humanitarian Fund-supported rehabilitation and assistive services for people with disabilities [398][383][386][388]. NGOs and regional stakeholders warn that displacement and protection risks continue to grow, with ongoing internal and cross-border displacement adding pressure on humanitarian resources and solutions [372][373].

Drivers of Displacement

Ongoing armed conflict, IHL violations, and human rights abuses are the principal drivers of internal and cross-border displacement in Myanmar, compounded by the 28 March 2025 earthquake and recurrent natural hazards that undermine safety and recovery [373][372][398][386]. International monitoring points to large-scale displacement and mortality from the conflict, with UN estimates of millions displaced and substantial battlefield-related deaths [396].

The earthquake has left recovery in affected areas fragile: one in six households in Sagaing and Mandalay face moderate to severe food insecurity, and rising fuel and fertiliser prices linked to regional shocks are driving up production and transport costs [385][390]. Landmines and explosive remnants of war in Rakhine are causing civilian casualties and preventing safe return, with documented deaths and injuries from ERW and thousands affected by mine contamination [404]. Camps and settlements face escalating insecurity, trafficking, and governance vacuums that generate new displacement, while host countries are under strain from continued arrivals and limited durable solutions [376][373].

Funding cuts and a sharp decline in resettlement pathways have weakened the humanitarian response and increased protection risks, including vulnerability to arrest, detention, deportation, pushbacks, and deaths at sea [373][372]. Forced returns from Iran and Pakistan have further strained limited resources and protection capacity in the region [373]. WFP estimates it needs USD 150 million to assist 1.5 million people in Myanmar in 2026 [384].

Integration

Bangladesh continues to host over 1.2 million Rohingya refugees in Cox's Bazar and Bhasan Char, with roughly 150,000 new arrivals since 2024 further straining host communities and services [381][382][372]. Rohingya in the camps have very limited access to jobs and education, constraining self-reliance and long-term integration prospects [381]. WFP moved to a needs-based, tiered assistance approach from April 2026, allocating roughly USD 12–7 per household monthly in Cox's Bazar and USD 13–8 on Bhasan Char, with extra fresh-food vouchers for the most vulnerable to protect minimum food security amid funding shortfalls [382]. Bangladesh has stressed that any repatriation must be anchored in restoration of citizenship, security guarantees, and international monitoring, and has called for expanded responsibility-sharing and scaled third-country resettlement to address integration and protection gaps [376].

At the regional level, Thailand's August 2025 policy granting some refugees the right to work is a notable step to expand economic opportunities, but ASEAN-level progress on the Five-Point Consensus remains limited and no detailed, actionable roadmap for durable solutions has been agreed [372][373]. The approximately 90% drop in resettlement places since 2024 further increases vulnerability and limits durable solution pathways for Myanmar refugees and displaced persons [372][373].

In Karenni State, prolonged water scarcity among IDPs has undermined livelihoods and health—people travel one to three hours to fetch water, reuse laundry water, and face high costs for storage and trucked supplies—further reducing economic opportunities and social participation [379]. Recovery funding for earthquake-affected communities also remains inadequate, with the IFRC Emergency Appeal approximately 29.4% funded, constraining restoration of health, WASH, shelter, and other services critical to integration [388][386].

Humanitarian Access

Humanitarian Access Overview

Humanitarian presence is concentrated in earthquake-affected central Myanmar (Mandalay, Sagaing) and in conflict-affected areas including Chin, Kachin, Kayah, Rakhine, Sagaing and Shan, where relief and recovery operations continue [456][449][461]. Key actors delivering assistance include the ICRC working with the Myanmar Red Cross Society (MRCS) and local partners, the IFRC, WFP and other UN agencies, with MRCS volunteers and local civil-society actors central to field delivery in hard-to-reach locations [449][443][456]. The ICRC-MRCS response mobilized nearly 1,200 first responders and reached more than 300,000 people in earthquake-affected areas, emphasizing community-led shelter, multipurpose cash assistance, and delivery through MRCS community networks and new digital tools [443][449]. WFP reports it has shifted from emergency relief to restoring community infrastructure, reached roughly 500,000 earthquake survivors, and warns that rising fuel, food and fertiliser prices and transport disruptions are constraining logistics and recovery [456][454].

Access and operational space are severely constrained by ongoing armed conflict and a surge in aerial and artillery strikes following the March 2025 earthquake – including over 550 strikes in the two months after the quake – leaving large swathes under opposition control largely devoid of external assistance [461]. The junta has reportedly denied or delayed visas for international emergency teams, confiscated medicines, extorted and harassed aid workers, and blocked internet access, further impeding international operations [461]. Escalating threats to health services and staff, including the growing use of armed drones, have forced agencies to adapt security measures and apply context-specific guidance for Myanmar [447][437]. Chronic funding shortfalls and regional contractions in protection and resettlement pathways have weakened response capacity and increased protection risks, limiting the ability to scale recovery and humanitarian activities [443][431].

Barriers to Humanitarian Access

Ongoing armed conflict and widespread IHL and human rights violations continue to drive internal and cross-border displacement and restrict safe humanitarian access across Myanmar [430][431]. The March 28, 2025 earthquake destroyed roads, bridges and critical services, leaving many affected areas hard to reach and compounding access problems for relief operations [461][443]. Authorities have further impeded external assistance by denying or delaying visas for international teams, confiscating medicines, extorting and harassing aid workers, and restricting internet access [461].

Severe funding shortfalls are forcing aid prioritization and scale-backs: WFP requires USD 150 million in 2026 to assist 1.5 million people, while the IFRC Emergency Appeal for Myanmar remains only 29.4% funded, constraining recovery and service restoration [454][443]. NGOs report shrinking civic space, major funding cuts and administrative constraints on humanitarian actors, alongside a 90% drop in resettlement pathways since 2024 that reduces durable solutions for refugees and displaced people [430][431]. Cross-border responses are also strained: WFP supports nearly 1.2 million Rohingya in Bangladesh – including approximately 150,000 arrivals since 2024 – and introduced a needs-based, tiered rationing system from April 1, 2026 that reduces rations for lower-risk groups to USD 7–10, increasing protection and assistance pressures [440][444][450].

Persistent landmine and unexploded ordnance contamination in Rakhine and other conflict areas poses direct safety risks to civilians and responders and obstructs access, requiring specialized clearance support [441]. Acute water scarcity for internally displaced people in areas such as Karenni/Hpruso – where people travel long distances or pay high costs for limited water – creates WASH access and health barriers that hinder humanitarian operations [435].

Humanitarian Access Gaps

Funding shortfalls and deliberate restrictions on humanitarian access by the junta have left large parts of conflict- and earthquake-affected Myanmar without adequate assistance [431][461]. Key figures illustrating the scale of unmet need include:

- More than 3.7 million people are displaced and ACLED estimates over 90,000 killed since the conflict intensified [459][469].
- Approximately 12.4 million people face acute hunger nationally; in Sagaing and Mandalay, one in six households face moderate-to-severe food insecurity one year after the March 28, 2025 earthquake [454][456].
- The IFRC Emergency Appeal for Myanmar is only 29.4% funded, limiting scale-up of recovery activities [443].

Hardest-to-reach populations include people in opposition-controlled areas and conflict-affected regions (Chin, Kachin, Kayah, Rakhine, Sagaing and Shan), displaced families and communities hit by the earthquake, and ethnic civilians – including Ta'ang communities – subjected to arrests, abductions and drone strikes that drive displacement and restrict humanitarian movement [461][454][463]. Documented operational constraints include denial and delay of visas for international responders, confiscation of medicines, harassment and extortion of aid workers, and diversion of limited assistance, practices that have left many opposition-held areas largely devoid of external aid [461]. Funding cuts, suspension of resettlement pathways, and barriers to funding and payments for local and IDP-led groups further reduce response capacity and durable-solution options [431]. IFRC and ICRC reporting underscores continuing unmet needs for shelter, WASH, health and livelihoods recovery, and calls for sustained international contributions to enable scale-up of recovery operations [443][449].

Information, Communication and AAP

Information Landscape

Community-led monitoring forms a cornerstone of primary data collection in Myanmar. KHRG published a March 25, 2026 incident report drawing on information collected in December 2025 and February 2026 by trained local researchers, and its reports include explicit information-quality sections and documented consent and permission procedures for community-sourced data, reflecting established local validation and ethical practices [529].

At the operational level, IFRC and the Myanmar Red Cross reported reaching 213,652 people across 31 townships one year after the March 2025 earthquake, while WFP reported reaching approximately 500,000 earthquake survivors and stated it needs USD 150 million in 2026 to assist 1.5 million people – with persistent funding gaps potentially reducing monitoring and information-collection capacity [501][506][513]. The IFRC Emergency Appeal was funded at only 29.4%, constraining the ability to scale transparency and feedback systems [492]. Regional NGO statements to the UN Executive Committee (24–26 March 2026) highlighted limited progress on the Five-Point Consensus, called for systematic inclusion of refugee- and IDP-led organisations in coordination mechanisms, and noted the September UN High-Level Conference on Myanmar failed to generate sustained momentum – all of which limit coordinated data-sharing and operational transparency [488][490]. Junta obstruction documented by Human Rights Watch and internal UN reporting – including denial or diversion of assistance and restricted access to opposition-controlled areas – further undermines the completeness and reliability of needs and response data across large parts of the country [508].

Communication Channels

Community-level face-to-face channels remain the primary means of information exchange. According to IFRC, Myanmar Red Cross Society (MRCS) volunteers, community committees, village leaders, and participatory community-led approaches form the backbone of communications, with MRCS's network of thousands of volunteers operating in hard-to-access locations to relay needs and responses [492]. Alongside these trusted local networks, IFRC facilitated new digital tools to improve transparency and strengthen community feedback mechanisms, helping ensure assistance reached those most in need more quickly [492]. Social media and online platforms have become central to how aid is perceived and contested, making social-media monitoring and tailored messaging – including materials adapted into Burmese – important for managing misinformation risks and protecting operational access and staff safety [519]. However, the junta blocked internet access following the March 2025 earthquake, constraining digital communications and undermining the reliability and reach of online channels in affected areas [508]. This mixed communications environment underscores the continued importance of trusted local networks alongside carefully managed digital channels.

Barriers to Information

Access and information flow face compounding obstacles at multiple levels. Junta authorities denied and delayed visas for international responders, confiscated medicine, extorted and harassed aid workers, and blocked internet access – directly restricting humanitarian engagement and independent information flows [508]. Areas under opposition control were left largely devoid of external assistance per an internal UN report, creating significant data and accountability blind spots [508]. NGOs and regional civil society reported shrinking civic space, restrictions on humanitarian access, and major funding cuts that have reduced accountability, outreach, and information channels [488][490]. At the logistical level, WFP monitoring shows fuel shortages and rising transport costs are disrupting movement of goods and services in conflict- and earthquake-affected areas, compounding physical barriers to reaching communities [506][501]. Language diversity also poses a structural barrier: use of national advisors and materials in local languages including Burmese improved reception and trust in communications, underscoring the risks where local-language engagement and translation remain lacking [510][520].

Misinformation and Rumors

Social media and online narratives increasingly shape community perceptions of humanitarian organisations in Myanmar and can be politicised, affecting aid acceptance, operational access, and staff safety. Insecurity Insight notes that online discussions can politicise references to attacks on humanitarian operations – linking attribution, foreign involvement, and accountability – and that local NGOs often attract the highest levels of online engagement, generating strong expectations for participation and direct assistance [519]. Junta actions including blocking internet access, denying or delaying visas, and confiscating supplies have simultaneously constrained independent information flows and complicated humanitarian communication, creating conditions in which unverified narratives can take hold more easily [508]. In response, humanitarian and civil-society actors have produced practical guidance and monitoring tools – including translated materials and guides on responding to drone attacks and protecting health services – adapted into Burmese to support monitoring and mitigation of harmful narratives [519][490]. Efforts are focused on expanding two-way community engagement, deploying digital feedback mechanisms, and leveraging trusted local actors such as the Myanmar Red Cross Society to counter misinformation and protect aid acceptance [519][492].

Accountability Needs and Transparency

Multiple actors have pursued accountability and transparency measures, though significant structural gaps remain. IFRC reported on 27 March 2026 that the Myanmar Red Cross Society worked with community committees, village leaders, and volunteers using inclusive, participatory approaches, with IFRC-facilitated digital tools introduced to improve transparency and strengthen two-way community feedback, collectively reaching more than 213,652 people across 31 townships [492][507]. The ICRC reported on 25 March that it worked alongside the Myanmar Red Cross and local partners, equipping around 70 civil society organisations and mobilising nearly 1,200 first responders while reaching over 300,000 people, reflecting strong local coordination and capacity-building [498]. The Myanmar Humanitarian Fund has emphasised delivering an accountable and inclusive response for people with disabilities, supporting tailored rehabilitation and assistive-device provision as part of community-centred recovery efforts [494]. Against these efforts, Human Rights Watch documented that junta actions – including denying or delaying visas for international teams, confiscating medicine, extorting and harassing aid workers, and blocking internet access – have created major accountability and transparency gaps, with opposition-controlled areas left largely without external assistance [508]. NGOs at regional UN fora have further warned that funding cuts and under-resourcing of refugee- and IDP-led organisations have weakened participation and accountability, calling for systematic inclusion of these organisations in coordination mechanisms and stronger regional commitments to protect affected populations [488][490]. The IFRC Emergency Appeal's funding shortfall of only 29.4% directly limits the ability to scale accountability and feedback systems at the level the response requires [492].

Legal and Policy

Legal and Policy Framework

International accountability mechanisms remain active, with The Gambia's case at the International Court of Justice, an ICC-authorized investigation into deportation and persecution, and the UN Independent Investigative Mechanism continuing to collect evidence against Myanmar, though pathways to enforcement and prosecutions remain limited and politically constrained [545][548]. The UN Security Council has issued statements calling for assistance but remains largely deadlocked, limiting enforcement of resolutions and compliance monitoring for provisional measures [548]. Bangladesh's State Minister for Foreign Affairs, Shama Obaed Islam, has said Dhaka is engaging both Myanmar authorities and the Arakan Army through multi-channel diplomacy, pursuing domestic legal proceedings related to alleged crimes against humanity, and has stressed that repatriation must be safe, voluntary and linked to restoration of rights, reflecting concerns about non-refoulement and the absence of conditions for dignified return [549][545]. Increased political and military support to the junta from China and Russia, together with China-brokered truces with some ethnic armed groups, has constrained unified international pressure and affected ceasefire dynamics on the ground [552][583][554]. Limited progress on ASEAN's Five-Point Consensus has prompted calls for renewed political momentum and a detailed roadmap with benchmarks, while some regional policy shifts include Thailand's August 2025 decision to grant some refugees the right to work [546][547]. Humanitarian access is further constrained by junta interference and misuse of aid — including denial of visas, confiscation and obstruction — even as local responders and organizations such as the Myanmar Red Cross continue recovery operations amid severe funding shortfalls, with the IFRC reporting its Emergency Appeal is approximately 29% funded [548][555].

Humanitarian Impact of Legislation

At the UNHCR Executive Committee meeting (24–26 March 2026), NGOs warned that funding cuts and a 90% drop in resettlement since 2024 have sharply reduced third-country solutions and weakened protection options for refugees [546]. Without comprehensive legal frameworks and documentation, refugees remain vulnerable to arrest, detention and deportation, and conditions inside Myanmar do not meet the voluntariness, safety and sustainability thresholds required for lawful repatriation under international norms [546][545]. NGOs called for guaranteed access to legal identity, documentation, work, education and freedom of movement, and for systematic inclusion of refugee-led organisations in coordination mechanisms, citing Thailand's August 2025 policy granting some refugees the right to work as an encouraging example, while also urging that sanctions exemptions be effectively implemented given that many local and IDP-led groups continue to face legal and financial barriers to funding, payments and operations [546][547]. Human Rights Watch reported that the junta's denial and delay of visas for international teams, confiscation of medicines, extortion and harassment of aid workers following the March 2025 earthquake directly obstructed humanitarian access and aid delivery in affected areas [548]. The WFP warned on 23 March 2026 that movement restrictions, cross-border disruptions and acute fuel shortages since early March 2026 have driven up transport costs and constrained last-mile humanitarian deliveries, particularly in conflict-affected states and border areas [581][560]. Regional counterterrorism and permit regimes — including arrests of foreign nationals alleged to have crossed into Myanmar without special permits — further restrict cross-border movement and can complicate humanitarian engagement and support to resistance-held or remote areas [566].

International Agreements Impacting the Crisis

At the Executive Committee of the High Commissioner's Programme (24–26 March 2026), UN and NGO statements highlighted limited progress on ASEAN's Five-Point Consensus, urged stronger regional commitments and accountability, called for a detailed actionable roadmap with clear benchmarks and inclusion of refugee-led organisations, and stressed that sanctions exemptions must not impede humanitarian action [546][547]. The World Food Programme warned on 23 March 2026 that fuel, food and fertiliser shocks are undermining food security in Myanmar, requested roughly USD 150 million for 2026 to assist 1.5 million people, while WFP agencies in Bangladesh are revamping tiered food assistance from April amid severe funding shortfalls for the nearly 1.2 million Rohingya refugees in Cox's Bazar [563][565][574][579][560][562]. NGOs and UN fora in late March 2026 further urged renewed regional responsibility-sharing to translate commitments into durable solutions for displaced populations [546][547].

Limitations of Current Policies

Accountability mechanisms are active but fragmented and largely unenforced: UN investigative bodies — including the ICJ, ICC, and Independent Investigative Mechanism — continue collecting evidence yet face uncertain pathways to prosecution and limited compliance and enforcement options, perpetuating a pattern of justice deferral [545]. Conditions in Myanmar do not meet standards for voluntary, safe and dignified return, while contested local governance, evolving documentation practices and the need to engage non-state actors such as the Arakan Army complicate repatriation frameworks and risk violations of non-refoulement [545][549]. Regional and multilateral mechanisms show limited adaptability: progress on ASEAN's Five-Point Consensus has been minimal, and recent UN high-level meetings raised visibility without producing a detailed, actionable roadmap with clear benchmarks, constraining durable political solutions [546][547]. Shrinking civic space, barriers to funding and payments for local and refugee-led organisations, and exclusion of displaced-person networks from coordination weaken localization, slow policy implementation, and reduce the humanitarian system's capacity to adapt to evolving crisis dynamics [546][547].

Food Security and Livelihoods

Access to Food and Market Functionality

WFP monitoring in late March 2026 reports a fragile recovery one year after the March 2025 earthquake: in Sagaing and Mandalay one in six households face moderate-to-severe food insecurity and about half of families remain only marginally food secure, with 12.4 million people across Myanmar estimated to be facing acute hunger [609][605]. Rising fuel, food and fertilizer prices driven by the Middle East conflict are increasing transport and input costs, threatening to double production expenses for farmers ahead of the monsoon season and worsening food access in conflict- and earthquake-affected areas including Chin, Kachin, Kayah, Rakhine, Sagaing and Shan [609][603][618].

Myanmar's heavy dependence on imported fuel (about 90% of fuel needs) and global energy shocks produced long queues and refueling restrictions from early March 2026 — including even/odd plate rules introduced on 7 March — which reduced market mobility and pushed consumers to parallel markets with markedly higher prices [603][607]. National-level official data showed diesel and octane prices rose sharply over a two-week period (diesel +34%, octane +24%), while parallel-market prices doubled or tripled in some states and regions, with pump diesel rising to around 3,800 kyat/litre by mid-March (from ~2,450 kyat in February) and black-market rates reported up to ~12,000 kyat/litre in some areas [607][616]. Localized price impacts include near-tripling of octane prices in parts of Rakhine (Sittwe/Kyaukphyu) and rice bag prices reported at MMK 25,000–30,000 in parts of Kayah, further reducing affordability for vulnerable households [607]. Regional market disruptions and transport constraints have been reported across border and coastal corridors — long-haul transport became unreliable, cross-border flows (e.g., Myawaddy, Tachileik) slowed or halted, and marine last-mile delivery for humanitarian cargo was limited, although air freight for high-priority humanitarian consignments remained functional [607]. The compounded effect of fuel scarcity, rising input costs, constrained transport and localized conflict-related movement restrictions is therefore undermining market functionality, reducing physical and economic access to food for large portions of the population across Myanmar [607][609].

Coping Mechanisms

Fuel shortages from early March 2026 have driven significant coping pressures across the population. Farmers have resorted to queuing overnight for diesel and, in some cases, purchasing black-market fuel at up to ~12,000 kyat/litre, absorbing sharply higher production costs that WFP warns could double this season and risk post-harvest losses [616][618][609]. For households in conflict- and earthquake-affected areas, the combination of marginal food security and rising costs implies widespread reductions in food consumption as a primary short-term coping strategy [609][603].

For Rohingya refugees in Bangladesh's camps, WFP is introducing a needs-based, tiered food assistance scheme from 1 April (monthly transfers of USD 12/10/7 in Cox's Bazar and USD 13/11/8 on Bhasan Char), with roughly 33% of households assessed as highly vulnerable, 50% moderately vulnerable and 17% vulnerable. Camp representatives warned that cuts and shrinking rations could push people toward illegal activities to survive [610][613]. Observed and anticipated coping mechanisms therefore include increased reliance on humanitarian food assistance, reduced food consumption, farmers resorting to black-market fuel purchases, and a heightened risk of refugees engaging in illicit or informal activities when rations are reduced [609][616][613][603].

Livelihood Disruption

Since early March 2026, government fuel rationing measures (even-odd plate rules and QR-coded limits) and long queues have produced acute fuel shortages that disrupted transport, market systems and agricultural operations nationwide [603][616]. Diesel and petrol prices have surged regionally — Kayah 8,000–10,000 MMK/litre, Southern Shan ~3,600 MMK/litre, Kachin up to ~9,900 MMK/litre — reducing mobility, raising transport costs and straining household budgets [607]. Interrupted urea/fertilizer supplies, together with rising fuel and input costs, are expected to substantially increase production costs for farmers, potentially doubling them if instability continues, and threaten post-harvest losses [616][618][609].

The IFRC and Myanmar Red Cross report that one year after the March 2025 earthquake many families still have fragile livelihoods and that recovery and livelihood restoration are limited by funding shortfalls, with the IFRC emergency appeal only ~29% funded [630][638]. Together, these factors have reduced income-earning opportunities through higher input and transport costs, disrupted markets and mobility constraints, weakened household purchasing power and increased dependence on humanitarian assistance across conflict- and disaster-affected areas [603][607][609][630].

Impact on Agricultural Activities and Production

Since early March 2026, widespread fuel shortages and rationing (including QR codes and even/odd refuelling rules introduced from 7 March) have caused long queues and intermittent station closures that disrupted farm mobility and market transport across Myanmar [603][607]. The sharp rise in fuel prices — pump diesel reaching about 3,800 kyat/litre by mid-March (from 2,450 kyat in February), with parallel-market fuel doubling or tripling in some areas — has constrained the use of tractors, irrigation pumps and harvest machinery, forcing farmers to queue overnight for limited supplies [618][607].

Myanmar's fertilizer supply is at heightened risk because annual urea imports from Iran total an estimated 400,000–600,000 tonnes, and UN agencies warn that combined fuel and fertilizer price increases could push production costs to roughly double last year's levels, threatening monsoon planting and increasing the risk of post-harvest losses [616][618][609][605][627]. Fuel and transport disruptions have also degraded supply chains and last-mile delivery — including marine operations in Tanintharyi and cross-border flows at Myawaddy and Tachileik — reducing the reliability of long-haul transport for agricultural inputs and market access for producers [607]. Water scarcity in parts of Karenni State is further limiting water available for household and livestock use, increasing

reliance on fuel-intensive water transport and constraining livestock care and smallholder productivity [602]. These compounding shocks are particularly acute in conflict- and quake-affected areas (Chin, Kachin, Kayah, Rakhine, Sagaing, Shan), where farming households already face fragile food security [605][609][604].

Food and Livelihood Needs and Current Response

WFP requires USD 150 million in 2026 to assist 1.5 million people in Myanmar and has already reached roughly 500,000 earthquake survivors as it transitions from emergency relief to restoring community infrastructure [609][605][604]. WFP warns that without sufficient funding it will be forced to prioritise life-saving assistance and potentially scale back recovery and livelihood restoration activities [604][609].

The IFRC, supporting the Myanmar Red Cross Society (MRCS), has provided multipurpose assistance, community-led shelter and livelihood support, reporting it has reached about 213,652 people across 31 townships, while its Emergency Appeal remains only 29.4% funded [630]. The ICRC and partners reported reaching more than 300,000 people in earthquake-affected areas with shelter, cash, agricultural supplies, water and health services [622]. Coordination has involved MRCS/IFRC/ICRC partnerships and delivery of multipurpose cash and community-tailored recovery interventions, with MRCS using community networks and digital tools to deliver assistance in hard-to-access locations [630].

Humanitarian access and coverage gaps persist where authorities have denied, delayed or obstructed international assistance, and areas under opposition control have received limited external support, reducing the reach and effectiveness of food and livelihood programming [637].

Education

Learning Environment and Facility Conditions

As of late March 2026, one year after the 28 March 2025 earthquake, many school buildings remain damaged, destroyed, or repurposed, and recovery of education infrastructure is incomplete [660][671][663]. Reconstruction of water, sanitation, and school infrastructure is underway, but thousands of families and communities still lack restored services, slowing school functionality and safe learning environments [660][663][669]. Access and service levels remain uneven and fragile, particularly in conflict- and earthquake-affected regions such as Sagaing and Mandalay [672][669]. Schools and other civilian infrastructure have also been damaged by ongoing hostilities and airstrikes, further undermining the safety and accessibility of education [671][693]. Gaps in inclusive services — including disability-sensitive support — persist, and partners are promoting community-led rebuilding approaches that integrate sanitation and disaster-resilient features into shelter and school repairs [661][660].

Access to Education and Barriers

Children have returned to school in some earthquake-affected areas, though progress remains uneven [660]. Many schools destroyed or repurposed by the March 2025 earthquake remain damaged, limiting progression to secondary level and forcing longer, riskier travel — particularly for adolescent girls [671][663]. Fuel price increases reported on 23 March 2026 (diesel up 34% over two weeks, with parallel-market prices doubled or tripled in some states) are constraining transport operations, raising travel costs, and reducing reliable access to services including schools in conflict-affected areas [682][664]. Ongoing shelling, curfews, and prohibitions on night travel by the Burma Army deter safe movement to schools in affected townships [662][666][679]. Displaced and refugee children face compounding barriers, including limited education beyond primary level, language and curriculum differences, discrimination, lack of documentation, affordability constraints, and heightened risks of school-related gender-based violence and child marriage that disproportionately exclude girls from secondary education [658][668][670]. Rohingya refugees in protracted camp settings continue to face severely limited access to education as needs have risen following new arrivals since 2023, and NGOs have called for greater refugee access to documentation, work, and education in regional fora in late March 2026 [680][668].

Education Needs and Current Response

Major needs include rehabilitation of earthquake-damaged schools, restoration of WASH and essential services in learning environments, and provision of psychosocial and inclusive services — including disability-inclusive rehabilitation and assistive devices — to enable safe, continuous learning [660][661][663]. Landmines and explosive remnants of war represent a significant threat to children's safe access to education: UNICEF reported 1,082 people were killed by mines/ERW in 2024 across Myanmar, including 314 children [678]. In terms of current response, humanitarian actors have delivered emergency relief and recovery support across affected communities. MRCS/IFRC reported assistance to over 213,652 people across 31 townships, while the ICRC reported assistance to more than 300,000 people, with children beginning to return to school in some areas [660][663][672]. The Myanmar Humanitarian Fund and partners have provided mental health and psychosocial support and tailored rehabilitation services for people with disabilities, supporting inclusive education recovery [661]. Coordination on recovery involves MRCS, IFRC, ICRC, WFP, the MHF, and local partners [660][663][668]. However, significant gaps persist: IFRC's Emergency Appeal remained only 29.4% funded, and WFP warned it needs USD 150 million in 2026 to sustain assistance and restore community infrastructure, jeopardizing the scale-up of school rehabilitation and related services [660][667][669]. Restrictions on humanitarian access and reports of diversion or denial of aid to areas outside junta control have left many affected areas largely without external assistance, undermining school reopening and continuity of learning [671].

Health

Availability and Access to Healthcare Services

Essential health services remain disrupted a year after the 28 March 2025 earthquake, with UN reporting that services were brought "to the verge of collapse" and alleging junta denial and delay of visas for international teams, confiscation of medicine, and harassment of aid workers that limited medical access in many areas [707]. Physical damage to health infrastructure persists, with hospital emergency department structures still being repaired or replaced one year on, constraining facility functionality [724]. Security measures and active fighting continue to block or restrict movement — nighttime travel bans and frontline shelling have directly impeded pregnant women and critically ill patients from reaching hospitals in affected townships, and ongoing airstrikes have further damaged access to care [725][743][707]. Fuel shortages and sharp price increases since early March 2026 have constrained patient mobility and humanitarian logistics, raising transport costs and limiting timely delivery of medical supplies and referrals [718][726]. Water scarcity in displacement settings is driving skin and hygiene-related illnesses and increasing demand for clinical treatment while reducing people's ability to maintain hygiene, exacerbating health burdens [714]. Community health provision relies heavily on local volunteers and first responders, with MRCS's network of trained volunteers and ICRC-supported first responders playing a central role in service delivery [708][704]. Humanitarian partners continue targeted health interventions including rehabilitation, mental health and psychosocial support, and provision of assistive devices through the Myanmar Humanitarian Fund and partners in March 2026 [703].

Disease Outbreaks

Since the March 2025 earthquake and amid ongoing conflict, large-scale displacement, damaged water and sanitation infrastructure, and reduced access to medical care have increased the risk of communicable disease transmission across Myanmar [707][708][714]. Water scarcity among displaced communities — particularly in Karenni State — has driven hygiene shortfalls and rising skin diseases, heightening communicable disease vulnerability [714]. Attacks on health services, intensified aerial strikes, and restrictions on humanitarian access have damaged facilities and impeded outbreak containment and routine care [707][734]. Operational guidance and safety resources for protecting health services have been adapted for Myanmar contexts to support responders operating amid these risks [720].

Health System Challenges

Myanmar's health system remains strained by ongoing conflict, damaged infrastructure, fuel shortages, and funding shortfalls in the year since the March 2025 earthquake [713][707][718]. Health infrastructure and supply chains were damaged by the earthquake and subsequent fighting, with reports of medicine confiscation and restrictions on international emergency teams undermining service delivery [707]. Fuel scarcity and market disruptions since early March 2026 have reduced long-haul transport reliability, constrained last-mile delivery of health commodities, and driven steep price increases that impede patient and supply movement [718][726][738]. Water and sanitation shortages are aggravating health risks for displaced people, including rising skin diseases and reduced ability to maintain hygiene [714]. Funding shortfalls combined with access constraints are limiting restoration of health and WASH infrastructure and risk forcing agencies to prioritise only the most urgent life-saving services unless sustained contributions are received [708][711][713]. The IFRC Emergency Appeal remains substantially underfunded at 29.4% funded, limiting scale-up of recovery and health-related activities [708], and WFP estimates it needs USD 150 million in 2026 to assist 1.5 million people with life-saving and resilience support [711][713]. As a result, availability and quality of essential treatments, emergency care, and referral services remain compromised across conflict- and earthquake-affected areas [713][708].

Mental Health and Psychosocial Support (MHPSS)

In March 2026, a Myanmar Humanitarian Fund partner provided mental health and psychosocial support (MHPSS) sessions to earthquake-affected families and people with disabilities, alongside rehabilitation, physiotherapy, and distribution of assistive devices including wheelchairs, with beneficiaries reporting improved mental wellbeing and motivation following the support [703]. This MHF-funded assistance was delivered as part of an integrated recovery package linking psychosocial support with health and rehabilitation services in the earthquake response [703].

Health Needs and Current Response

Earthquake- and conflict-affected populations continue to face urgent needs for trauma and emergency medical care — including treatment of complex bone fractures and crush injuries — as well as restored primary health services, rehabilitation, safe water and sanitation, and mental health and psychosocial support [704][708][703]. In response, the ICRC working with the Myanmar Red Cross Society and local partners provided immediate medical care and wider assistance to more than 300,000 people in affected areas [704][708], IFRC support with MRCS and partners reached approximately 213,652 people across 31 townships as part of integrated relief and recovery activities [708][713], and WFP has reached roughly 500,000 earthquake survivors over the past year while finding that one in six households in Sagaing and Mandalay face moderate-to-severe food insecurity [713]. Health service delivery remains constrained by damaged and non-functional health facilities, restricted access to opposition-held areas, and reported obstruction of aid including delays and denials for international responders, confiscation of medicines, and harassment of aid workers [707][724][702]. Movement restrictions and active shelling in some areas are preventing pregnant women and patients with critical conditions from reaching care, further increasing health risks for displaced and isolated communities [725]. Funding shortfalls continue to undermine scale-up of the response: the IFRC Emergency Appeal was reported only 29.4% funded [708][713], and compounding barriers — including severe fuel shortages and transport disruptions since early March 2026 — are driving up costs and limiting movement of supplies and patients, worsening access to health services across conflict- and earthquake-affected areas [726][718].

Nutrition

Availability and Access to Nutrition Services

Fuel, transport, and supply-chain disruptions are the primary structural barriers constraining access to food and nutrition services. Since early March 2026, spillover from the Iran crisis has produced acute fuel shortages, rationing, and long queues, with national diesel and Octane 95 prices rising by about 34% and 24% respectively over a two-week period — with diesel reaching approximately 3,800 kyat per litre by mid-March from 2,450 kyat in February — while parallel-market prices have doubled or tripled in some states and regions [758][760][771]. These fuel shortages and transport disruptions are constraining long-haul and last-mile delivery of food and humanitarian cargo: cross-border flows with Thailand have slowed or halted, marine operations in parts of Tanintharyi are limited, although air freight from China, India, and Bangkok remains available for high-priority consignments [760]. The combined shocks of fuel scarcity, fertiliser cost increases, and transport disruptions are expected to hit conflict- and earthquake-affected states — Chin, Kachin, Kayah, Rakhine, Sagaing, and Shan — hardest, threatening planting, pushing production costs toward doubling, and worsening physical and financial access to food and nutrition services for vulnerable households [751][758][755].

Local responders and humanitarian partners continue to deliver nutrition-relevant assistance despite these barriers. MRCS and IFRC support reached more than 213,652 people across 31 townships, and the ICRC and partners assisted around 300,000 people in earthquake-affected areas with food, water, and health support [769][774]. The Global Nutrition Cluster has increased use of locally sourced national advisors to provide contextual nutrition-in-emergencies technical support, including in Myanmar [778]. Protection and nutrition guidance calls for integrated maternal and infant nutrition actions — promoting maternal nutrition, optimal breastfeeding, complementary feeding counselling, targeted supplemental support for pregnant and breastfeeding adolescents, and functioning referral pathways between nutrition and child protection/GBV case management [749].

Nutrition Needs and Current Response

WFP monitoring one year after the March 2025 earthquake reports a fragile recovery: in Sagaing and Mandalay one in six households continue to face moderate to severe food insecurity while half of all families remain only marginally food secure, and 12.4 million people across Myanmar are facing acute hunger [751][750][753]. Over the past year, WFP reached roughly 500,000 earthquake survivors with relief and has transitioned from emergency relief to restoring community infrastructure, while requesting USD 150 million to assist 1.5 million people in 2026 and warning that insufficient funding will force prioritisation of life-saving needs and a scaling back of recovery efforts [751][753][750].

Funding gaps compound these challenges. The IFRC Emergency Appeal remains severely under-funded at approximately 29.4% financed, with IFRC and the Myanmar Red Cross Society reporting community-led recovery support — including multipurpose cash, shelter rebuilding, and other assistance — reaching over 213,000 people across 31 townships [769]. Together, funding shortfalls, supply-chain disruptions, and rising input costs threaten food assistance continuity and household access to adequate diets, with WFP and partners flagging the need for sustained funding to avoid reductions in recovery and nutrition-sensitive support [753][769][750].

WASH

Availability of Water Sources

Since early March 2026, acute fuel shortages and sharply higher diesel prices — with pump prices around 3,800 kyat per litre and parallel-market rates considerably higher — have constrained water trucking and pump operations, reducing the reliability of water delivery and last-mile humanitarian logistics across Myanmar [796][812][784][815][801]. WFP monitoring warns these transport and fuel disruptions are driving up costs for moving goods and undermining restoration of water and sanitation infrastructure needed after the March 2025 earthquake [784][786].

In Karenni State, drying water sources as the hot season approaches have forced displaced people and villagers to restrict pump use, travel 1.5–3 hours to reach remaining sources, and store water in tarpaulin reservoirs. Communities also rely on costly water trucks and tanks — approximately 15,000 kyat for a 1,000-litre tank, up to 45,000 kyat for a 3,000-litre truck, and around 20,000 kyat per truck near Moebye — all of which reduce practical access to potable water for IDPs [788]. Displaced households prioritise water for drinking and cooking over hygiene, and report rising skin and related health problems linked to limited water availability [788].

One-year recovery actors (MRCS/IFRC/ICRC) note ongoing reconstruction needs for water and sanitation systems, and have incorporated rainwater-harvesting features into community shelter repairs to bolster local water functionality [811][806]. In eastern Shan State, a newly operating UWSA-owned coal power plant has been linked to skin irritation, fish kills, and potential contamination or loss of local creek water supplies, raising environmental pollution risks for surrounding communities [803].

Access to Sanitation Facilities and Hygiene Practices

Displaced communities in Karenni State face severe water scarcity that directly undermines hygiene practices. Households limit washing and bathing, reuse laundry water for toilets and irrigation, and store water in damaged tarpaulin reservoirs that are vulnerable to rodent damage and contamination [788]. These conditions have contributed to increasing skin diseases and psychosocial distress among affected populations [788].

The IFRC, marking one year since the March 2025 earthquake, noted that recovery requires reconstructing water and sanitation systems and that community-led shelter designs incorporate sanitation facilities, rainwater harvesting, and other WASH elements [811]. The ICRC, together with MRCS and local partners, emphasised restoring access to safe water and sanitation as a continued priority, having reached over 300,000 people with assistance including clean water and sanitation support [806]. However, the IFRC Emergency Appeal for Myanmar was only 29.4% funded, constraining the scale-up of sanitation recovery activities [811].

In eastern Shan State, the Shan Human Rights Foundation reported that the UWSA-owned coal plant and its associated mining have caused skin irritation among residents and raised concerns about water quality, with unclear waste management practices adding further risk to community sanitation and health [803].

Waste Management and Vector-Borne Disease Risks

The Shan Human Rights Foundation raised significant environmental and waste-management concerns over a UWSA-owned coal power plant in Mong Hsat Township, reporting resident skin irritation, fish deaths, likely contamination risks to the Kok River with downstream impacts into Thailand, unknown handling of plant waste, and air emissions that could cause respiratory problems and acid-rain damage to farmland in the surrounding area [803].

In Karenni State, makeshift tarpaulin water reservoirs damaged by rodents create contamination risks, while water reuse practices and limited personal hygiene linked to acute water scarcity have resulted in increased skin diseases among displaced populations [788].

At the broader recovery level, the IFRC reported on 27 March 2026 that reconstruction of water and sanitation systems remains a key priority to restore health services and reduce public-health risks for communities affected by the March 2025 earthquake. IFRC/ICRC support has reached more than 213,652 people across 31 townships, though the Emergency Appeal remained significantly underfunded at 29.4%, constraining WASH and related recovery activities [811].

Main WASH Needs and Humanitarian Response

Key WASH needs across Myanmar include reconstruction of water and sanitation systems, restoration of safe water supply, and hygiene support for displaced and earthquake-affected communities, with many households lacking adequate sanitation and relying on limited or distant water sources [811][788].

The scale of humanitarian response to date is significant:

- IFRC and the Myanmar Red Cross Society, with partners, assisted more than 213,652 people across 31 townships with multisectoral relief that included safe water and household supplies [811].
- The ICRC, together with MRCS and local partners, reached over 300,000 people with assistance including clean water and sanitation, and supported nearly 1,200 first responders and approximately 70 local organisations [806].
- WFP reached approximately 500,000 earthquake survivors with relief and recovery support and has appealed for USD 150 million for 2026 to assist 1.5 million people, as recovery remains fragile in affected regions [786][783].
- The IFRC Emergency Appeal for Myanmar is only 29.4% funded, constraining the ability to scale up integrated shelter, sanitation, and water recovery activities [811].

Documented WASH interventions include community-led shelter reconstruction designs incorporating rainwater harvesting and household sanitation facilities, multipurpose cash grants used by families for shelter and WASH repairs, distribution of safe water and household items, and efforts to restore community infrastructure [811][806]. While large-scale assistance has produced visible signs of recovery in some communities, thousands of families still require rebuilding of water and sanitation systems and sustained investment to recover fully [811][806].

Key constraints to scaling the WASH response include significant funding shortfalls, acute fuel shortages since early March 2026 that disrupt transport and last-mile delivery of humanitarian cargo, and access constraints — including delays, denials, and interference by authorities — that have limited external assistance to some affected areas [811][812][796][790].

Shelter and Non-Food Items (NFI)

Damage to Housing and Shelter Needs

One year after the 28 March 2025 earthquake, thousands of families remain without homes and recovery remains incomplete [838][841][850]. Many residential buildings remain uninhabitable or have been cleared to empty lots, with continued gaps in rehousing and reconstruction [840][850]. Damage to community infrastructure — including schools, health facilities, roads and bridges — continues to undermine access to services and hinders shelter repair and recovery efforts in affected towns and villages [850][840].

Humanitarian actors have employed community-led, multisectoral shelter and multipurpose grant approaches to assist repairs and rebuilding. The Myanmar Red Cross Society, supported by IFRC, has helped hundreds of families build locally appropriate Build-Back-Safer community shelters incorporating WASH and solar features [838]. People with disabilities and displaced households face particular barriers to recovery, and tailored shelter-inclusive assistance has been provided through the Myanmar Humanitarian Fund, though needs persist [847][850].

Reconstruction is constrained by funding and logistical shortfalls. The IFRC Emergency Appeal remains only about 29.4% funded, WFP is seeking USD 150 million for 2026 to support recovery, and recent fuel price spikes and transport disruptions are driving up costs for materials and last-mile delivery [838][846][860]. Priority locations for continued shelter interventions include central earthquake-affected areas such as Mandalay and Sagaing, with compounding risks in conflict-affected states and regions — including Chin, Kachin, Kayah, Rakhine, Sagaing and Shan — where recovery is expected to be hardest [846][844].

Living Conditions in Camps or Settlements

Many earthquake-affected and displaced families remain in temporary or makeshift accommodation, with thousands still requiring support to rebuild homes, water and sanitation systems, and access to health care and livelihoods [838]. Access to water and sanitation is a critical gap: displaced people in Karenni State report journeys of 1.5–3 hours to water sources, reliance on tarpaulin reservoirs that leak or are damaged by rodents, rising costs for 1,000- and 3,000-litre tanks and trucked water, and increasing skin and hygiene-related illnesses linked to scarcity [849]. Ongoing armed conflict and access constraints continue to hamper delivery of assistance and increase protection risks for displaced populations, compounding exposure to heat, disease and shortages of basic services [838][850].

WFP monitoring around the one-year anniversary (March 2026) shows a fragile recovery: in Sagaing and Mandalay, one in six households face moderate to severe food insecurity and half of all families are only marginally food secure [842][846]. The broader Rohingya displacement situation linked to Myanmar includes approximately 1.2 million people in Cox's Bazar, with around 150,000 new arrivals since 2024, increasing pressure on overcrowded camp settings and cross-border responses [863][859].

Key humanitarian reach figures (as of March 2026):

- IFRC and Myanmar Red Cross networks reached more than 213,652 people across 31 townships [838].
- ICRC and partners reported reaching more than 300,000 people in earthquake-affected areas [841].
- WFP reached approximately 500,000 earthquake survivors [846][842].

NFI and Shelter Needs and Current Response

Humanitarian actors delivered emergency shelter, essential household items and multipurpose cash grants, and supported community-led shelter reconstruction using Build Back Safer techniques — including rainwater harvesting, improved ventilation, sanitation facilities and solar power — enabling safer and more dignified homes in affected villages [838]. Coordination has been led through the Myanmar Red Cross Society working with IFRC, ICRC, 32 National Societies and local partners and volunteers, often in concert with local authorities where access permitted [838][841].

Significant gaps and constraints remain. The IFRC Emergency Appeal remains substantially underfunded, risking a slowdown in recovery, and areas under opposition control continue to receive little external assistance [838][850]. Since early March 2026, acute fuel shortages and transport disruptions have restricted long-haul and local transport and raised delivery costs, further impeding NFI and shelter distributions in conflict-affected and remote states and regions [858][860]. Despite progress from community-led shelter and multipurpose approaches, agencies report that thousands still require support to rebuild livelihoods, homes and water and sanitation infrastructure, and that sustained funding and access are needed to close remaining NFI and shelter gaps [838][846].

Protection

Impact on civilians

Ongoing air and drone strikes, widespread landmine contamination, and the continuing fallout from the March 2025 earthquake are driving severe civilian harm across Myanmar [904][897][900]. Conflict monitors estimate the cumulative human cost of the war is very high, with more than 90,000 people killed and over 3.7 million internally displaced since 2021 [879][904]. Recent targeted incidents include junta airstrikes that struck a monastery sheltering internally displaced people and other villages in March, killing and injuring dozens of civilians [937]. Between 14–16 March, fighting in northern Shan State involved detentions, assaults and drone bombardments that killed civilians, damaged homes and displaced residents [926]. Local monitoring and community reports continue to document extrajudicial arrests, abductions, forced recruitment and indiscriminate shelling that deepen displacement and expose civilians to exploitation and other protection crises [926][899].

Explosive remnants and landmines remain a major protection threat, with UNICEF reporting 1,082 deaths from mines and ERW in 2024, including 314 children, and Rakhine State recording multiple civilian casualties from mines in recent months [897]. Bangladesh has recorded over 140,000 new Rohingya arrivals since 2023 and continues to host roughly 1.2 million Rohingya in Cox's Bazar and Bhasan Char, underscoring ongoing cross-border displacement pressures [883][877]. High rates of people reported dead or missing at sea, pushbacks and delayed disembarkation have also been documented, exposing refugees to smuggling and further protection risks [883].

A new fuel shock since early March has caused long queues, odd/even refuelling restrictions from 7 March, sharp transport disruptions and rapid diesel price rises — with national diesel up approximately 34% over two weeks and parallel-market spikes higher — increasing barriers to markets, health services and humanitarian deliveries [887][898]. Recovery from the earthquake remains fragile: in Sagaing and Mandalay one in six households face moderate-to-severe food insecurity, and some 12.4 million people nationwide face acute hunger [892][895]. Funding cuts and the suspension of third-country resettlement — with a reported approximately 90% drop since 2024 — have reduced durable solutions and heightened risks of detention, deportation and premature returns, while contested documentation and evolving administrative practices in Rakhine complicate prospects for safe repatriation and citizenship claims [883][893].

Factors Driving protection risks

Air and drone warfare have intensified civilian harm and displacement across Myanmar, with ACLED recording 5,912 air strikes and 931 drone attacks between 1 February 2021 and 13 March 2026, contributing to high civilian death tolls and mass displacement [904]. Reports of extrajudicial arrests, detentions, abductions and torture have risen in conflict areas; for example, MNDAA operations detained civilians between 14–16 March 2026 in northern Shan State, and at least 50 people were arrested in Sittwe between 7 and 18 March 2026 [926][891].

The junta's obstruction, diversion and politicization of aid following the March 2025 earthquake — including delays or denial of access to opposition-held areas — has further undermined legal and institutional protection and amplified civilian needs [884][905].

Fuel shortages stemming from Iran-related escalation since late February 2026 triggered acute rationing from early March, driving rapid price rises and severe transport and market disruptions that constrain humanitarian logistics and access to services [887][898]. One year after the 28 March 2025 earthquake, WFP monitoring shows a fragile recovery, with some 12.4 million people countrywide remaining acutely hungry, heightening protection vulnerabilities and harmful coping strategies [889][892]. Humanitarian contraction and policy shifts have further reduced protection and durable-solution pathways: the 2025–2026 Joint Response Plan faced critical underfunding, and NGOs and UN fora report a sharp drop in resettlement and third-country solutions, exacerbating risks of prolonged statelessness, detention and limited asylum options for Rohingya and other displaced people [877][883][886].

Psychological and mental health impacts

Humanitarian actors report elevated psychosocial needs linked to the March 2025 earthquake and continued airstrikes, with partners providing mental health and psychosocial support (MHPSS) but significant gaps persisting [902][905][932][937]. The Myanmar Humanitarian Fund supported partner-delivered MHPSS sessions that beneficiaries said improved their mental state, including tailored support for people with disabilities [902]. The ICRC, together with the Myanmar Red Cross Society and local partners, mobilised nearly 1,200 first responders in earthquake-affected areas and reported that rescue volunteers experienced heavy emotional strain during recovery operations [905]. Recent junta airstrikes, including a March 20 attack on a monastery sheltering displaced people in Katha, caused mass displacement and civilian casualties, exacerbating trauma among monks, children and displaced populations [932][937].

Severe water scarcity among IDPs in Karenni State is causing skin disease and measurable psychosocial impacts — including embarrassment, social withdrawal, reduced participation in community activities, and heightened insecurity when travelling for water [906]. Children, internally displaced people and persons with disabilities are repeatedly identified in field reports as priority groups experiencing heightened psychological distress and in need of sustained MHPSS interventions [902][932][906][905]. Access to MHPSS is constrained by junta interference (denial and delay of visas, confiscation of medical supplies, harassment of aid workers), shrinking NGO capacity and funding cuts, all of which reduce the reach and continuity of psychosocial services [884][883].

Protection Needs and Current Response

Humanitarian response to the March 2025 earthquake has been substantial but remains under-resourced. The ICRC assisted more than 300,000 people, equipped about 70 civil-society organisations and mobilised nearly 1,200 trained first responders, strengthening local search-and-rescue and medical case-management capacities [905]. The IFRC and Myanmar Red Cross Society reached over 213,652 people across 31 townships with shelter, health, food and essential items, using community committees and feedback mechanisms to target assistance; however, the IFRC Emergency Appeal remains seriously underfunded at 29.4% funded, constraining scale-up of protection-sensitive recovery activities [900]. WFP has reached roughly 500,000 earthquake survivors but warns it needs approximately USD 150 million in 2026 to assist 1.5 million people, with funding shortfalls and global shocks risking erosion of protection-sensitive recovery and livelihoods support [892][895].

Protection-sensitive programming documented by humanitarian actors includes community-led shelter, multipurpose cash that allows household choice, and digital tools to strengthen transparency and two-way community feedback, which have been central to reaching vulnerable and hard-to-access populations [900]. Specialised protection support in the recovery response includes disability-sensitive rehabilitation, provision of assistive devices and psychosocial support funded through the Myanmar Humanitarian Fund and partners, cited as critical for inclusive recovery one year after the earthquake [902]. Acute protection gaps linked to funding shortfalls and access constraints continue to impede legal protections, documentation, safe durable solutions, and the capacity of women-led and local organisations to deliver GBV and protection case-management and referral services [883][900][892].

Protection monitoring and local incident reporting remain active: KHRG published incident reports including a 25 March 2026 update documenting Burma Army shelling, civilian injuries and displacement in southeast Myanmar, and international monitoring products have adapted guidance on drone attacks and attacks on health care for Myanmar contexts [899][909]. Myanmar's crisis continues to drive internal and cross-border displacement, with funding cuts undermining the humanitarian response and third-country solutions — including a 90% drop in resettlement since 2024 — leaving refugees vulnerable to arrest, detention, deportation and pushbacks [883].

Child Protection concerns

Explosive remnants of war and landmines continue to cause child casualties across Myanmar: UNICEF reported 1,082 people killed by landmines and ERW in 2024, including 314 children [897]. In March 2026, multiple incidents in Rakhine and elsewhere — including explosions reported on 18–20 March 2026 and an earlier child fatality on 19 January 2026 — killed and injured children who encountered unexploded ordnance [897]. Air strikes and drone attacks have become a leading cause of civilian deaths, with monitoring data documenting a marked rise in air and drone strikes through 2025 and into early 2026 that have killed civilians including women and children [904]. Field-monitoring reports record ongoing Burma Army shelling and indiscriminate attacks that have injured civilians and restricted movement to services, further increasing risks to children in affected townships [896][899].

One year after the March 2025 earthquake, humanitarian agencies note that while children have returned to school in some areas, recovery remains fragile and many families still cannot meet basic needs — conditions that heighten protection risks for children [900][921][889]. Funding pressures and changes to food assistance for Rohingya refugees risk negative coping strategies that affect children: WFP's April 2026 tiered approach reduces rations for many households and explicitly identifies child-headed households among the most food-insecure groups [908][919]. Reports of increased use of so-called "knockout" substances also highlight elevated risks of robbery, child abduction and sexual exploitation in some areas, indicating additional protection threats to children [913].

Violence against women and girls

Myanmar's protracted armed conflict and continued internal and cross-border displacement, combined with funding cuts that have weakened the humanitarian response, have increased protection risks — including GBV risks — for displaced populations [883][886]. Displaced girls face elevated GBV risks: girls in fragile, forcibly displaced settings are twice as likely to be married as children, and forcibly displaced and stateless children face sexual abuse, child marriage and other forms of exploitation. Child marriage is frequently used by families as a perceived form of protection, and married girls report higher levels of intimate partner violence and commonly describe their first sexual experience as forced [881]. Evidence indicates that crises and mass displacement commonly drive increases in negative coping mechanisms such as child marriage and survival sex, further elevating GBV risks among affected communities [881].

Tightening resources — including WFP's tiered food assistance and reduced rations — have raised concerns that shrinking aid and funding shortfalls will push refugees toward harmful coping strategies or illegal activities to survive [919][908]. NGOs highlight systemic gaps undermining GBV prevention and response, including major funding shortfalls, a sharp drop in resettlement pathways and the exclusion or under-resourcing of refugee- and IDP-led organisations from coordination mechanisms, limiting protection and durable solutions for survivors [883][886].

Vulnerable Groups / Special Needs Groups

Unaccompanied and Separated Children

According to UNICEF, the 2026 Humanitarian Action for Children in Myanmar prioritises child protection, case management and reintegration support as part of the Protection Cluster response [963]. Key targets include:

- 907 unaccompanied and separated children targeted to receive alternative care and/or family reunification [963].
- 16,000 children targeted to receive individual case management [963].
- 303 children who have exited armed forces and groups targeted to receive protection or reintegration support [963].
- UNICEF's 2026 requirement includes \$9,305,547 for child protection and \$2,812,500 for GBV prevention and response, covering specialised services and case management across the protection continuum [963].

Pregnant and Lactating Women

Movement restrictions and security measures in conflict-affected areas have directly impeded pregnant women's access to care, including reported prohibitions on night travel that prevented pregnant women and critical patients from reaching health services in Kyainseikgyi Town (Doooplaya District) in December 2025 [950]. Fuel shortages and transport disruptions since early March 2026 have further constrained access to health facilities and last-mile humanitarian deliveries, with refueling restrictions, long queues, and steep diesel and octane price increases — parallel-market prices doubling or tripling in some areas — raising costs for both patients and providers [978][981].

Humanitarian guidance for adolescent pregnant and breastfeeding girls (January 2026) recommends routine discussion of family planning during pregnancy and at postpartum visits, breastfeeding support with access to additional nutritional allocations, adolescent-friendly obstetric services and confidential care, community-based antenatal and postpartum outreach, maternity waiting homes near health facilities, integration of mental health and psychosocial support into maternal and newborn services, and tailored supplemental nutrition for breastfeeding adolescents [947]. The same guidance flags heightened GBV risks for married girls — including intimate partner violence, forced first sexual experiences, denial of resources, and increased violence during pregnancy — and calls for GBV-sensitive referral pathways and integrated child protection, GBV, health and nutrition programming for pregnant and breastfeeding adolescents [947].

Funding gaps are constraining the expansion of health services: the IFRC Emergency Appeal for Myanmar was reported at only 29.4% funded, limiting the ability to scale up recovery activities that support restoration of health services for affected populations, including pregnant and lactating women [948].

Adolescents and Youth

One year after the March 2025 earthquake, children have returned to school in some affected areas while recovery remains fragile and many schools and services were damaged or destroyed [948][975][951][953]. The Myanmar Red Cross Society, supported by IFRC and ICRC, delivered community-based recovery, multipurpose cash assistance, and education and health interventions reaching hundreds of thousands across affected townships [948][951]. The Myanmar Humanitarian Fund and partners provided tailored mental health and psychosocial support, rehabilitation, and assistive devices to earthquake-affected people, including young survivors [946].

Ongoing armed conflict and constrained humanitarian access have left areas under opposition control largely without external assistance, exacerbating barriers to education, protection, and other services for children and youth [953][948]. NGOs and displaced- and refugee-led groups have urged systematic inclusion of their organisations in planning and coordination to improve participation, accountability, and access to services for affected communities, including young people, as stated at the UN Executive Committee meeting of 24–26 March 2026 [944][943].

People with Disabilities

A March 2026 Myanmar Humanitarian Fund (MHF) impact story described tailored support for people with disabilities following the March 2025 earthquake, including rehabilitation and physiotherapy, provision of a wheelchair, and mental health and psychosocial support delivered through an MHF-funded partner [946].

These interventions were reported to have improved the beneficiary's mobility, reduced social stigma, and improved caregiver mental wellbeing, affirming the MHF's commitment to an accountable, inclusive emergency response for people with disabilities [946].

IFRC warned that its Emergency Appeal for Myanmar remained only 29.4% funded, limiting the ability to scale up recovery activities – including livelihoods support, integrated shelter and sanitation, and disaster preparedness work – that could benefit people with disabilities [948]. Broader recovery operations led by ICRC and IFRC/MRCS reached over 300,000 and 213,000 people respectively across affected areas, though public reporting on these efforts focused on general recovery activities rather than documenting disability-specific assistive device distributions [951][948].

Elderly

WFP monitoring one year after the March 2025 earthquake shows a fragile recovery in affected regions (Sagaing and Mandalay), with one in six households continuing to face moderate-to-severe food insecurity and half of families only marginally food secure [954][956]. Explosive remnants of war and landmine incidents continue to cause civilian harm in Rakhine State, with incidents in March affecting older community members who collect firewood or work in fields [964].

In displacement and refugee settings linked to the Myanmar crisis, WFP's new tiered food-assistance approach (from April) specifically identifies households headed by older persons among those eligible for additional fresh-food vouchers and for prioritisation as "extremely food insecure," recognising older-headed households as a vulnerability criterion in rationing decisions [960][972].

Displaced

Ongoing armed conflict and the March 2025 earthquake continue to drive internal and cross-border displacement in Myanmar, compounding protection needs and limiting humanitarian access [944][948][951]. Key operational figures reported around the March 2026 anniversary include:

- IFRC and the Myanmar Red Cross Society reached over 213,652 people across 31 townships through shelter, health, and cash support, with the Emergency Appeal remaining only 29.4% funded [948].
- ICRC assisted more than 300,000 people in earthquake-affected areas through shelter, health, and cash support [951].
- WFP reached roughly 500,000 earthquake survivors, warns that 12.4 million people across Myanmar face acute hunger, and reports one in six households in Sagaing and Mandalay experiencing moderate to severe food insecurity [954].

Community-led shelter and cash assistance approaches are enabling some families to rebuild, but thousands still lack durable, safe housing and livelihoods support [948]. WASH constraints are acute among IDPs in Karenni State, where water scarcity is causing health and psychosocial harms, long collection journeys, and costly water purchases that undermine dignity and hygiene [962].

Bangladesh and regional agencies report protracted Rohingya displacement, with roughly 1.2 million Rohingya remaining in camps in Cox's Bazar and Bhasan Char and approximately 140,000–150,000 new arrivals since 2023–2024, increasing pressure on shelter, services, and host communities [945][971][972]. WFP introduced a needs-based, tiered assistance system from April for Rohingya households – allocating \$12, \$10, or \$7 per month in Cox's Bazar and higher rates on Bhasan Char – reflecting a major funding squeeze, with WFP funding having fallen approximately 40% in 2025 [972][960].

Movement and livelihood restrictions remain a central protection concern: refugees in Bangladesh are officially barred from work, raising risks of negative coping, while limited legal documentation and freedom of movement restrict access to education and services. Thailand's August 2025 policy granting some refugees the right to work has been noted as a positive but isolated measure [960][944]. Resettlement pathways have contracted sharply – a reported approximately 90% drop since 2024 – and lack of comprehensive legal frameworks leaves refugees at risk of arrest, detention, and deportation [944]. Humanitarian actors and NGOs call for expanded responsibility-sharing, access to documentation, the right to work and education, and systematic inclusion of refugee-led organisations in coordination mechanisms [944].

Minorities

Bangladesh hosts approximately 1.2 million Rohingya in camps, including roughly 140,000–150,000 new arrivals since 2023–2024, sustaining a large protracted refugee population concentrated in Cox's Bazar and Bhasan Char [945][972][960]. Rohingya remain largely stateless and lack comprehensive legal protections, are officially barred from work in Bangladesh, and face risks of arrest, detention, or deportation in the absence of durable legal status. Resettlement pathways have been sharply reduced – reported as approximately a 90% drop since 2024 – drastically limiting third-country solutions [960][965][943]. WFP's tiered food assistance system (from April 2026) prioritises the most food-insecure households, including those headed by women, the elderly, children, or persons with disabilities, for the highest assistance level [960][972][971].

NGOs and refugee-led organisations are calling for systematic inclusion of refugee-led organisations in coordination mechanisms and for measures to restore documentation, access to work, education, and freedom of movement as central elements of refugee self-reliance and protection programming [943][944]. International accountability mechanisms remain active – including ICJ and ICC processes and the Independent Investigative Mechanism – but analysts and host-state actors warn that enforcement and durable solutions are limited without political change in Myanmar [945].

Ethnic communities beyond the Rohingya have also faced targeted abuses. Recent fighting in northern Shan State in mid-March 2026 involved extrajudicial arrests, beatings, and drone strikes that killed civilians, with reports of Ta'ang residents detained or abducted and several civilians killed in the Loihseng/Kutkai area [969]. Funding shortfalls and wider humanitarian contraction are repeatedly noted as increasing protection risks for minority and displaced communities, undermining inclusive recovery and accountability efforts [943][944][960].

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Economy

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