



Wai Mar Myint, 37, and her daughter Shwe Zin Htet, 3, drink from a safe drinking water tank provided by UNICEF in Sagaing region, September 2025.

unicef
for every child

Humanitarian Action for Children

Myanmar

HIGHLIGHTS

- Children and families in Myanmar are enduring an increasingly complex and worsening humanitarian crisis driven by conflict, displacement, natural hazards, economic instability and the erosion of essential social services and protection of children's rights. An estimated 16.2 million people, including 4.9 million children, will require humanitarian assistance in 2026.
- UNICEF's humanitarian strategy focuses on working with communities, local and international partners and all stakeholders to deliver life-saving humanitarian assistance to ensure critical services reach children in need, with equity. This includes greater integration of multisectoral interventions to maximize programmatic impact to reduce vulnerability and build resilience in a protracted humanitarian context. In alignment with the Humanitarian Reset, the scope of the 2026 appeal is centred on responding to areas with the greatest severity of needs – with a strong focus on building resilience.
- The UNICEF funding requirement is \$267.2 million to provide life-saving humanitarian assistance to 3.3 million people, including 2.6 million children. UNICEF aims to reach 1 million people with critical WASH supplies; 600,000 children and women with primary healthcare services; 2 million children under age 5 with vitamin A supplementation; 441,831 children, adolescents and caregivers with mental health and psychosocial support services; and 667,000 children with access to education.

KEY PLANNED TARGETS



600,000

children and women
accessing primary health
care



441,831

children/caregivers
accessing community-
based mental health and
psychosocial support



667,000

children accessing formal
or non-formal education,
including early learning



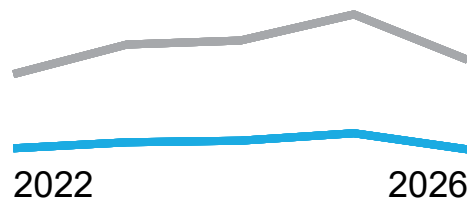
1 million

people reached with critical
WASH supplies

IN NEED

16.2
million
people¹

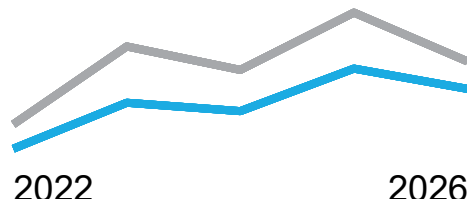
4.9
million
children²



TO BE REACHED

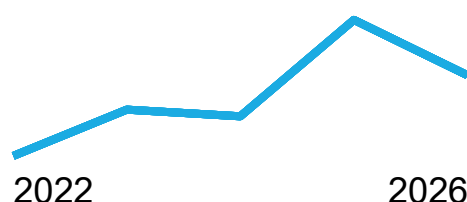
3.3
million
people³

2.6
million
children⁴



FUNDING REQUIREMENTS

US\$267.2
million



HUMANITARIAN SITUATION AND NEEDS

Children and families in Myanmar are enduring a steadily deteriorating and increasingly complex humanitarian crisis that is driven by conflict, displacement, natural hazards,⁵ economic instability and the erosion of essential social services. These overlapping shocks are upending lives and livelihoods across the country, leaving nearly 3.6 million people⁶ – more than one third of them children – internally displaced, forced from their homes, schools and communities. The devastating 7.7-magnitude earthquake of 28 March 2025, which was followed by more than 235 aftershocks,⁷ has further strained already stretched coping capacities, pushing more families into extreme vulnerability.

Myanmar's health system remains fragile. Children and women, especially in conflict-affected areas, face immense barriers to accessing care due to damaged infrastructure, shortages of health workers and the high cost or inaccessibility of services. Myanmar's under-five mortality rate – 39 deaths per 1,000 live births – is nearly three times higher than the East Asia and Pacific regional average of 14.4.⁸ Immunization coverage has stagnated, resulting in significant immunity gaps and risk of vaccine-preventable disease outbreaks. Worsening food insecurity and economic decline are driving up malnutrition, with more children and women unable to meet their daily dietary and nutritional needs, leaving them vulnerable to wasting, stunting and other forms of malnutrition.

Ongoing conflict, displacement, recurrent floods and the March 2025 earthquake continue to compromise access to safe water, sanitation and hygiene for affected populations. Damaged systems and overcrowded displacement sites heighten the risk of water-borne disease outbreaks, including acute watery diarrhoea, particularly in areas where sanitation facilities are inadequate and hygiene conditions remain poor.

Myanmar's education crisis remains deeply concerning, with an estimated 3.4 million children⁹ in urgent need of learning support. Attacks on education facilities and resulting school closures or disruptions are depriving children of learning opportunities. Lack of safe learning spaces, qualified teachers and essential learning materials not only impedes children's development but also heightens their exposure to serious protection risks, including child recruitment, forced labour, unwanted pregnancies and child marriage. Without immediate and sustained support, children and adolescents face a future marked by instability, displacement and deepening marginalization. The prolonged lack of access to education threatens children's future prospects, risking the country's long-term stability and productivity.

Child protection needs in Myanmar are rising sharply. In 2024, 2,138 grave child rights violations against 1,762 children were verified,¹⁰ and children account for 27 per cent of all casualties from landmines and explosive ordnance,¹¹ increasing the number of children living with disabilities. Fear over forced conscription and rising poverty has driven young men to migrate from their places of origin, leaving women, girls and the elderly as heads of households, with increased protection risks. Many children have been separated from their families and urgently require family tracing, alternative care and psychosocial support. Displacement and the disruption of community networks have heightened the exposure of women and children to violence, exploitation and abuse, while ongoing insecurity and climate shocks continue to strain their mental health and well-being.

The deteriorating economy continues to erode livelihoods, pushing already vulnerable households deeper into poverty.¹² Needs assessments indicate that more than 4 in 10 households identify lack of income as their top challenge, while 83 per cent of internally displaced families can only meet half – or less – of their basic needs.¹³ Cost barriers continue to limit access to essential services, including healthcare.¹⁴ Children and adults with disabilities face compounded risks. They have limited access to specialized services, and nearly half of children with disabilities lack assistive devices or tailored support.

The humanitarian context is further complicated by the complex access environment, which is marked by ongoing conflict and insecurity, bureaucratic constraints and shifts in territorial control, negatively impacting timely delivery of humanitarian assistance to the people who need it most.

SECTOR NEEDS¹⁵



4.7 million
people in need of
health assistance



2.3 million
children under five in
need of nutrition
support



7.9 million
people in need of
protection services



3.4 million
children in need of
education support



8.9 million
people need WASH
assistance

STORY FROM THE FIELD



Ma Nyein Ei Twal sits with her baby girl, Shin Min Ei, 2, at their home in Mhite Su south ward, Amarapura township, Mandalay region, in September 2025.

On 28 March 2025, an earthquake devastated Amarapura, Mandalay, leaving Nyein Ei Thwe's family shaken and grieving. While her home survived, her brother-in-law was killed and his children injured. Amid loss and fear, her youngest daughter, Shin Min Ei, 2, grew dangerously weak and was diagnosed with severe wasting. When UNICEF mobile nutrition teams arrived, her MUAC tape fell in the red zone – a mother's worst fear. With therapeutic food, care and guidance, Shin Min Ei slowly recovered, regaining weight, strength and laughter. Despite ongoing hardship, her recovery gives her mother hope that, with support, families can endure and rebuild.

HUMANITARIAN STRATEGY

The protracted and complex nature of the multilayered crises impacting Myanmar requires UNICEF and partners to address acute humanitarian needs while investing in strengthening community resilience. In coordination with other United Nations agencies, partners and stakeholders, UNICEF will maximize the nationwide coverage of its seven field offices and cluster leadership to strengthen emergency preparedness and implement a multisectoral response, using multiple delivery platforms to address the continued humanitarian needs. UNICEF will also support early recovery and sustain resilient social systems to withstand further shocks.

UNICEF will deliver life-saving accessible WASH services and supplies to communities impacted by conflict, natural disasters and public health emergencies, in coordination with post-earthquake recovery and reconstruction. Localization and integration of WASH efforts with health, nutrition, education and child protection interventions will help maximize programmatic impact and ensure sustainability and inclusion.

UNICEF's health and nutrition strategy adopts a multipronged approach, delivering equitable and integrated maternal, newborn and child health services via primary healthcare platforms. There will be a strong focus on nutrition services, immunization and outbreak response. Services will be provided through mobile outreach and fixed delivery points to reach the most vulnerable and hard-to-reach populations, particularly in conflict-affected, displaced and peri-urban communities. Early detection and timely treatment of severely wasted children remains critical, along with preventive interventions targeting children under age 5 and pregnant and lactating women. Evidence generation will guide adaptive programming, while advocacy for equitable access to quality health and nutrition services remains central to UNICEF's approach.

Children's safety, well-being and rights are at the centre of UNICEF's child protection strategy. UNICEF will deliver integrated services that combine community and school-based mental health and psychosocial support with case management for vulnerable children.¹⁶ Priorities include preventing gender-based violence, carrying out explosive ordnance risk education and monitoring grave child rights violations. Beyond emergency response, UNICEF supports a transition towards sustainable child protection systems at the community level by building the capacity of local networks and a community workforce. Training for front-line responders, and all child protection actors, embeds long-term skills and tools at both national and subnational levels, ensuring protection systems are locally led and resilient.

Education interventions aim to ensure safe, inclusive and equitable access to learning for conflict-affected, displaced and out-of-school children. This includes providing opportunities for early childhood education and improving livelihoods and resilience for adolescents through life skills-based education.¹⁷ UNICEF will emphasize creating protective and supportive learning environments, particularly for girls¹⁸ and for children with disabilities. Activities include distributing school supplies and teaching and learning materials; training and/or incentives for educators; and improving and rehabilitating temporary learning spaces. Education initiatives are integrated into mental health and psychosocial support and recreational activities to help children recover from trauma, build resilience and stay engaged in learning.

Social protection efforts will focus on helping displaced families meet essential needs and reduce harmful coping mechanisms. Support for children with disabilities will be expanded through targeted assistance, provision of assistive devices and access to specialized services. UNICEF will also continue to invest in inclusive social protection systems across the humanitarian–development nexus, driving more predictable support and greater resilience for the most vulnerable children.

Social and behaviour change efforts will prioritize life-saving and protective behaviours, promote preventive health practices, encourage vaccine and service uptake, counter harmful misinformation and enhance community accountability. Strengthened community feedback mechanisms will help integrate multisectoral responses, amplifying community engagement and accountability for effective humanitarian aid delivery.

UNICEF will also enhance its humanitarian programming quality to reach children with equity, mainstream protection against sexual exploitation and abuse and prioritize vulnerable groups, including persons with disabilities.

2026 PROGRAMME TARGETS



Health (including public health emergencies)

- 600,000 children and women accessing primary health care in UNICEF-supported facilities
- 666,371 children aged 6 to 59 months vaccinated against measles in UNICEF-supported areas



Nutrition

- 650,128 children 6-59 months screened for wasting
- 14,152 children 6-59 months with severe wasting admitted for treatment
- 315,314 primary caregivers of children 0-23 months receiving infant and young child feeding counselling
- 362,739 children 6-59 months receiving micronutrient powder
- 2,149,045 children 6-59 months receiving vitamin A supplementation



Child protection and GBViE

- 441,831 children, adolescents and caregivers accessing community-based mental health and psychosocial support
- 180,000 people accessing gender-based violence risk mitigation, prevention and/or response interventions
- 466,925 people in areas affected by landmines and other explosive weapons provided with relevant prevention and/or survivor-assistance interventions
- 37,207 people who received individualized support at community level, including through referrals to essential services
- 349,304 girls, boys, women and men reached through Child Protection awareness raising activities



Education

- 667,000 children accessing formal or non-formal education, including early learning
- 200,000 children receiving individual learning materials
- 18,000 educators/ facilitators supported through training and/or incentives
- 750 temporary learning centers renovated/ rehabilitated



Water, sanitation and hygiene¹⁹

- 405,000 people accessing a sufficient quantity and quality of water for drinking and domestic needs
- 305,000 people accessing appropriate sanitation services
- 19,220 children using safe and appropriate WASH facilities and hygiene services in learning facilities and safe spaces
- 305,000 people reached with handwashing behaviour-change programmes
- 1,000,000 people reached with critical WASH supplies
- 26,000 people accessing WASH services in health facilities



Social protection

- 80,250 households reached with UNICEF-funded humanitarian cash transfers
- 22,400 children screened and accessing disability support services and assistive technology



Cross-sectoral (HCT, SBC, RCCE and AAP)

- 150,000 people engaged in reflective dialogue through community platforms
- 3,000,000 people engaged in reflective dialogue through social media and digital platforms
- 75,000 people sharing their concerns and asking questions through established feedback mechanisms



PSEA

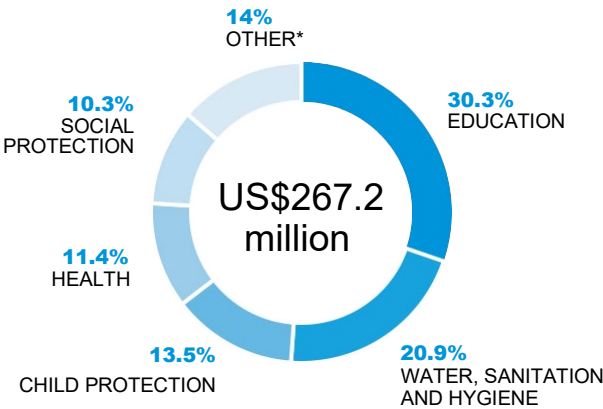
- 1,277,500 people who have access to a safe and accessible channel to report sexual exploitation and abuse by aid workers

FUNDING REQUIREMENTS IN 2026

UNICEF is appealing for \$267.2 million to deliver life-saving humanitarian assistance to meet the needs of 3.3 million people, including 2.6 million children. In alignment with the Humanitarian Reset, the scope of the 2026 Humanitarian Action for Children appeal centres on responding to areas with greatest severity of needs – with a strong focus on building resilience.

The 2026 funding requirement reflects the dynamic and fast-changing operating environment in Myanmar; the diverse implementation approaches required in this environment; and increasing operating costs due to inflation and logistical challenges. Full funding will provide 600,000 children and women with primary healthcare services and 441,831 children, adolescents and caregivers with mental health and psychosocial support services. It will enable 405,000 people to gain access to safe water and provide vitamin A supplements to 1 million children under 5 years of age. In addition, this appeal will ensure 667,000 children have access to safe learning environments and critical educational resources. UNICEF will enhance social protection measures, offering support to vulnerable families and helping to mitigate the impact of the crisis on livelihoods. UNICEF will also enhance activities supporting accountability to affected populations. UNICEF will safeguard and maintain its cluster coordination functions. Cross-sectoral interventions will promote greater integration, ensuring a holistic response to the needs of affected communities.

Humanitarian support in 2026 will enable UNICEF and its partners to carry out integrated multisectoral services in hard-to-reach locations. Flexible and longer-term humanitarian funding is crucial to address the pressing needs of children and their families who are experiencing the severe effects of compounding crises. Without sufficient, timely and flexible funding, UNICEF's ability to support vulnerable families in accessing vital services – including clean drinking water, health and nutrition services, learning opportunities, pivotal child protection support and responses to gender-based violence, and social protection – will be limited. This could lead to increased child mortality and morbidity, impacting the growth and development of Myanmar's children and trapping them in cycles of poverty that persist across generations.



Sector	2026 requirements (US\$)
Nutrition	25,570,552
Child protection	36,014,084
Education	80,854,028
Water, sanitation and hygiene	55,713,804
Social protection	27,638,320
Cross-sectoral (AAP, SBC, and PSEA)	6,030,763
Health	30,429,892
Cluster Coordination and Field Operations	4,934,605
Total	267,186,048

*This includes costs from other sectors/interventions : Nutrition (9.6%), Cross-sectoral (AAP, SBC, and PSEA) (2.3%), Cluster Coordination and Field Operations (1.8%).

ENDNOTES

1. Estimate from the provisional inter-agency 2026 Humanitarian Needs and Response Plan (HNRP), as of 21 October 2025. The number of people in need has decreased compared with 2025 given that the 2026 HNRP has a more limited geographic focus compared with 2025.
2. The number of children in need is calculated as 30 per cent of the total population, per the provisional 2026 Humanitarian Needs and Response Plan.
3. The number of people to be reached is comprised of 2.6 million children and 679,000 adults. The calculation of adults takes into account (1) women benefiting from primary healthcare services; (2) primary caregivers of children under age 5 reached with improved infant and young child feeding practices; (3) adults receiving WASH supplies; and (4) adults benefiting from social protection services. The total calculation considers the maximum target of each geographic location to avoid double counting.
4. The number of children to be reached has been estimated based on (1) children under age 5 receiving vitamin A supplementation; and (2) children age 5 and older who have access to primary healthcare services, education, WASH supplies and social protection services. The total calculation for children age 5 and over considers the maximum target of each geographic location, to avoid double counting.
5. Inter-Agency Standing Committee Reference Group on Risk, Early Warning and Preparedness and the European Commission, INFORM Risk for 2025. Myanmar ranks 11 out of 191 countries, with a “very high” risk classification driven by extremely high scores for hazards and conflict intensity.
6. Office of the United Nations High Commissioner for Refugees (UNHCR), Myanmar Emergency Overview Map: Number of people displaced since Feb 2021 and remain[ing] displaced as of 13 Oct 2025, UNHCR, 15 October 2025.
7. Department of Meteorology and Hydrology (Myanmar), Aftershock Earthquake News, Sunday, 28 September 2025, available at www.moezala.gov.mm/aftershock-earthquake-news-41.
8. Estimates generated by the United Nations Inter-agency Group for Child Mortality Estimation in 2025. See online data at <https://data.unicef.org/>.
9. Preliminary figure from the 2026 Humanitarian Needs and Response Plan.
10. United Nations, Children and armed conflict: Report of the Secretary-General, A/79/878–S/2025/247, New York, 17 June 2025.
11. Myanmar Landmine/ERW Incident Information 2025 (Q2), UNICEF, October 2025.
12. World Bank Economic Monitor projected a further increase in poverty by 2.8 percentage points due to the earthquake. Previously, the World Bank estimated Myanmar’s poverty rate at 31 per cent in 2024.
13. Estimate derived from the Multi-Sector Needs Assessment.
14. Among households with health needs, more than a quarter cannot afford consultation, treatment, or transport to facilities; education-related costs (tuition, supplies, transport) also prevent many children from enrolling or remaining in school.
15. Preliminary 2026 Humanitarian Needs and Response Plan, as of 21 October 2025.
16. This includes tailored assistance for unaccompanied and separated children and survivors of violence, abuse and exploitation.
17. UNICEF and partners provide non-formal learning opportunities through the community-based Extended and Continuous Education and Learning (EXCEL) programme, a life skills-based education programme for out-of-school children and adolescents aged 10–17. Life skills-based education includes education on child rights, communication skills, relationships with family and friends, gender roles, protection and personal safety and basic literacy and numeracy skills.
18. Support for girls includes promoting girls’ participation in education through community-based education management committees/parental associations, establishing gender-segregated latrines in learning spaces and training for educators in gender-responsive approaches to education in emergencies and protection from sexual exploitation and abuse.
19. The target for safe water is comprised of two activities – temporary provision of safe water targeting 325,000 people and more sustained access that targets 80,000 people. The target for sanitation is comprised of two activities – temporary provision targeting 225,000 people and more sustained access targeting 80,000 people. Temporary or emergency WASH services relate to the provision of safe water through water trucking and boating services as well as the installation of temporary latrines, to meet the immediate needs of affected populations. Sustained WASH services include the renovation of existing water and sanitation systems, and the recurring provision of WASH services to meet the longer-term needs of affected populations. These are particularly provided in protracted camps and host communities.