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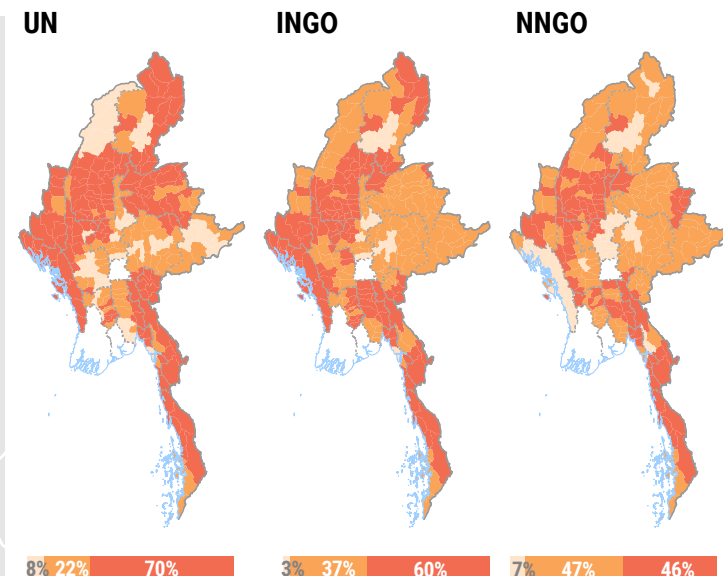
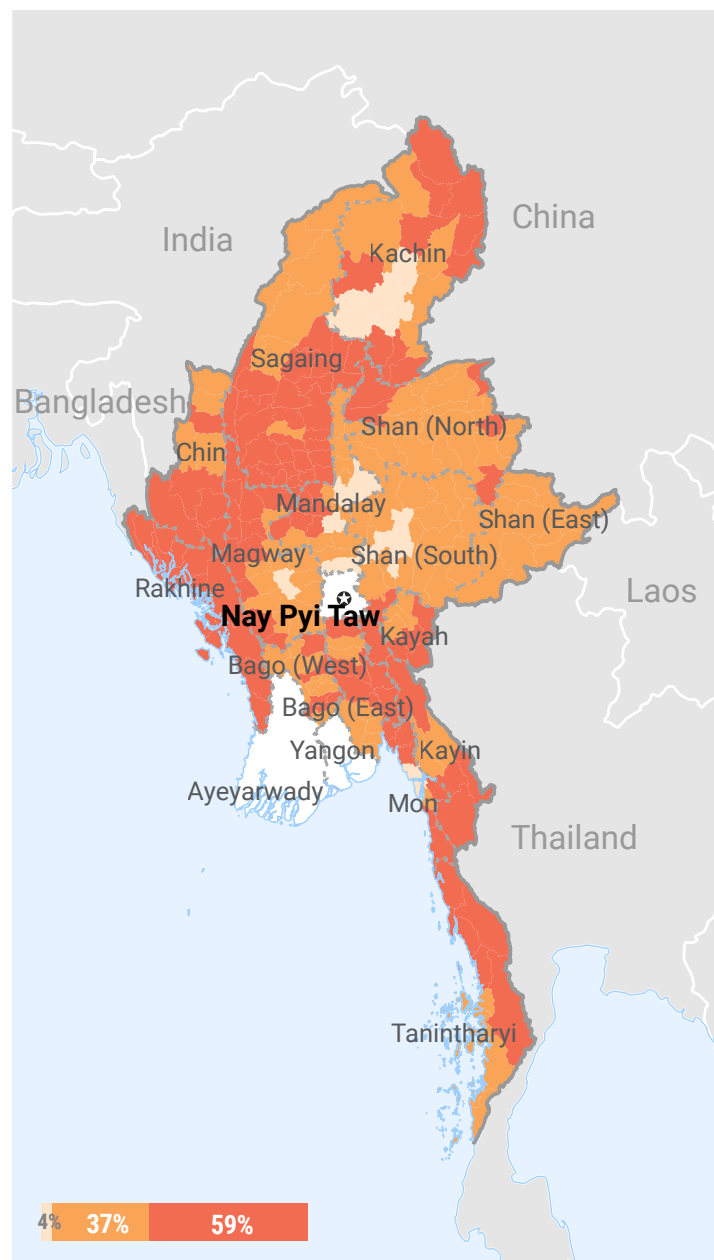
Humanitarian Access Severity Overview

As of May 2026

TOWNSHIP ACCESS SEVERITY AS PERCEIVED BY HUMANITARIAN ACTORS

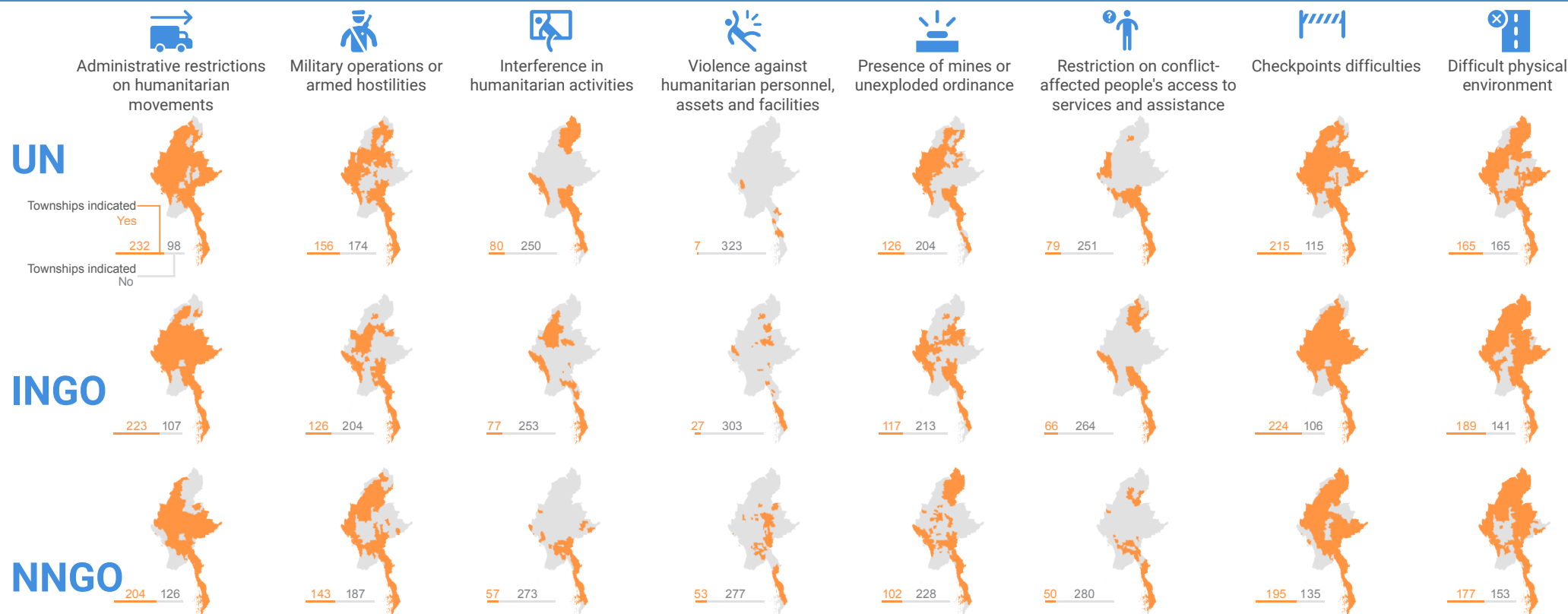
In May 2026, OCHA carried out an access severity monitoring exercise across Myanmar, convening focus group discussions with UN system members, international NGOs (INGOs) and local/national partners (NNGOs). The exercise covered 251 townships across 15 states and regions including 227 townships where people in need are prioritized under the 2026 Myanmar Humanitarian Needs and Response Plan (HNRP) and 24 additional townships where potential climate shocks and emerging humanitarian trend could necessitate emergency response. Among the 251 townships assessed, 119 (47 per cent) were perceived by humanitarian partners to have extremely high access difficulties (Level 3), where humanitarian organizations reach and assist a small minority of people in need. The highest concentrations of Level 3 townships were found in conflict-affected areas in Sagaing and Magway regions, and Kachin and Rakhine states, which together account for almost 60 per cent of all Level 3 townships. The extremely high access difficulties in Sagaing Region alone accounts for approximately 25 per cent. A further 111 townships (44 per cent) were perceived as having moderate access restrictions (Level 2), while 21 townships (8 per cent) were perceived as relatively accessible (Level 1).

Methodology: The access severity monitoring exercise involved focus group discussions (FGDs) with more than 90 humanitarian partners (UN system members, international NGOs, national NGOs, and community-based organizations). The objective was to determine the perceptions of humanitarian actors about the challenges they faced in accessing areas for their operations and their ability to execute humanitarian activities in Myanmar. Data was gathered from all states and regions where people are prioritised by the 2026 HNRP.



Legend/Definitions

- Level 1 - Accessible / Low access constraints:** Military units, checkpoints, airstrikes, or other impediments may be present but do not significantly impede humanitarian activities. With adequate resources and clearances, humanitarian organizations can operate and reach all or nearly all people in need targeted for assistance.
- Level 2 - Moderate access constraints:** Military units, checkpoints, airstrikes, and other impediments are present, and often result in restrictions on humanitarian movements and operations. However, humanitarian activities continue in these areas with regular restrictions.
- Level 3 - High access constraints:** Military units, checkpoints, airstrikes, or other impediments may be present and very often result in restrictions on humanitarian movements and operations. Humanitarian activities in these areas face very high difficulties and sometimes are impossible. Even with adequate resources, humanitarian partners would be unable to reach more than a minority of the population targeted for humanitarian assistance.



Humanitarian partners reported access constraints across all 251 townships assessed, reflecting the increasingly complex operating environment compared to October 2025.¹ No change was reported in the majority of townships, however, in 21 townships (8 per cent) worsening conditions were reported, particularly in Bago East, Mandalay, Shan North and Rakhine. Trends vary significantly by actor type. NGOs reported the sharpest decline, with access conditions deteriorating in 53 townships (21 per cent), concentrated in Sagaing (12 townships), Magway (10), Chin (8), and Bago East (6). INGOs also reported growing challenges, particularly in contested and hard-to-reach areas. UN system members perceived the situation as generally unchanged since the prior access severity exercise in October 2025. UN members emphasized that access remains extremely restrictive. NGOs experience the most acute deterioration in access, particularly due to checkpoints impediments, administrative restrictions, and violence against humanitarian personnel, assets and facilities.

While the type and prevalence of constraints vary by actor and location (see maps above) consistent patterns were noted. Across all organization types, administrative restrictions, checkpoint impediments, and conflict-related impediments remain the most pervasive barriers to humanitarian access. While

certain constraints were reported consistently across all organization types, NGOs reported their perception of particularly higher levels of violence against them as humanitarian personnel and their assets in several states and regions. Partners reported heightened scrutiny of humanitarian operations, with increased administrative restrictions, notably complex and often inconsistent Travel Authorization (TA) and registration procedures, additional documentation requirements for staff movements, and tighter controls on transport of humanitarian goods. The highest concentration of administrative constraints was reported in Sagaing, Mandalay, Magway, and Shan North, affecting all organization types. In some areas, localized administrative procedures have created additional bureaucratic layers, further resulting in the relocation or suspension of planned activities.

The ongoing military operations continue to pose significant physical and security risks to humanitarian staff, assets, and affected communities. Partners reported that airstrikes and artillery shelling near displacement sites and villages have impeded humanitarian operations in several locations, and in many cases resulting in the relocation of operations. The highest concentrations of conflict-related access impediments were reported in Sagaing, Rakhine,

Magway, Kachin, and Tanintharyi, affecting all organization types.

Difficulties at checkpoint were reported in all assessed townships, consistently cited as a frequent impediment for INGOs, NGOs, and UN system members. Partners also reported confiscation of supply items at checkpoints particularly in Sagaing and Rakhine, as well as instances where people of certain ethnicities in Rakhine State were restricted from accessing specific services. Risk of conscription and forced recruitment at the checkpoints were flagged, particularly affecting staff of local organizations operating in contested areas. Landmine and un-exploded ordinance (UXO) contamination continues to be reported as a serious impediment across conflict-affected areas, with the highest prevalence in Sagaing, Magway, Rakhine, Kachin, and Shan North. While less frequently reported, incidents of violence against humanitarian personnel, their assets, and facilities were reported in multiple states and regions, with the highest incidents reported in Mon, Shan South, Tanintharyi, and Sagaing. Interference in the implementation of humanitarian activities was reported particularly in Rakhine, Sagaing, Bago, and Kayah.

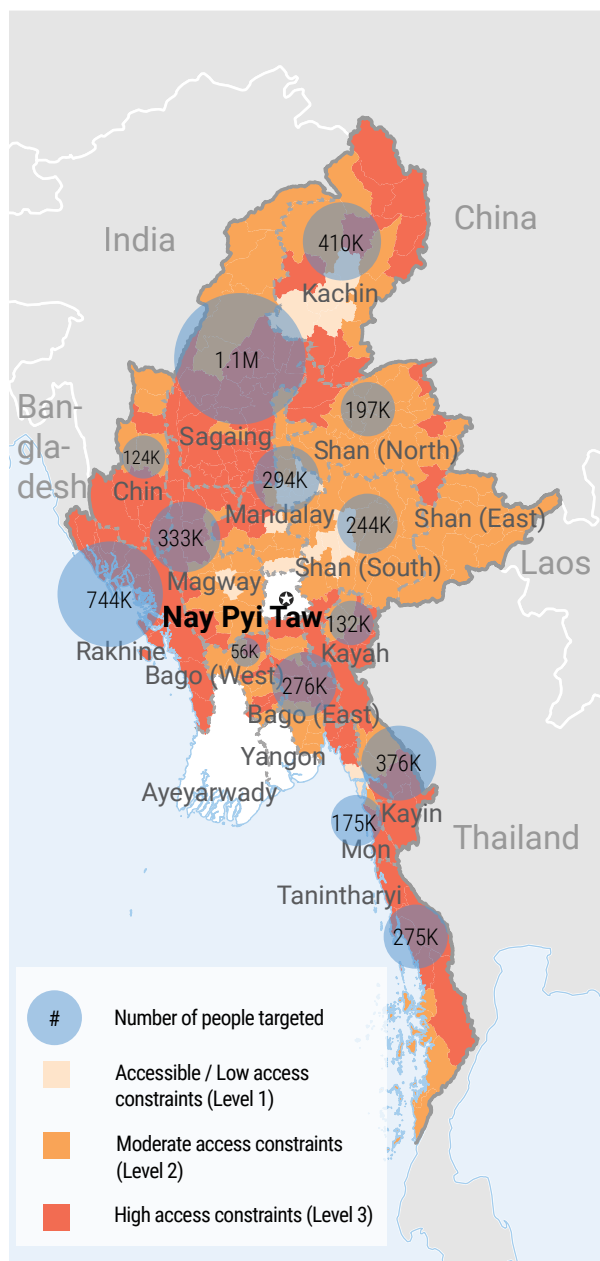


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Humanitarian Targets by Access Difficulty Level

As of May 2026



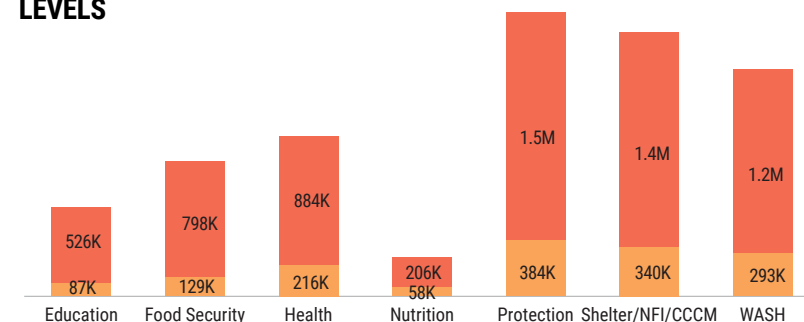
ACCESS WITH HIGH POPULATION NEEDS BY LEVEL OF ACCESS DIFFICULTY

Access constraints remain the most significant determinant of humanitarian reach in Myanmar. Of 251 townships assessed, 66 townships, where 2.5 million people live with intersectoral severity 4 and 5, are hyper-prioritized under the HNRP 2026. Of these, an estimated 2.1 million people (84 per cent) are located in areas classified as having the highest access restrictions (Access Severity Level 3), where armed conflict, insecurity, and administrative impediments critically hinder operations.

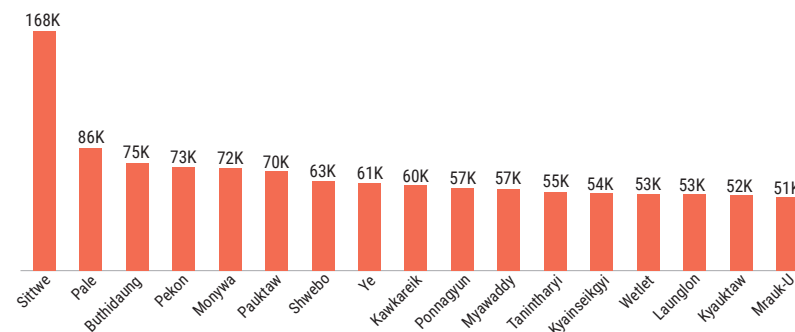
The distribution of people in need of assistance in the most access constrained areas closely aligns with conflict reports. Over 1 million people (54 per cent of 2.1 million) are targeted for assistance in Sagaing and Rakhine, perceived as Level 3 locations, reflecting persistent conflict, insecurity, and movement restrictions that continue to disrupt humanitarian operations. Significant numbers of people in need of assistance are also concentrated in Tanintharyi (250,000), Kayin (240,000) and Bago East (101,000). Smaller but still notable populations in Mon (82,000), Shan South (73,000), Kachin (68,000), Magway (58,000), Mandalay (41,000), Chin (37,000), and Kayah (17,000) continue to face sporadic insecurity, checkpoints, and administrative restrictions that limit the movement of humanitarian personnel and goods.

A further 400,000 people (20 per cent) reside in areas with moderate access constraints (Level 2), where access is possible but subject to regular restrictions, often depending on temporary clearances or localized security conditions. These include parts of Kachin (117,000), Kayah (104,000), Bago East (66,000), Shan South (58,000), Shan North (54,000), Mandalay (42,000), Chin (22,000), and Bago West (15,000). Notably, none of the 66 townships where people with the highest intersectoral severity of needs are located were assessed as having low access constraints (Level 1). This indicates a clear correlation between severe access constraints and elevated inter-sectoral severity (Level 4 and 5), whereby operational barriers compound and sustain this high level of needs. Outside of these townships, 18 townships were classified as Level 1 in Mandalay (11), Kachin (3), Shan South (3), and Mon (1), where approximately 266,000 people targeted for assistance live.

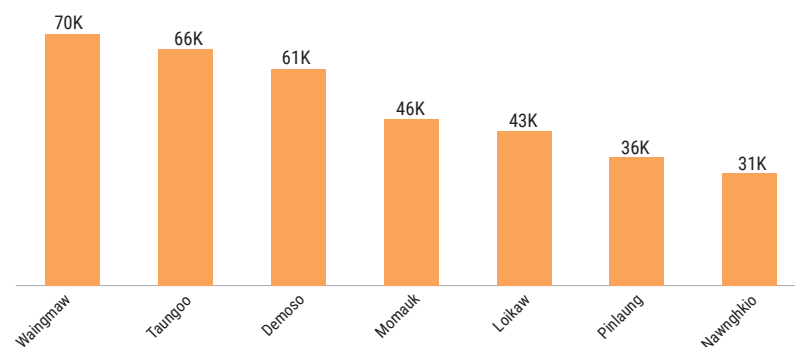
HUMANITARIAN CLUSTER TARGETS BY TOWNSHIP ACCESS SEVERITY LEVELS

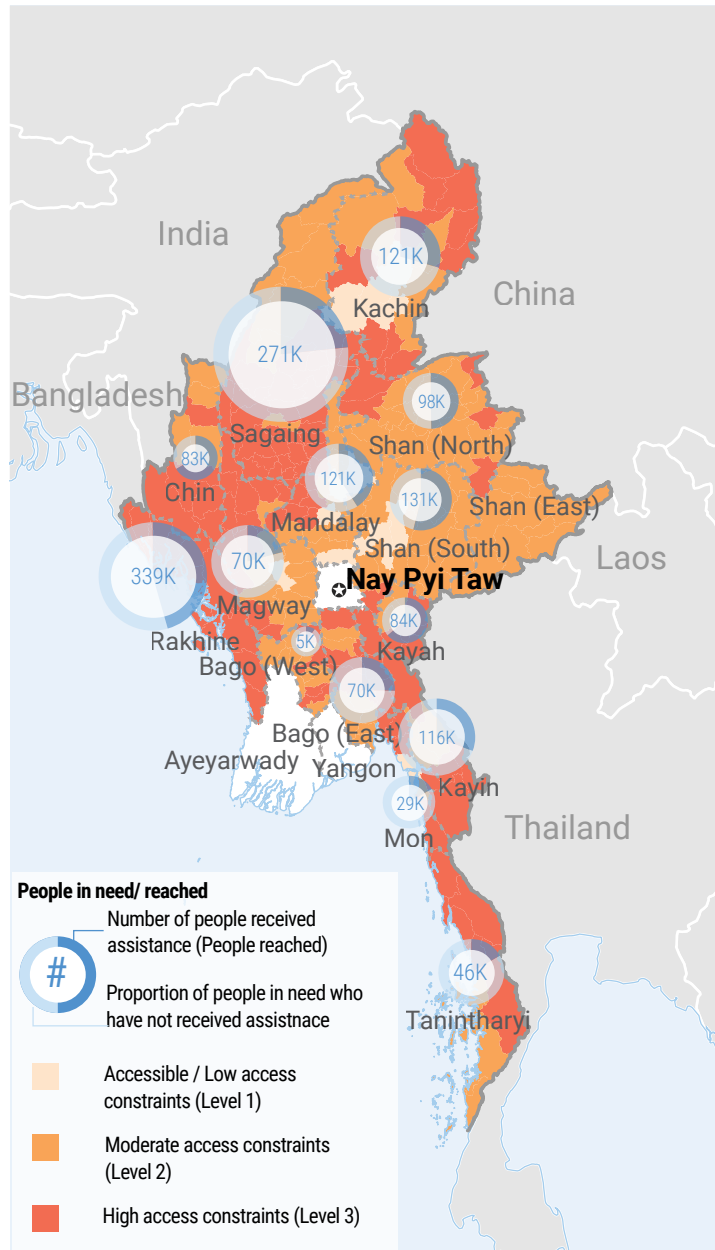


TOWNSHIPS WITH AT LEAST 50,000 BENEFICIARIES TARGETED FOR ASSISTANCE WITH VERY HIGH ACCESS DIFFICULTIES



TOWNSHIPS WITH MODERATE ACCESS DIFFICULTIES AND AT LEAST 30,000 BENEFICIARIES TARGETED FOR ASSISTANCE





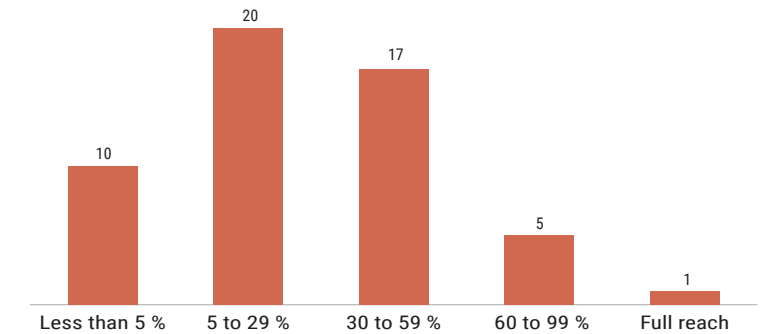
AREAS WITH HIGH NUMBERS OF PEOPLE IN NEED BY LEVEL OF ACCESS DIFFICULTY

As of the first quarter of 2026, according to the cluster reach data, humanitarian partners employed a range of delivery modalities to reach approximately an estimated 1,600,000 people (33 per cent of overall people targeted by 2026 HNRP). However, this support was frequently provided at reduced quality, comprehensiveness or frequency due to persistent operational constraints, as reported by partners during focus group discussions.

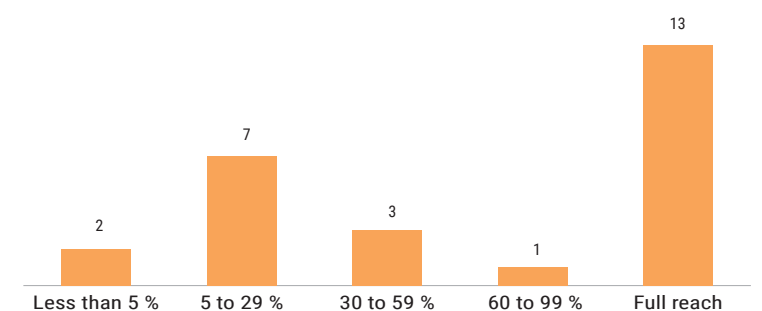
Of the 119 townships assessed as having the highest access restrictions (Access Severity Level 3), 53 are among the 66 townships where hyper-prioritized targeted people under the HNRP live. In these 53 townships, according to the cluster reach data, humanitarian partners were able to reach and assist approximately 832,000 people (33 per cent of the 2.1 million people prioritized for humanitarian response). The highest levels of reach were reported in parts of Rakhine (740,000 people, 35 per cent), Sagaing (399,000 people, 19 per cent) and Kayah and Tanintharyi (245,000 people, 11 per cent each).

Of the remaining 13 townships with hyper-prioritized people, these were assessed as having moderate restrictions (Access Severity Level 2), partners reached almost 150,000 or 30 per cent of target as of the first quarter. Coverage exceeding 50 per cent was achieved in Kayah State, while less than 10 per cent of people in need were reached in Shan North and Mandalay. Across the broader assessment, approximately 138,000 (52 per cent) of the 266,000 people targeted and reached were located in 18 Level 1 townships.

REACH IN TOWNSHIPS WITH HIGH ACCESS SEVERITY (LEVEL 3) (As of Q1)



REACH IN TOWNSHIPS WITH MODERATE ACCESS CONSTRAINTS (LEVEL 2) (As of Q1)



Humanitarian access to people hyper-prioritized in the 66 townships with intersectoral severity 4 and 5, under the HNRP 2026, remains deeply constrained by insecurity, administrative barriers, and market disruptions, leaving millions of people under-served. The most severe access limitations are concentrated in Rakhine, Sagaing, and Kayah, where overlapping restrictions—checkpoint impediments, bureaucratic delays, and active hostilities—impede movement and delay assistance.