

Human Rights Situation in Myanmar (March 2025)

Factsheet: Economic, Social and Cultural Rights (1)

Introduction

In March 2025, Myanmar's humanitarian crisis continues to escalate, with severe impacts on the right to food, health, housing, and education. In the last month, the food available to the people was significantly reduced, as well as insufficient health care and education available.

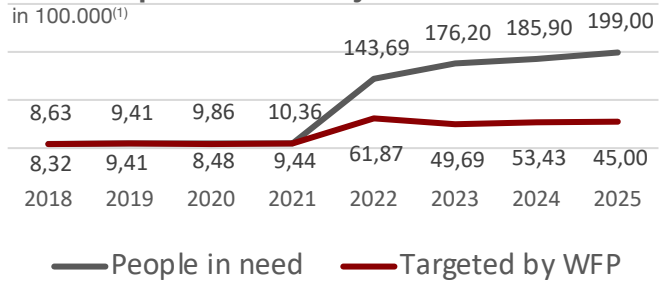
Right to Food

On March 10th 2025, the United Nations World Food Programme (WFP) has announced that due to severe funding shortages, it will cut food aid for over 1 million people in Myanmar from April 2025. This further worsens the critical food situation for the people in Myanmar.

Currently, almost one-third of Myanmar's population, about 15.2 million people struggle to meet their daily food needs, and 2.3 million people face emergency hunger levels.

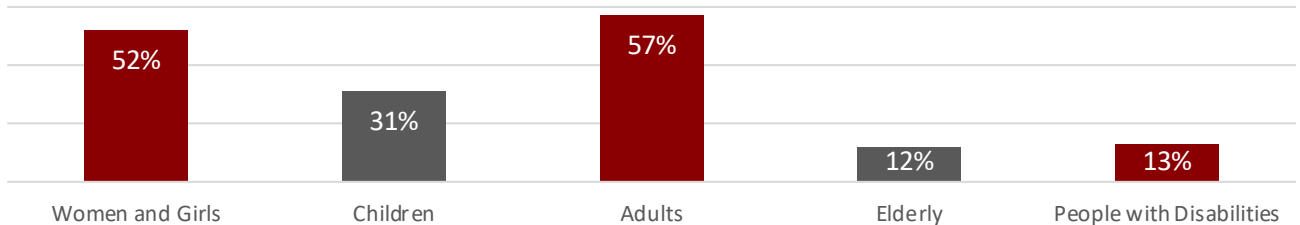
The WFP warns that without immediate funding of \$60 million, life-saving programs essential for survival will be drastically cut.

Total People in Need in Myanmar



The reduction in aid will disproportionately affect the most vulnerable groups, including children under five, pregnant and breastfeeding women, people with disabilities, and nearly 100,000 internally displaced people, including Rohingya communities confined to camps in Rakhine State.

Breakdown: People in Myanmar affected by a lack of food⁽²⁾



Legal Analysis

Under Article 11 of the ICESCR, all individuals have the right to adequate, safe, and nutritious food that meets their dietary needs for a healthy and active life. States must actively work to eliminate hunger, ensuring food accessibility and availability without discrimination. Furthermore, the obligation to fulfill the right to food extends beyond national borders, requiring the inter-

national community to cooperate in providing food aid and resources when a state is unable or unwilling to guarantee this right. This duty of international assistance becomes even more critical in contexts of conflict, natural disasters, and systemic deprivation, where the lives and well-being of vulnerable populations are at immediate risk.

Right to Thrive is a human rights organisation, focussing on economic, social and cultural rights.

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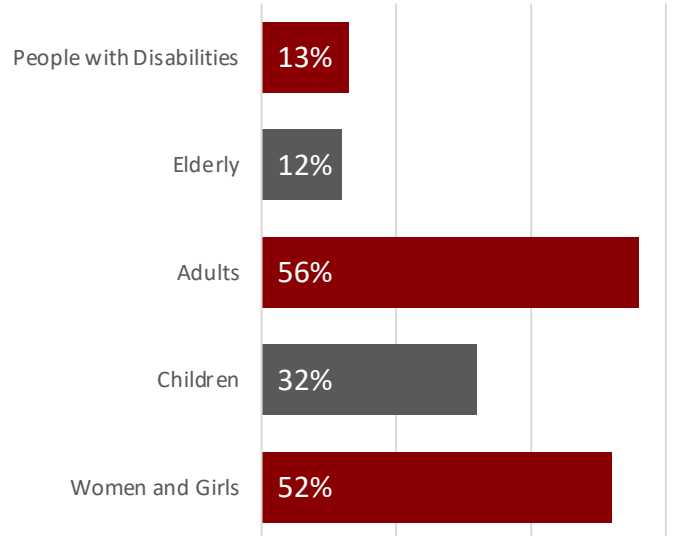
Factsheet: Economic, Social and Cultural Rights (2/2)

Right to Health

The ongoing conflict in Myanmar has severely impacted the right to health, particularly for vulnerable groups such as children, pregnant women, and the elderly. According to UNICEF, over one million children nationwide have no access to essential vaccinations, with up to 70% of children in Sagaing region missing critical immunizations. Limited healthcare access is compounded by widespread malnutrition, especially among displaced populations. Pregnant women face heightened risks of anemia, which can adversely affect fetal health, while malnutrition in children leads to severe conditions such as bone deformity, rickets, stunted growth, and even death.

Despite some aid efforts, including food supplies and cash assistance for new mothers, humanitarian access remains highly restricted by military blockades, particularly in rebel-controlled areas. The lack of adequate nutrition and healthcare in these regions is exacerbating an already dire health crisis. With more than 3.5 million internally displaced people across Myanmar, nearly one-third of whom are children, immediate international support is urgently needed to address critical health gaps and prevent further deterioration of health conditions.

Breakdown: People in Myanmar affected by a lack of healthcare⁽³⁾

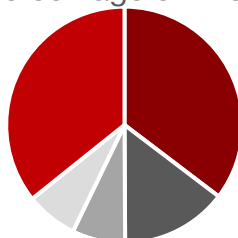


The reduction in aid will disproportionately affect the most vulnerable groups, including children under five, pregnant and breastfeeding women, people with disabilities, and nearly 100,000 internally displaced people, including Rohingya communities confined to squalid camps in Rakhine State.

The organisation „Insecurity Insights“ has published a new report on violence against health care personnel and services in the Mandalay Region of Myanmar, reporting an almost total collapse of the regions health care services and restricted access to health care. Report is available [here](#) (published March 18)

Regions with the highest percentage of Internally Displaced People⁽⁴⁾

- Sagaing Region
- Rakhine State
- Magway Region
- Kayin State
- Other States



Breakdown:

Sagaing Region	1.249.400,00
Rakhine State	515.400,00
Magway Region	256.900,00
Kayin State	250.300,00
Other States	1.263.700,00

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