



MYANMAR COUNTRY REPORT

THE STATE OF THE
HUMANITARIAN SYSTEM 2026

ACRONYMS

CBO	Community-based organisation
CSO	Civil society organisation
EAO	Ethnic armed organisations
FGD	Focus group discussion
HCT	Humanitarian Country Team
HDP	Humanitarian–development–peace (nexus)
HNRP	Humanitarian Needs and Response Plan
IDP	Internally displaced person
INGO	International non-governmental organisation
KSDF	Karenni State Development Fund
NGO	Non-governmental organisation
SAC	State Administration Council (Myanmar military junta)
SOHS	The State of the Humanitarian System
ULA/AA	United League of Arakan/Arakan Army
UN	United Nations
USAID	United States Agency for International Development



Caption: Distribution of
supplies to communities
affected by the
2025 earthquake

Credit: Nyan Corridor researcher

2. METHODOLOGY

This study employed a qualitative research design. Two focus group discussions (FGDs) were conducted in Karenni State during the formative phase of the overall SOHS study to inform the research about what people affected by crisis prioritised. The data from these FGDs was also used to refine the research instruments. Primary data collection relied exclusively on 65 in-depth interviews conducted across five geographic areas – Karenni State, Kayin State, Rakhine State, Sagaing Region and Chin State, and at the system level – selected to reflect geographic diversity, variation in conflict intensity, and distinct demographic and protection profiles.

Three respondent types were purposively selected: aid recipients (individuals affected by crisis who received or were eligible for humanitarian assistance); aid facilitators (local CSOs and community-based organisations (CBOs) mediating delivery and sometimes recipients of aid themselves); and aid providers (INGO, UN and Red Cross/Red Crescent Movement staff). System-level representatives from the HCT, cluster leads and major donors were also interviewed. While these categories are used to organise the data, they overlap in practice, and perspectives are treated as such throughout the analysis.

Table 1: Interviews by state/region

State/region/level	Number of interviews
Karenni	10
Chin	12
Rakhine	6
Rohingya area*	6
Sagaing	10
Nay Pyi Taw	10
System level	11
Total	65

*Note: *Data on this population is highlighted explicitly due to their historical marginalisation and the operational constraints in accessing them.*

Table 2: Interviews by respondent type and gender

Respondent type	Male	Female	Total
Aid recipients	5	12	17
Aid facilitators	20	7	27
Aid providers	13	3	16
System-level key informants	4	1	5
Total	42	23	65

Research team

Ten researchers, led by a National Research Lead, conducted the study. Local knowledge, trust networks, gender-conscious respondent mapping and attention to communication security were central to the approach. The team sought to maintain gender balance in respondent selection; while the overall sample skews male respondents (reflecting access constraints, security limitations and the predominance of men in aid-provider roles in Myanmar), deliberate efforts were made to include women as aid recipients and facilitators, particularly in Karenni and Chin State. Most interviews were conducted remotely by phone or secure virtual platforms. Regular team debriefings supported quality control and researcher wellbeing.

Data analysis

Transcripts were coded in MAXQDA using the SOHS analytical framework. This was supplemented with locally derived codes to accommodate Myanmar-specific dynamics, including the contested governance landscape, the role of ethnic resistance organisations in service delivery, and the acute access and security constraints shaping the response.

Limitations

Telecommunications disruptions in Rakhine, Chin and Karenni affected connectivity and interview depth. Communication windows were restricted – particularly for respondents in Sittwe camps for internally displaced people (IDPs), where connectivity and safety limited interview duration and depth. Geographic coverage gaps remained in some of the most inaccessible areas affected by conflict. The predominance of remote interview modalities may have reduced data richness, though established researcher trust relationships mitigated this to the extent possible.

Ethical considerations

The study was conducted in accordance with established ethical standards for humanitarian research in settings affected by conflict and approved by ODI Global's Research Ethics Committee. Informed consent was obtained orally from all participants and respondents were assured of anonymity and confidentiality. Interview codes were used throughout in place of identifying information. Given the acute security environment, particular care was taken to protect respondents' identities through secure communication platforms and the omission of identifying details.

