

IPC Special Snapshots are produced by the IPC Global Initiative and do not necessarily reflect the views of stakeholders in Sudan. This analysis draws on data and contextual information available up to 10 April 2026. The implications for Sudan of the ongoing conflict in the Middle East were considered in this analysis to the extent possible. However, prevailing uncertainty regarding the evolution of the crisis constrained the IPC analysis team's ability to forecast its full potential impact at the time of writing.

This information product follows the approach applied in the IPC analysis. IPC findings for February-May 2026, presented on page 1, cover the entire country (195 localities and IDP settlements). Findings for June-September 2026 (lean season) and October 2026-January 2027 (harvest season), presented on page 2, are limited to areas (56 localities and IDP settlements) where new data were available or could be reasonably extrapolated to similar nearby areas. A full nationwide projection analysis was not possible due to data gaps. The IPC Global Initiative intends to analyse the remaining areas as soon as sufficient data becomes available. Caution is therefore advised when comparing figures across pages, as geographic coverage differs significantly.

- Nearly 19.5 million people are facing high levels of acute food insecurity (IPC Phase 3 or above) through May 2026. Of these, around 135,000 people are in IPC Phase 5 (Catastrophe), marked by extreme food gaps, extremely critical levels of acute malnutrition, and a high risk of death.
- The food insecurity and malnutrition situation remains highly fragile and volatile, with 14 areas at risk of Famine across Greater Darfur and Greater Kordofan.
- Sudan is facing a dire nutrition crisis. At least two localities in North Darfur are likely to remain at extremely critical levels of global acute malnutrition.
- After three years of fighting, conflict is expected to intensify particularly in Greater Kordofan and North Darfur. Urgent action is needed to prevent further starvation and loss of life.

Overview

After more than three years of unrelenting conflict, Sudan remains one of the world's most intractable and severe humanitarian crises.

Approximately 41 percent of the country's population—nearly 19.5 million people—continue to face high levels of acute food insecurity (IPC Phase 3 or above) between February and May 2026. Although the analysis period follows the main harvest, nearly 135,000 people are still classified in IPC Phase 5 (Catastrophe), characterised by extreme food gaps, starvation, very high levels of acute malnutrition and death due to disease or malnutrition. More than 5 million people are classified in IPC Phase 4 (Emergency), while a further 14 million people in IPC Phase 3 (Crisis) are unable to meet their essential food needs. Conditions are expected to deteriorate further in the upcoming June-September lean season.

There is no area classified in Famine (IPC Phase 5); however, the situation remains extremely fragile and volatile. If conflict intensifies further, displacement increases, or access to food, health services and water, sanitation and hygiene (WASH) services deteriorate further, 14 areas in North Darfur, South Darfur and South Kordofan face a risk of Famine. In areas previously classified in Famine (IPC Phase 5)—El Fasher town (North Darfur) and Kadugli town (South Kordofan)—relative improvements in food security are largely attributable to the fact that Famine-affected populations relocated to other localities, where they have, to some extent, gained better access to humanitarian and commercial supplies. These gains, however, are uneven and do not extend to highly isolated areas, such as Um Baru, Kerno and At Tina localities, where conditions remain dire and likely underreported due to insecurity and limited data.

Severe Acute Malnutrition (SAM) remains widespread in Sudan. An estimated 825,000 children under five are expected to suffer from SAM in 2026—up 7 percent compared to 2025 and 25 percent above pre-conflict levels (2021-2023). Over 98,500 children were admitted for SAM treatment between January and March 2026 alone. However, access constraints and ongoing conflict—notably in North Darfur and South Kordofan—have reduced access to life-saving treatment and the quality of services, increasing the risk of death.

The conflict in Sudan continues to have far-reaching impacts on food insecurity and malnutrition. Drone attacks on civilians and civilian infrastructure have become increasingly frequent, reflecting evolving modes of warfare with devastating impact and deeper entrenchment of armed actors. The health system has been severely compromised, with an estimated 40 percent of health facilities non-operational as of January 2026. Conflict-driven displacement remains at extreme levels with more than 8.9 million people forced from their homes within Sudan. Finally, the geopolitical complexities of the ongoing conflict in the Middle East further exacerbate the crisis in Sudan, contributing to higher fuel, food, and fertilizer prices. The impacts of the Middle East crisis on Sudan are likely to intensify in the near and medium term.

Humanitarian access across the country remains highly fluid, fragile, extremely risky, and subject to constant negotiation. Limited access to conflict-affected areas is hampering both response efforts and data collection, impacting the ability to accurately assess the severity of the situation. For some areas of highest concern, data is either unavailable or inadequate. This includes information on populations at highest risk in locations such as El Obeid, Bara and Gharb Bara in North Kordofan; and Baw and Geisan in Blue Nile.

An immediate cessation of hostilities, combined with the lifting of bureaucratic impediments, is critical to enable timely, large-scale, multisectoral assistance ahead of the rainy season. Without urgent, sustained efforts toward peace, involving stakeholders at national, regional and global level, any meaningful improvement in Sudan's food security and nutrition situation in 2026 is very unlikely.

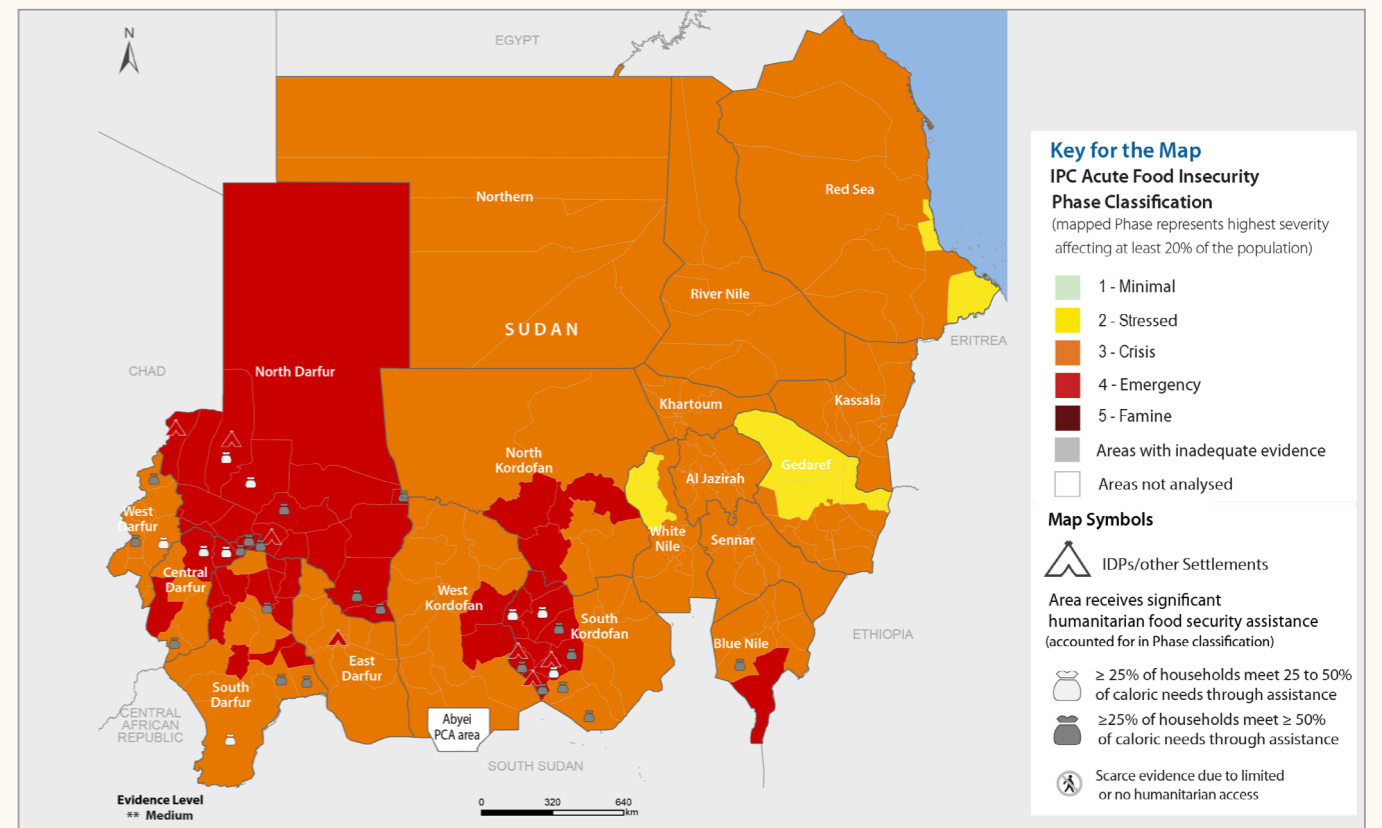
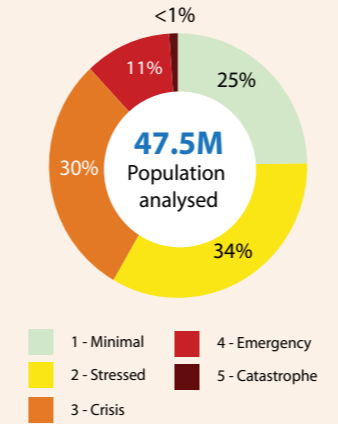
SUDAN COUNTRY-WIDE ANALYSIS

Acute Food Insecurity | February - May 2026



Nearly 19.5 million people are experiencing high levels of acute food insecurity (IPC Phase 3 or above) between February and May 2026.

41% of the analysed population is in IPC Phase 3 or above



Key Drivers

- Conflict:** Three years of conflict continue to drive extreme levels of acute food insecurity and malnutrition. Civilians face constant and escalating attacks with few means of protection, while the destruction of infrastructure and goods essential for survival has continued and intensified amid evolving modes of warfare.
- Displacement and immobility:** Widespread displacement persists, particularly in active conflict zones, leaving many civilians trapped or displaced to remote areas with little or no access to services and assistance. Disruption to livelihoods continues to undermine people's ability to meet their basic needs. Over 8.9 million people are internally displaced, while 4 million have returned, mainly to more stable areas in eastern Sudan.
- High food prices:** Food prices have risen due to supply chain disruptions, input shortages, reduced agricultural production, and missed planting seasons in conflict-affected areas. Purchasing power continues to erode amid inflation, currency depreciation, and lost livelihoods, leaving many households unable to afford basic food.
- Collapse of health and WASH systems:** Health and water systems have been severely damaged, with around 40 percent of health facilities non-functional. An estimated 17 million people lack access to safe drinking water and 24 million lack adequate sanitation. Widespread diarrheal diseases, measles, and malaria continue to worsen malnutrition.
- Limited humanitarian access:** Severe access constraints persist—particularly in Greater Kordofan and parts of Greater Darfur—preventing life-saving assistance from reaching affected populations at scale, as well as limiting their access to essential services.

Recommended Actions

- Cease hostilities:** An immediate ceasefire and a lasting political settlement are essential to ending the humanitarian crisis. This requires sustained national, regional, and international engagement.
- Protect civilians:** Protect civilians and civilian infrastructure in line with International Humanitarian Law (IHL) to prevent further loss of life and reduce suffering.
- Ensure humanitarian access:** Remove administrative and security barriers and enable safe, sustained cross-line and cross-border access for aid delivery, in line with IHL.
- Increase humanitarian assistance:** Scale up funding for multisectoral assistance, including direct support to local aid actors, to match the scale of needs beyond current hyper-prioritisation.
- Scale up treatment of acute malnutrition:** Increase supplies, surge staffing, and expand Community-based Management of Acute Malnutrition services to enhance prevention, screening, outreach and treatment of severe and moderate acute malnutrition.
- Support food systems and livelihoods:** Restore food production by providing agricultural inputs, supporting livestock, and ensuring safe access to farmland. Enable safe food consumption by strengthening WASH, health, and nutrition services.
- Strengthen data collection:** Facilitate access for data collection across sectors, especially in conflict-affected and hard-to-reach locations.

Publication date: 14 May 2026 | Disclaimer: The information shown on the maps does not imply official recognition or endorsement of any physical and political boundaries. | For more information please contact ipc@fao.org

PROJECTION ANALYSIS - AREAS OF CONCERN WITH AVAILABLE DATA

Acute Food Insecurity | June - September 2026

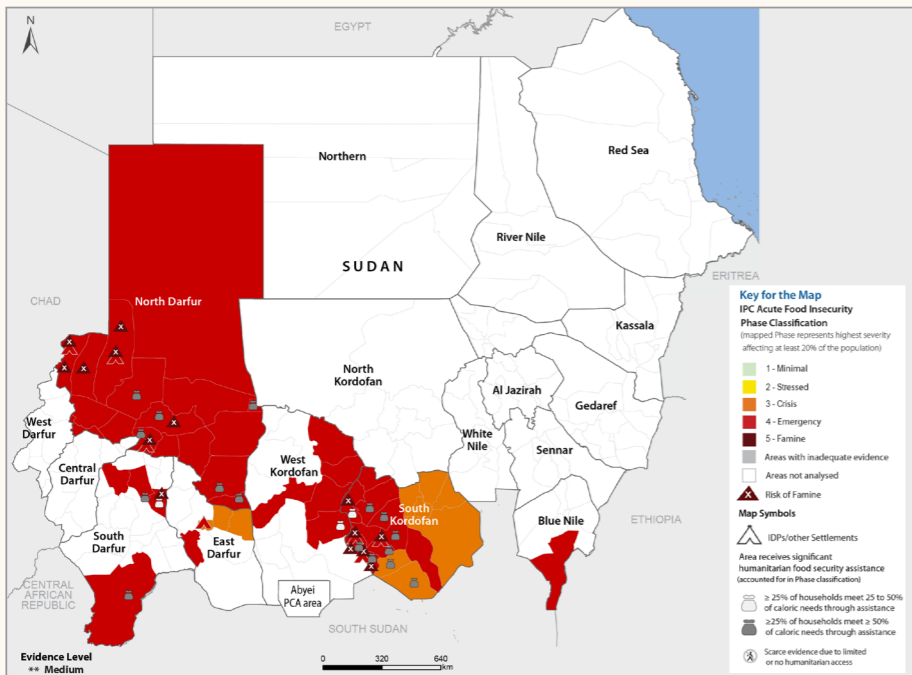
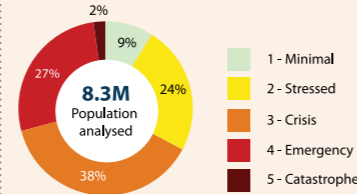
PARTIAL COVERAGE - 56 OF 195 LOCALITIES & IDP SETTLEMENTS

5.6M*

*These significantly smaller figures compared to February-May 2026 reflect the substantial reduction in the number of areas and populations analysed due to insufficient data.

Nearly 5.6 million people are likely to experience high levels of acute food insecurity (IPC Phase 3 or above) between June and September 2026.

67% of the analysed population in IPC Phase 3 or above



Risk of Famine

For the period June-September 2026, a risk of Famine has been identified in 14 areas across North Darfur, South Darfur, and South Kordofan under a reasonable worst-case scenario, characterised by intensified conflict and further restrictions on humanitarian access and the movement of goods and people. These include At Tina locality, At Tina IDP settlement, El Fasher locality, Kernoi locality, Tawila IDP settlement, Um Baru locality and Um Baru IDP settlement in North Darfur; Beliel locality in South Darfur; Al Buram locality, Al Buram IDP settlement, Dilling locality, Kadugli locality, Kadugli IDP settlement and Um Durein IDP settlement in South Kordofan.

Of these, seven new areas at risk of Famine have emerged: At Tina locality, At Tina IDP settlement, Kernoi locality, Um Baru locality and Um Baru IDP settlement in North Darfur; and Al Buram and Um Durein IDP settlement in South Kordofan. The remaining seven were already at risk of Famine in the previous IPC analysis.

From October 2026 to January 2027, all the areas at risk of Famine in June-September 2026 will remain at risk, except for Beliel locality in South Darfur, where the harvest is expected to provide sufficient overall relief to prevent Famine under a reasonable worst-case scenario.

Although As Sunut (West Kordofan) does not meet the criteria for a risk of Famine, according to recent SMART surveys, the mountainous parts of the locality face severe conditions, including very high malnutrition rates and near-total isolation from health and nutrition services. Under a worst-case scenario, acute malnutrition could deteriorate to Extremely Critical levels (indicative of IPC Acute Malnutrition Phase 5) and thus warrants close monitoring.

Acute Food Insecurity | October 2026 - January 2027

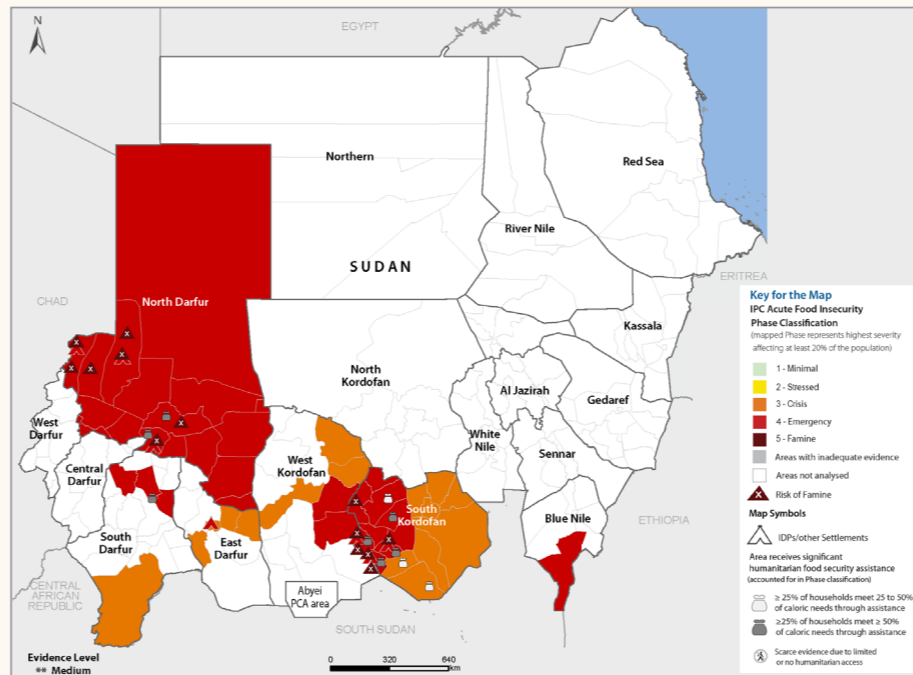
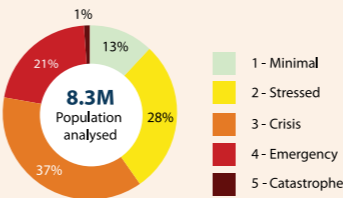
PARTIAL COVERAGE - 56 OF 195 LOCALITIES & IDP SETTLEMENTS

4.9M*

*These significantly smaller figures compared to February-May 2026 reflect the substantial reduction in the number of areas and populations analysed due to insufficient data.

Nearly 4.9 million people are likely to experience high levels of acute food insecurity (IPC Phase 3 or above) between October 2026 and January 2027.

59% of the analysed population in IPC Phase 3 or above



Insights from the Famine Review Committee (FRC)

People in conflict-affected areas of Sudan face an extremely dire situation. While acknowledging the relative improvements seen since last year, the FRC assesses that the risk of deterioration in the coming months is high. Active conflict, siege, or further displacement could lead to deterioration in multiple locations with limited warning.

The areas of greatest current concern are Um Baru, Kernoi, and At Tina in the Dar Zaghawa region in North Darfur. Wide-scale targeted destruction of civilian infrastructure, including markets, healthcare facilities, and water points, is depriving the population of objects indispensable for their survival. Humanitarian access has severely deteriorated since the conflict intensified in these areas at the beginning of 2026.

Many people are reportedly living in the bush with very limited food supplies, WASH, and health services, and are largely unreachable by humanitarians. Movement into Chad, a common coping mechanism, may be increasingly constrained due to insecurity and physical barriers.

Due to insecurity and lack of access, there is limited data from these areas of greatest concern. While the FRC supports the classifications made by the IPC analysis team, including the risk of Famine in the coming weeks, the FRC urges decision makers to permit an urgent, full assessment and ongoing monitoring of the humanitarian situation in Dar Zaghawa.

The FRC urges all parties to the conflict, and their external sponsors, to immediately adhere to International Humanitarian Law and pursue a peace settlement as soon as possible. The ending of armed conflict remains the only durable solution to ending famine-like conditions in Sudan. The FRC's Recommendations and Insights are available at this [link](#).

Key Assumptions for Projection Periods | June 2026 - January 2027

Conflict: Prospects for any settlement remain limited, and no humanitarian ceasefire is expected in 2026. Ahead of the rainy season (June-September), conflict is expected to intensify in contested areas—North Darfur, South and North Kordofan, and Blue Nile states—with expanded use of drones and air power affecting civilians and key infrastructure. Following decreased hostilities during the rainy season, conflict intensity will likely re-escalate from October, especially in North and South Kordofan and North Darfur.

Food availability: Domestic food stocks are expected to decline during the lean season. Availability typically improves during the harvest period (October-January) as staple crops are produced. Forecasts of average to above-average rainfall support expectations of an above-average harvest, improving food availability from October 2026 to January 2027.

Food access: During the June-September lean season, food prices are expected to rise further, particularly in conflict-affected areas. Insecurity, damaged infrastructure and reduced market supply will continue to limit access to food. Conflict-affected households—especially IDPs—will remain highly dependent on humanitarian assistance, with overall coverage well below needs. Informal trade and community support will remain critical. In October-January, seasonal price relief for rain-fed cereals is expected, although market access will remain uneven due to conflict. However, higher fertiliser and fuel costs linked to the Middle East crisis may dampen this seasonal relief, notably in fertilizer reliant productive areas in the east of Sudan.

Food utilisation: Food utilisation will remain compromised by poor sanitation, limited access to safe water, and potential disease outbreaks. This is exacerbated by reduced access to healthcare, and constrained malnutrition prevention and treatment services.

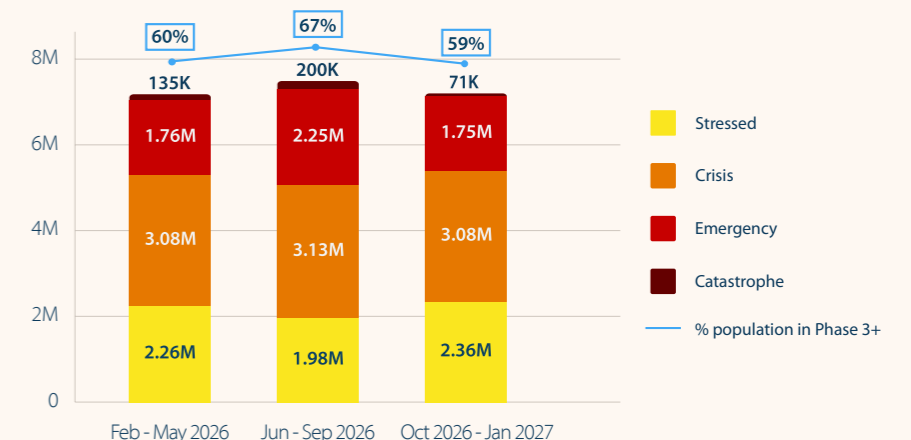
Humanitarian Food Security Assistance: Conflict, bureaucratic constraints and a dual governance system will continue limiting humanitarian operations. Declining international funding will further reduce assistance. With food security and nutrition funding critically low, and access to populations in Catastrophe (IPC Phase 5) and areas at Famine risk severely constrained, the humanitarian response will remain restricted. Funding shortfalls will leave millions of people in IPC Phase 3 and 4 (Crisis and Emergency) without adequate support to meet their needs.

Disease outbreaks and WASH: Insecurity, displacement and limited access to medical supplies and water, will continue hindering healthcare services through most of 2026, particularly in Greater Darfur and Greater Kordofan. Disease outbreaks are expected to intensify during the rainy season, with average to above-average rainfall driving increases in waterborne diseases.

Trends in Areas of Concern with Available Data | February 2026 - January 2027

The analysis of the 56 areas and IDP settlements with available data or extrapolations covers around 8.3 million people. Across these areas, the share of the population in IPC Phase 3 or above is projected to rise from 60 percent in February-May 2026 to 67 percent during the June-September lean season—equivalent to around 600,000 additional people requiring urgent assistance. Between October 2026 and January 2027 (harvest season), this proportion is expected to decline to 59 percent, reflecting modest improvements and reductions in IPC Phase 5 (Catastrophe) across several localities in Greater Darfur and Greater Kordofan. Some areas could not be analysed due to data limitations, including El Obeid, Bara and Gharb Bara in North Kordofan; and Baw and Geisan in Blue Nile, where conflict and displacement are likely to drive dire food security conditions.

Number of people by IPC Phase in areas of concern | Feb 2026 - Jan 2027



Acute Malnutrition

As reported in the [IPC Alert](#) published in February 2026, data from December 2025 indicated that Famine thresholds for acute malnutrition had already been surpassed in Um Baru, Kernoï and parts of At Tina localities in North Darfur. However, the intensity of the conflict has severely constrained the ability to deliver an effective response.

The nutrition surveys conducted in Um Baru Locality found a global acute malnutrition (GAM) rate of 52.9 percent, with a SAM prevalence of 18.1 percent among children aged 6-59 months, far exceeding the 30 percent weight-for-height (WHZ) Famine threshold. GAM in Kernoï was estimated at 34 percent, with a SAM prevalence of 7.8 percent. Nearby, At Tina Locality reported a GAM (WHZ) rate of 19.7 percent, with pockets of higher GAM within the locality.

Additionally, between September 2025 and February 2026, 28 SMART surveys were conducted across the country, with 11 reporting GAM rates by WHZ above 15 percent, indicative of IPC Acute Malnutrition Phase 4 (Critical).

The projection period (June-September) coincides with the annual peak in acute malnutrition and the rainy season, which is expected to further reduce food availability and access, while increasing incidence of disease. Combined with operational constraints, these factors are likely to cause a sharp rise in acute malnutrition. Consequently, Um Baru and Kernoï are expected to remain at Extremely Critical levels, indicative of IPC AMN Phase 5. Meanwhile, At Tina and Kadugli in North Darfur, As Sunut in West Kordofan, and Al Buram in South Darfur face a heightened risk of deteriorating to similarly critical levels, particularly among internally displaced persons (IDPs). The risk of death among children under the age of five is also expected to increase across these locations. Without immediate action to curb acute malnutrition, excess mortality will continue to rise.

Risk Factors to Monitor

This section outlines evolving or uncertain dynamics that could alter the severity, scale, or geographic spread of acute food insecurity between June 2026 and January 2027. In the Sudan context, the following factors warrant close monitoring due to their potential to exacerbate or prolong acute food insecurity or malnutrition.

Conflict dynamics	Changes in the intensity and geographic distribution of conflict, particularly in central Kordofan, northern Darfur and Blue Nile.
Borders & corridors	Risk of temporary or prolonged border closures (notably with Chad) and key corridors, disrupting humanitarian supply chains and commercial flows.
Humanitarian access	Bureaucratic impediments and operational constraints affecting humanitarian actors, reducing the scale, timeliness, and coverage of assistance, particularly in Greater Darfur and Kordofan.

Economic instability	Currency depreciation, inflation, and deterioration in terms of trade (including food and fuel prices) and other trade disruptions linked to insecurity and regional or international dynamics, especially the ongoing conflict in the Middle East.
Essential services	Level of functionality and coverage of essential services, including health, nutrition, and WASH services in the worst-affected areas, increasing risks of acute malnutrition, excess mortality, and disease outbreaks.
Population movements	Patterns of population movements limiting access to livelihoods and basic services.

Analysis Approach

This IPC Acute Food Insecurity analysis was conducted remotely by the IPC Global Initiative from 25 March to 10 April 2026, in accordance with standard IPC protocols. The analysis team was composed of 25 technical experts from a range of sectors. The FRC reviewed the information used and the classifications made by the analysis team, and its insights are incorporated into this report.

The IPC analysis covered a total of 195 localities and IDP settlements for the February–May 2026 period. Of these, 60 areas were updated using contributing-factors evidence, while 79 areas—where conditions were assessed as largely unchanged—retained their classifications from the previous analysis. An additional 56 areas were updated based on newly available data.

Due to data availability constraints, projection analyses for the periods June–September 2026 and October 2026–January 2027 could only be conducted for the above-mentioned 56 areas out of a total of 195. Among these, 32 areas benefited from new outcome data, while the remaining 24 areas were classified through inference from similar nearby areas, in line with IPC protocols.

Despite uneven and limited data availability, the analysis strictly adhered to IPC technical standards while maximising the use of all available evidence.

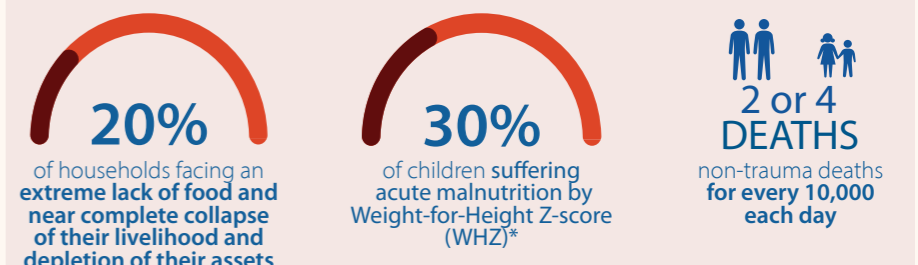
The evidence levels for this analysis are Medium (**).

IPC Phase 5 Explained

Catastrophe: IPC Phase 5 (Catastrophe) can only be classified at household level, not at area level. An area might have some households in IPC Phase 5 (Catastrophe) linked to very high levels of acute food insecurity. However, an entire area can only be classified in IPC Phase 5 (Famine) if this high level of acute food insecurity is accompanied by certain levels of acute malnutrition and mortality.

How is Famine Classified?

Famine (IPC Phase 5) is the highest phase of the IPC Acute Food Insecurity scale, and is classified when an area has:



*or 15% GAM by Mid-Upper Arm Circumference (MUAC) with evidence of rapidly worsening underlying drivers of acute malnutrition.

For further information on how the IPC classifies Famine, please consult the [IPC Famine Fact Sheet](#).

What is Risk of Famine?

For the IPC, risk of Famine...

... refers to a reasonable probability of an area going into Famine in the projected period. While this is not perceived necessarily as the most-likely scenario, it is a scenario that, generally speaking, has a realistic chance of occurring.

... complements the Famine projections of the most likely scenario by providing insights into potential Famine if prospects evolve in a worse manner than anticipated.

... differs from Famine projections because it focuses on a worst-case scenario that has a reasonable and realistic chance of happening.

... is a statement about the potential deterioration of the situation from what is expected. It is not a new classification, and it is not to be accompanied by population estimates.

... is an additional assessment that focuses on assessing if the area could realistically go into Famine during the projected period. Not all areas need to undergo assessment for risk of Famine.