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The Risk of Famine Looms Throughout Multiple Sudanese Counties

By Oritro Karim



UNITED
NATIONS, Jun
16 2025 (IPS) Over the course
of 2025, the food
security situation
in Sudan has
taken a
considerable
turn for the
worst.
Compounded by
the Sudanese
Civil War,
millions of
civilians face

A displaced mother from Khartoum brings her child for treatment at the UNICEF-supported Alkarama clinic in Kassala state. Credit: UNICEF/Ahmed Mohamdeen Elfatih

alarming levels of food insecurity and are at risk of experiencing famine. Humanitarian experts have described the situation in Sudan as being the worst hunger crisis in the world today.

Over two years of warfare has decimated critical infrastructures and countless livelihoods in Sudan, leaving many unable to access basic services. The World Food Programme (WFP) estimates that roughly 24.6 million people, or half of the population, is acutely food insecure. Additionally, about 638,000 people are estimated to be facing the most severe levels of hunger, the highest of anywhere in the world.

On June 12, the WFP, the United Nations Children's Fund (UNICEF), and the Food and Agriculture Organization (FAO) issued a joint press release detailing the food security situation in the Upper Nile State. With armed conflict intensifying in this area, humanitarian aid deliveries have been hampered and food sources have been decimated. According to the latest findings from the Integrated Food Security Phase Classification (IPC), roughly 11 in 13 people in Upper Nile State counties are now facing emergency levels of hunger.

The two most vulnerable counties in the Upper Nile State are Nasir and Ulang, which have been ravaged by armed clashes and airstrikes since March. Rates of displacement have soared in these areas and experts have projected that famine is imminent. Approximately 32,000 people in these counties are experiencing catastrophic levels of hunger (IPC Phase 5), marking a threefold increase from previous projections.

"Once again, we are seeing the devastating impact conflict has on food security in South Sudan," said Mary-Ellen McGroarty, Country Director and Representative for WFP in South Sudan. "Conflict doesn't just destroy homes and livelihoods, it tears communities apart, cuts off access to markets, and sends food prices spiraling upward. Long-term peace is essential, but right now, it is critical that our teams are able to access and safely distribute food to families caught in conflict in Upper Nile, to bring them back from the brink and prevent famine."

In addition to worsening levels of hunger in Upper Nile counties, the food security situation has deteriorated significantly in the areas surrounding Khartoum State, where the fighting has been concentrated over the course of the war. According to WFP's Country Director in Sudan, Laurent Bukera, Khartoum and its surrounding areas have experienced "widespread destruction", with several areas at high risks of famine.

"The needs are immense," said Bukera. He underscored the prevalence of a particularly virulent outbreak of cholera, as well as a lack of access to water, healthcare, and electricity. Jabal Awliya, which is roughly 25 miles south of Khartoum, has been described by Bukera as having an intense "level(s) of hunger, destitution, and desperation".

Bukera has also expressed concern over the possibility of displaced civilians returning to highly damaged and dangerous areas such as Khartoum, which would further complicate relief efforts. "We have rapidly scaled up our operation to meet increasing needs," Mr. Bukera said. "We are aiming to reach seven million people on a monthly basis, prioritizing those facing famine or other areas at extreme risk."

Shortfalls in funding have greatly exacerbated the food security situation, with lifesaving nutritional supplies being pushed out of reach for millions, including many young children as well as pregnant or nursing women. The number of children in South Sudan facing the risk of acute malnutrition has risen to 2.3 million in the past few months, marking an increase of over 200,000 people.

"The ongoing challenges with access in some of the most affected areas, as well as health and nutrition site closures reduce the chances of early intervention and treatment. In addition, the cholera outbreak has added to an already difficult situation, putting young lives in a precarious fight for survival," said Noala Skinner, UNICEF's country representative in South Sudan. "Now more than ever we need continuity and scale-up of services for prevention and treatment of malnutrition," added McGroarty.

Despite hostilities presenting numerous accessibility challenges throughout Sudan, the United Nations (UN) is currently assisting over 4 million people a month, marking a four-fold increase from the start of 2024. Additionally, previously unreachable areas, such as Khartoum, have experienced an easing of restrictions, facilitating the delivery of humanitarian aid. WFP is aiming to reach 7 million people as restrictions continue to loosen.

However, the stability of relief efforts remain fragile. According to Bukera, WFP urgently requires \$500 million for "emergency food and cash assistance" for the next six months of operations. Additionally, the upcoming rainy season is projected to stretch resources, with flooding compounding risks of disease transmission and damage to critical infrastructures.

Furthermore, the security situation has become increasingly volatile for aid personnel, which threatens to disrupt humanitarian efforts. "Indiscriminate and unacceptable attacks on humanitarian personnel and operations are escalating – including last week's strike on a WFP-UNICEF convoy when it was just hours from reaching besieged El Fasher in North Darfur," said Bukera. "In April, aid workers were killed during a major escalation of fighting in Zamzam camp also near El Fasher."

For a sustainable end to this crisis, it is imperative that there is a lasting cessation of hostilities. The joint report from WFP, FAO, and UNICEF states that areas that have lower volumes of violence have seen improvements in food security. These areas have been linked to better rates of crop production and smoother humanitarian operations, underscoring the positive outcomes that are possible if peace is established.

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