

Overview

Between November 2024 and March 2025, approximately 11 million people in Pakistan's rural population (22 percent of the analyzed population) are experiencing high levels of acute food insecurity, classified in IPC Phase 3 or above. This includes 1.7 million people (3 percent of the population analyzed) experiencing critical levels of acute food insecurity – IPC Phase 4 (Emergency). Approximately 9.3 million people (19 percent of the population analyzed) are experiencing crisis levels of acute food insecurity, classified in IPC Phase 3 (Crisis). These populations urgently require interventions to safeguard livelihoods, mitigate food deficits, and save lives.

The IPC acute food insecurity analysis in Pakistan covered 68 floods-affected, vulnerable rural districts across Balochistan, Sindh, and Khyber Pakhtunkhwa, encompassing approximately 50.8 million people or 20 percent of Pakistan's total population. Currently, four districts are classified in IPC Phase 2 (Stressed) while the remaining 64 districts are classified in IPC Phase 3 (Crisis). The highest incidence of acute food insecurity is observed in Musakhel district with 35 percent of its population classified in Phase 3 or above, followed by several other districts where around 30 percent are classified in Phase 3 or above.

In the projection period (April-July 2025), the number of people in Phase 3 or above is expected to slightly decrease to 10 million (20 percent of the rural population). Between April and July 2025, nine of the 68 rural districts are classified in Phase 2 and 59 are in Phase 3. The analyzed districts have been severely affected by a series of crises, including the aftermath of devastating flooding and high food prices exacerbated by poor political and economic conditions.

Despite some positive developments such as a decline in food inflation and increased household wheat stocks, significant challenges continue to impede progress in food security. These challenges include domestic conflicts, harsh winters, unfavorable agricultural output prices, anticipated climatic shocks, and limited livelihood opportunities. The lingering effects of economic instability and persistently high food inflation have worsened livelihoods and increased debt burdens, highlighting the urgent need for comprehensive interventions to address the multifaceted drivers of food insecurity.

IPC analysis partners:



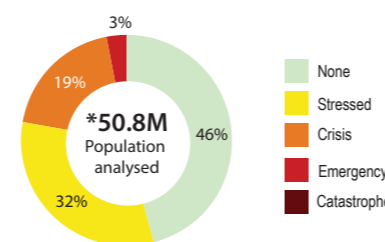
Publication date: 21 February, 2025. *Population data is based on the Pakistan Bureau of Statistics, 2023. | Contact: ipc@fao.org | Disclaimer: The information shown on this map does not imply official recognition or endorsement of any physical and political boundaries.



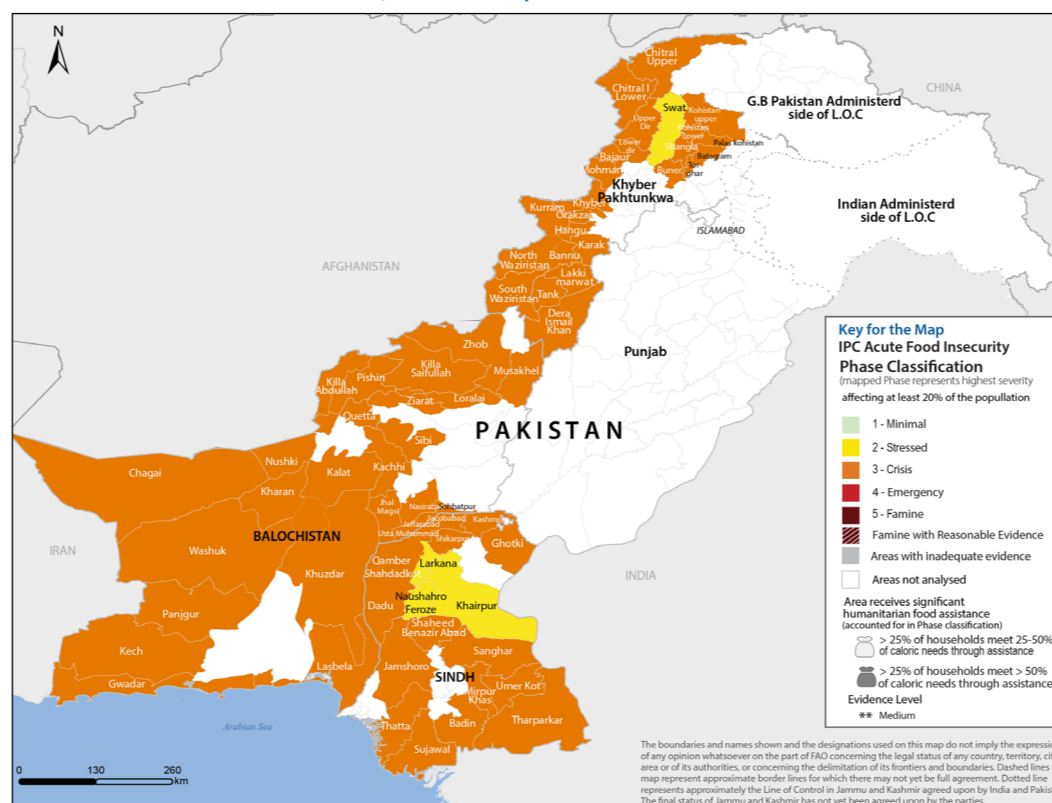
Current Acute Food Insecurity Situation | November 2024 - March 2025

11M

Approximately 11 million people in Pakistan (22 percent of the population analysed) are experiencing high acute food insecurity (IPC Phase 3 or above) between November 2024 and March 2025.



Current Acute Food Insecurity Situation | November 2024 - March 2025



Key drivers



Climatic shocks and natural disasters: The lean season (November 2024–March 2025), characterized by the prolonged winter and heavy snowfall in some regions, is expected to heighten food insecurity by restricting access to markets and essential resources, deepening the existing vulnerabilities. The ongoing effects of the 2022 floods, reduced aid, and slow infrastructure rehabilitation continue to strain livelihoods.



Reduced livelihood opportunities: Political and economic instability in Pakistan has led to rising costs, reduced employment opportunities, and lowered household incomes, disproportionately affecting vulnerable populations. Border closures have exacerbated economic challenges for communities reliant on cross-border trade with Afghanistan and Iran, worsening hardships in border areas.



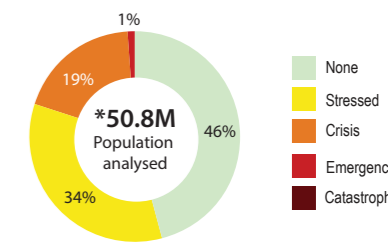
Economic challenges: Although food inflation declined after the first quarter of 2024, unfavorable agricultural prices, the lingering effects of economic instability, and persistently high food inflation from 2022 to early 2024 have worsened livelihoods, reduced food access, and increased household debt burdens.



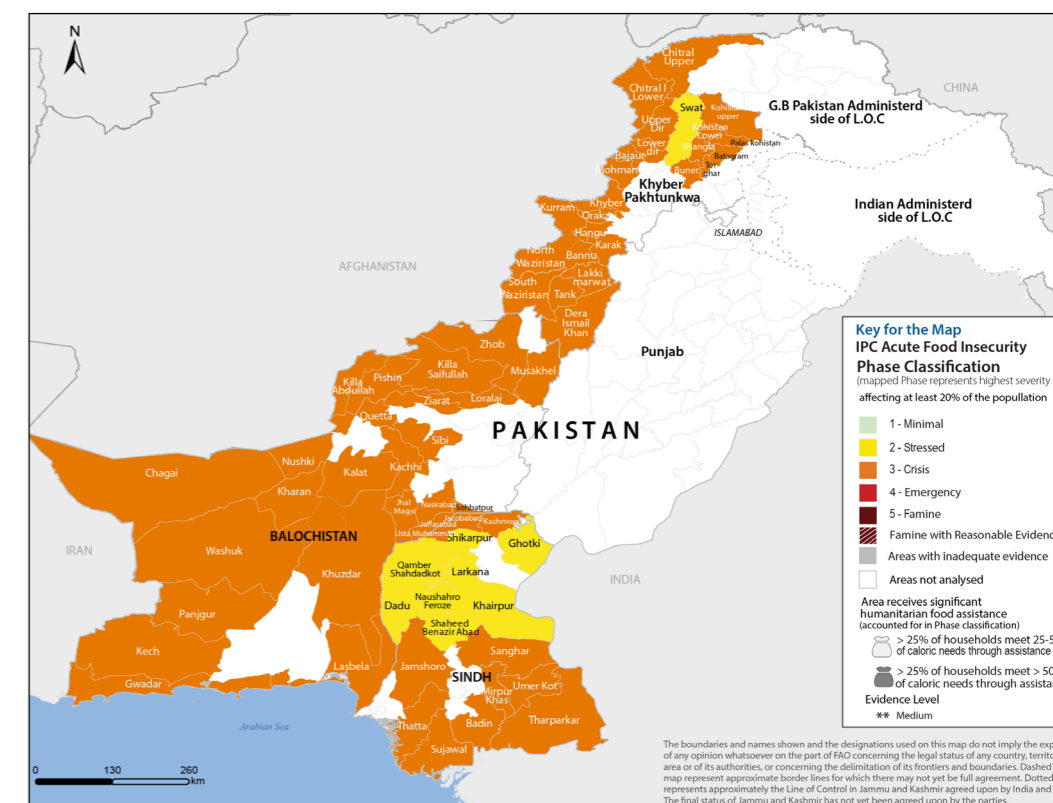
Projection Acute Food Insecurity Situation | April - July 2025

10M

Between April and July 2025, the situation is expected to improve, with around 10 million people in Pakistan (20 percent of the population analysed) likely to experience high levels of acute food insecurity (IPC Phase 3 or above).



Projection Acute Food Insecurity Situation | April - July 2025



Recommended actions



Enhancing food availability: Improve access to sufficient and nutritious food for the 22 percent of the population classified in IPC Phase 3 or above through cash and voucher assistance, alongside in-kind food provision, to reduce food consumption gaps and save lives.



Disaster resilience and skill development: Initiate and scale up disaster resilience programs and vocational training in vulnerable areas, linking these efforts to conditional food or cash support for households facing socio-economic crises.



Support for agricultural inputs: Ensure timely provision of quality seeds, tools, and training on climate-smart agricultural practices for subsistence-level farmers, particularly women, to enhance productivity and sustainability.



Market access and livelihood support: Improve market access and infrastructure for small-scale farmers while supporting livelihood diversification through skills development and small grants aimed at generating income in vulnerable communities.