

Overview

Food security in eastern Democratic Republic of the Congo (DRC) is deteriorating as conflict continues to drive tens of thousands of people from their homes.

Approximately 24.8 million people (21 percent of the population) are experiencing high levels of acute food insecurity between September and December 2025. More than 3.2 million people (3 percent of the population) are facing Emergency levels of acute food insecurity (IPC Phase 4), characterised by large food gaps and high levels of acute malnutrition, while 21.5 million people (18 percent of the population) are in IPC Phase 3 (Crisis). Three territories—Djugu and Mambasa (Ituri) and Masisi (North Kivu)—are now classified in Phase 4, whereas no areas were classified in Phase 4 in the previous analysis for the same period last year.

Internally displaced persons (IDPs) and returnees, as well as the urban poor, are feeling the brunt of the high levels of acute food insecurity, as they are exposed to ongoing armed conflict, a significant reduction in humanitarian aid, and difficulties in accessing seeds and other agricultural inputs. In the Kivu region in particular, compounded effects of several years of conflict have contributed to the weakening of the local economy, the displacement of millions of people, and the disruption of markets.

The overall food security situation is likely to worsen over the projection period (January-June 2026) as 26.6 million people (22 percent of the population) are projected to face Phase 3 or above—an increase of 1.8 million people compared to the current period. Six additional territories are expected to see their situation deteriorate to Phase 4. They are Lubero and Walikale (North Kivu), Kalehe and Fizi (South Kivu), and Kongolo and Moba (Tanganyika). Djugu, Mambasa and Masisi will continue to be in Phase 4.

The persistent conflict and population displacement as well as flooding and impacts of the lean season, especially in the eastern part of the country, will drive this deterioration. This, combined with the expected further reductions in humanitarian food aid, will leave vulnerable populations at risk of slipping into higher levels of acute food insecurity.

IPC analysis partners:



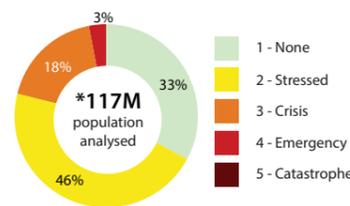
Publication date: 4 November 2025. Population data is based on the Technical Working Group (TWG) Information management team and DRC's National Institute of Statistics, 2024 Population Estimates. | Contact: ipc@fao.org | Disclaimer: The information shown on this map does not imply official recognition or endorsement of any physical and political boundaries.



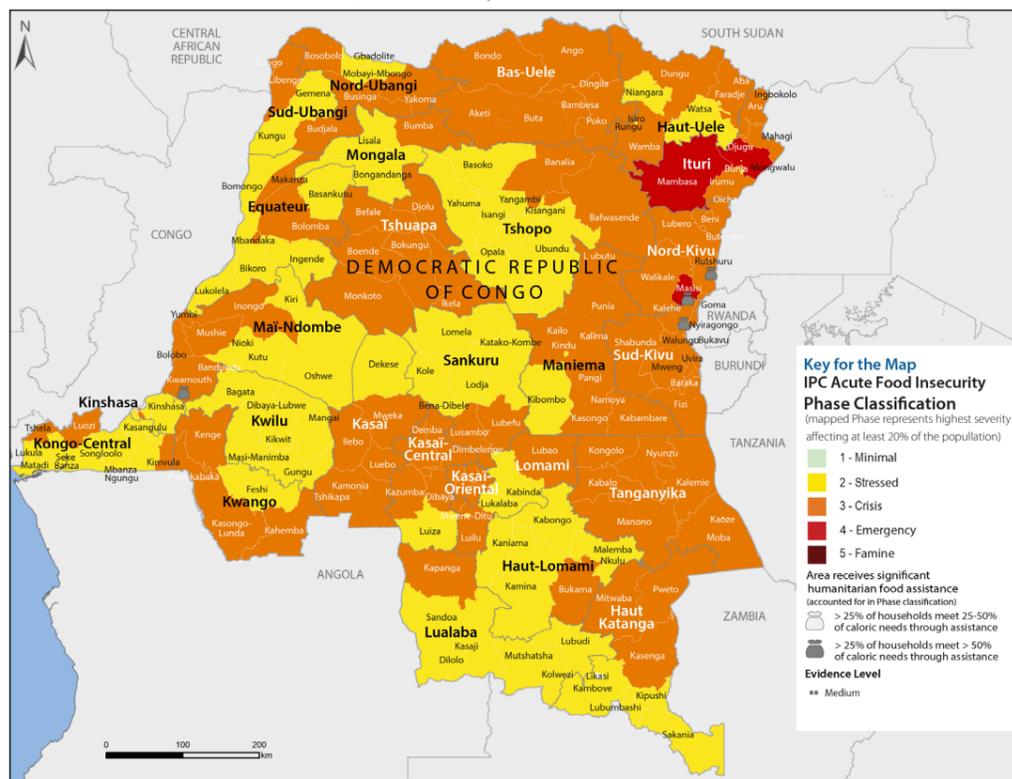
Current Acute Food Insecurity Situation | September - December 2025



Approximately 24.8 million people in DRC (21 percent of the population analysed) are experiencing high levels of acute food insecurity (IPC Phase 3 or above) between September and December 2025.



Current Acute Food Insecurity Situation | September - December 2025



Key Drivers

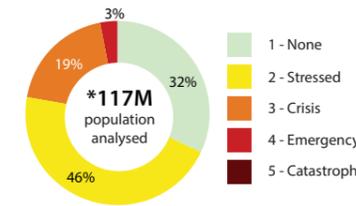
- Conflict and insecurity:** Armed violence and intercommunal conflicts continue to displace populations and affect livelihoods. More than 5.28 million people are internally displaced with women accounting for 51 percent of this figure.
- Lack of basic infrastructure:** Infrastructure remains almost non-existent or extremely dilapidated in many parts of the country. The complete lack of quality roads hampers economic development and discourages agricultural production, complicating the flow of products to markets and the supply of necessary inputs.
- Macroeconomic and socio-economic shocks:** While the domestic market remains characterised by relative price stability, access to employment and income remain major concerns for the majority of the population. In the short term, the stability of the Congolese Franc against foreign currencies and price control would not significantly and directly improve access to food.



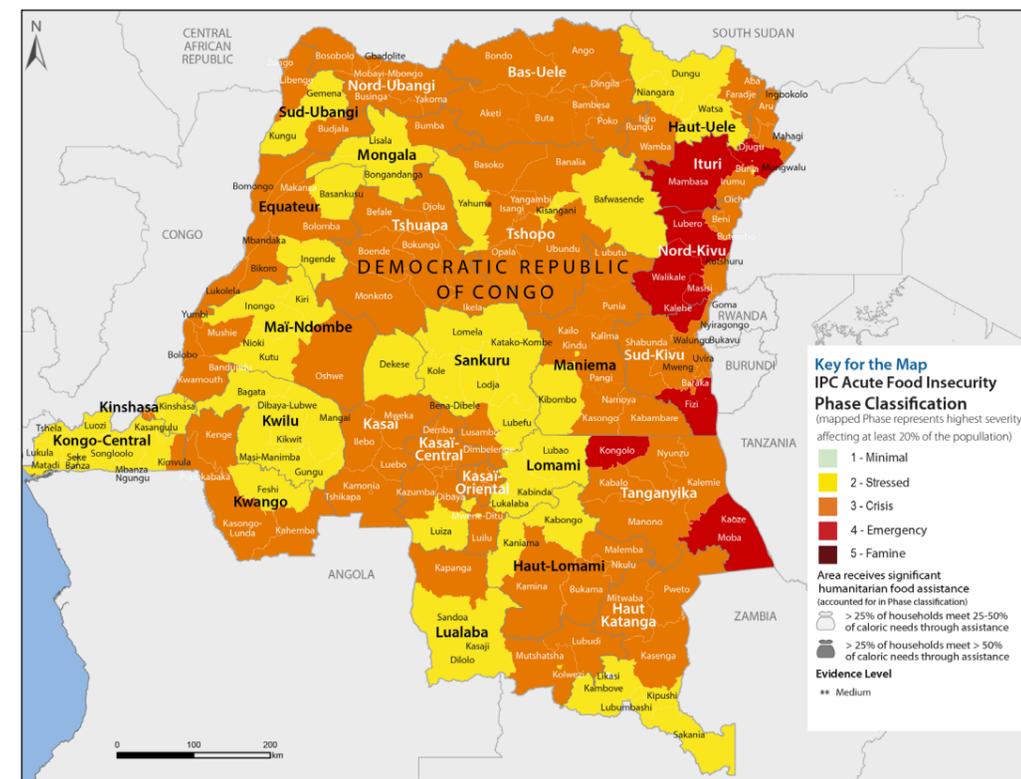
Projection Acute Food Insecurity Situation | January - June 2026



Between January and June 2026, the situation is expected to deteriorate with around 26.6 million people in DRC (22 percent of the population analysed) likely to experience high levels of acute food insecurity (IPC Phase 3 or above).



Projection Acute Food Insecurity Situation | January - June 2026



Recommended Actions

- End violence and conflict:** Restore peace and security in the east in order to protect civilians and prevent further conflict.
- Humanitarian assistance:** Mobilise financial resources to strengthen food assistance in conflict zones, particularly for displaced populations and those in Phase 3 and 4 taking into account the vulnerability of host families.
- Facilitate humanitarian access in conflict zones:** In order to secure humanitarian workers, negotiate access agreements with parties in conflict, and establish humanitarian corridors to provide essential assistance to vulnerable populations.
- Strengthen food and petroleum monitoring:** Strengthen the mechanism for monitoring prices and stabilise them through the national strategic reserve.
- Social protection program:** Establish social safety net projects and a social protection programme with a single register for joint interventions.