

Ukraine War: Costs, Nuclear Risk, Paths to Peace

Russia's full-scale invasion of Ukraine ties civilian protection, reconstruction, food and energy security, nuclear safety and diplomacy into one emergency. Use dated, source-bound claims; do not treat estimates as final totals.

Human Cost

OCHA estimated that 10.8 million people in Ukraine would need humanitarian assistance in 2026 and requested USD 2.3 billion to reach 4.1 million of the most vulnerable people. Civilian harm includes deaths, injury, displacement, damaged health care, disrupted education and long recovery needs.

Economic Cost

RDNA5 estimated Ukraine recovery and reconstruction needs at almost USD 588 billion over the next decade for damage and needs through 31 December 2025. War costs also move through food, energy, finance, budgets and household prices beyond Ukraine.

Nuclear Risk

IAEA reporting describes repeated off-site power outages, dependence on emergency diesel generators, staff pressure and reduced monitoring resilience at Zaporizhzhia Nuclear Power Plant. Risk reduction requires restraint, access, repairs and technical monitoring.

How To Reduce Harm And Stop The War

- Protect civilians and keep rapid humanitarian access open.
- Create monitored pauses and repair corridors for energy, water, medical care and evacuation.
- Back IAEA-monitored nuclear safety measures around nuclear sites and grid infrastructure.
- Use negotiation, mediation and other peaceful means recognised by UN Charter Article 33, without erasing sovereignty or accountability.
- Fund reconstruction, mine clearance, energy repair and support for displaced people.

What You Can Do

- Write to representatives asking for humanitarian access, nuclear risk reduction and reconstruction finance tied to source-based reporting.
- Share only claims with dates, units, source names and limitations.
- Support verified humanitarian organisations and local recovery work.

Share Carefully

Do not circulate troop locations, private contact details, unverified casualty claims, or urgent medical/security instructions unless reviewed by qualified responders.

Source Boundary

Sources used on the site: OCHA HNRP 2026; World Bank RDNA5 2026; IAEA Updates 357, 358 and ZNPP restart notes; ICRC humanitarian access guidance; UN Charter Article 33.

Figures are dated estimates, not final totals. Check the website source records before quoting or translating this leaflet.