

Sustainable Trade Index **2026**

Myanmar

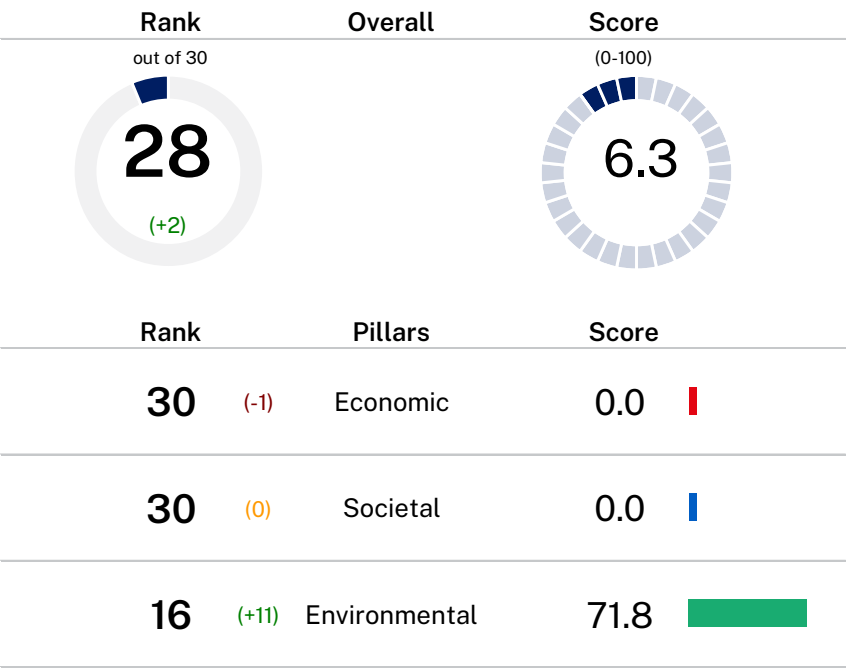


Sustainable Trade Index

The Hinrich-IMD Sustainable Trade Index measures 30 economies’ readiness and capacity to participate in the global trading system in a manner that supports the long-term goals of economic growth, environmental protection, and societal development.

Overall and pillars

Myanmar



The values in (parentheses) indicate the one year ranking change

Background information

Population, millions (2025)	54.85	Large
Income level, GDP per Capita US\$ (2025)	1,502	Low
Membership	RCEP	

Economic pillar

The Economic pillar measures an economy's ability to ensure and promote economic growth through international trade. In this category, economies receive scores for indicators that demonstrate a link between the trading system and economic growth.

Some indicators capture the quality of trade infrastructure, while others measure the ease of conducting international trade. We measure export diversification by evaluating an economy's bilateral trade destinations and how heavily its exports are concentrated by sector. Furthermore, we consider the technological infrastructure and innovation capabilities of an economy by assessing its emphasis on research and development investments and digital technologies.

Indicators

1 Economic Pillar		Rank	Rank +/-	Value	Year	Score and 30 country average
1.01	Consumer price inflation	30	(0)	22.00	2025	0.00
1.02	Real GDP Growth per capita, % GDP	30	(-2)	-2.59	2025	0.00
1.03	Growth in labor force, %	15	(+4)	0.86	2025	58.07
1.04	Foreign direct investment, net inflows, % GDP	16	(-5)	1.48	2025	11.09
1.05	Gross fixed capital formation, % GDP	-	-	-	-	-
1.06	Tariff & non-tariff barriers	06	(+8)	-	-	92.14
1.06.01	Tariff barriers	07	(+12)	-	-	99.09
1.06.01.a	Tariff barriers in force	06	(0)	35	2025	99.48
1.06.01.b	New tariff barriers 2025	01	(0)	0	2025	100.00
1.06.01.c	Net percentage of imports affected by new tariff barriers (2025)	02	(+25)	0.000	2025	94.27
1.06.02	Non-tariff barriers	07	(+5)	-	-	88.07
1.06.02.a	Non-tariff barriers in force	05	(+2)	22	2025	97.62
1.06.02.b	New non-tariff barriers 2025	01	(0)	0	2025	100.00
1.06.02.c	Net percentage of imports affected by new non-tariff barriers (2025)	09	(+7)	0.22	2025	64.37
1.07	Trade liberalization	28	(+1)	-	-	9.87
1.07.01	Regional Trade Agreements, number in force	24	(0)	9	2025	14.29
1.07.02	Capital account liberalization, Index	21	(0)	-1.25	2023	16.24
1.07.03	Investment Freedom, Index	24	(0)	30.00	2026	14.29
1.08	Exchange rate stability, parity change from national currency to SDR, 2025/2023	-	-	-	-	-
1.09	Domestic credit to private sector, % of GDP	-	-	-	-	-
1.10	Foreign trade and payments risk	08	(+1)	-	-	62.61
1.10.01	Country credit rating	-	-	-	-	-
1.10.02	Gross debt, % GDP	12	(+6)	51.90	2025	75.41
1.11	Trade costs	30	(0)	-	-	0.00
1.11.01	Logistics performance indicators	30	-	-	-	0.00
1.11.01.a	Aviation import dwell time (days)	27	(NEW)	4.80	2024	13.77
1.11.01.b	Number of aviation partner economies	27	(NEW)	28.0	2024	3.68
1.11.01.c	Container import dwell time (days)	28	(NEW)	15.80	2024	0.00
1.11.01.d	Number of maritime partner economies	25	(NEW)	15.0	2024	37.97
1.11.01.e	Business-to-business postal delivery time (days)	09	(NEW)	2.70	2024	93.43
1.11.01.f	Number of business-to-business postal partner economies	27	(NEW)	35.5	2024	56.24
1.11.02	Corruption perceptions, index	30	(-1)	16	2025	0.00
1.11.03	Rule of law, index	30	(0)	25.79	2024	0.00
1.12	Monetary policy intervention	02	(+16)	-	-	91.37
1.12.01	Current account balance, % GDP	13	(-4)	0.40	2025	80.57
1.12.02	Change (1-year) in total reserves (includes gold), % GDP	-	-	-	2025	-
1.13	Export concentration	16	(+4)	-	-	46.07
1.13.01	Export market concentration, Top 5 as % total	18	(+3)	62.53	2025	56.18
1.13.02	Export product concentration, Top 5 as % total	17	(+4)	67.44	2025	50.39
1.14	Exports of goods and services	27	(0)	-	-	0.71
1.14.01	Merchandise exports, US\$ millions	27	(-1)	15,298	2025	1.15
1.14.02	Commercial services exports, US\$ millions	28	(-1)	1,295	2024	0.12
1.15	Technological innovation	28	(+2)	-	-	0.88
1.15.01	R&D expenditure, % GDP	24	(-1)	0.02	2023	0.00
1.15.02	Researchers in R&D, per 1,000 inhabitants	23	(-2)	0.03	2023	0.00
1.15.03	Patent applications, per million inhabitants	-	-	-	-	-
1.15.04	High-technology exports, % of manufactured exports	26	(-1)	5.20	2024	5.55
1.15.05	Scientific articles, per million people	30	(0)	4.55	2023	0.00
1.16	Technological infrastructure	28	(-2)	-	-	20.84
1.16.01	Fixed internet speed, Mbps	28	(+1)	20.88	2025	2.02
1.16.02	Internet users, % population	29	(-5)	45.45	FALSE	33.63
1.16.03	Fixed broadband subscriptions (per 100 people)	27	(-1)	2.87	2024	5.54
1.16.04	Mobile subscriptions (per 100 people)	21	(-3)	114.33	2024	33.10
1.17	Digital readiness (e-commerce legislations)	27	(NEW)	51.0	2025	18

Societal pillar

Social factors matter in an economy's capacity to trade internationally over the long term. Economies are measured on the environment that encourages and supports the development of human capital, such as the extent of education and labor standards.

This pillar also captures factors that influence public support for trade expansion. These include income inequality, political stability, goods produced by forced and child labor, and the government response to human trafficking.

Indicators

2 Societal Pillar		Rank	Rank +/-	Value	Year	Score and 30 country average	
2.01	Inequality (Gini coefficient)	-	-	-	-	-	
2.02	Educational attainment	26	(0)	-	-	8.77	
2.02.01	Mean years of schooling	26	(0)	6.38	2023	21.51	
2.02.02	University education Index	23	(+1)	0.00	2026	0.00	
2.02.03	Tertiary enrollment	-	-	-	-	-	
2.03	Labor standards	29	(0)	-	-	2.69	
2.03.01	Gender non-discrimination in hiring	29	(0)	25	2024	0.00	
2.03.02	Freedom of association and assembly	25	(0)	0.18	2025	5.38	
2.04	Political stability and absence of violence	30	(0)	30.19	2024	0.00	
2.05	Goods produced by forced labor or child labor	29	(0)	-	-	33.79	
2.05.01	Goods produced by forced labor	29	(0)	-	-	6.04	
2.05.01.a	Goods produced by forced labor, number of goods categories	28	(0)	15	2024	28.49	
2.05.01.b	% population in forced labor	28	(0)	1.21	2023	7.90	
2.05.02	Goods produced by child labor, number of goods categories	22	(0)	10	2024	61.54	
2.06	Government response to human trafficking	27	(-1)	-	-	25.06	
2.06.01	Government response to human trafficking, Criminalization	22	(0)	5	2025	40.00	
2.06.02	Government response to human trafficking, Strategy	22	(0)	42.31	2023	41.18	
2.06.03	Government response to human trafficking, Action	25	(0)	4	2025	0.00	
2.07	Trade in goods at risk of modern slavery	19	(-10)	-	-	83.02	
2.07.01	Imports of goods at risk of modern slavery, US\$ millions	06	(+1)	1,188	2025	98.65	
2.07.02	Exports of goods at risk of modern slavery, US\$ millions	23	(-3)	1343.7	2025	81.29	
2.08	Legatum prosperity index	29	(NEW)	43.66	2023	0.00	
2.09	Life expectancy at birth	29	(-1)	66.89	2023	3.90	
2.10	Uneven economic development	27	(0)	7.20	2024	12.96	
2.11	Universal Health Coverage Index	27	(-3)	52	2023	33.33	
2.12	Equal distribution of resources index	29	(NEW)	0.11	2025	0.00	

Environmental pillar

The Environmental pillar measures the extent to which an economy's trade supports sustainable resources. The factors include measurements of non-renewable natural resources in trade and the management of externalities that arise from economic growth and participation in the global trading system.

While an economy's capacity to participate in the global trading system is dependent on economic development, achieving sustainable trade requires prudent stewardship of natural resources and limiting externalities in an economy's economic calculus to promote its overall environmental capital. The indicators chosen in this section measure an economy's environmental capital and include indicators for air and water pollution. In terms of future impact, we measure national environmental standards, carbon emissions, and share of natural resources in exports.

Indicators

3 Environmental Pillar		Rank	Rank +/-	Value	Year	Score and 30 country average
3.01	Air pollution, PM2.5 micrograms per cubic metre	26	(0)	35.10	2025	54.38
3.02	Deforestation, Index	10	(-1)	0.0068	2024	35.87
3.03	% of wastewater treated	24	(-1)	15.19	2024	8.52
3.04	Energy intensity (Energy use (kg of oil equivalent) per \$1,000 GDP)	16	(+13)	76.59	2023	52.63
3.05	Ecological footprint	04	(-1)	1.10	2025	94.03
3.06	Renewable energy, %	01	(+1)	62.90	2021	100.00
3.07	Environmental standards in trade, count	20	(+2)	-	-	60.00
3.07.01	Convention: Hazardous Wastes	01	(0)	2	2025	100.00
3.07.02	Convention: Prevention of Marine Pollution	01	(+14)	2	-	100.00
3.07.03	Convention: Protection of the Ozone Layer (Vienna)	01	(0)	2	2025	100.00
3.07.04	Convention on Climate Change (Kyoto)	01	(0)	2	2025	100.00
3.07.05	The International Timber Agreement	01	(0)	2	2025	100.00
3.07.06	Convention: International Trade in Endangered Species	01	(0)	2	2025	100.00
3.07.07	Convention: Prior Informed Consent - Hazardous Chemicals (Rotterdam)	27	(0)	0	2025	0.00
3.08	Transfer emissions, million tonnes carbon	-	-	-	2023	-
3.09	Share of natural resources in trade, %	18	(+1)	26.69	2025	67.22
3.10	Carbon	17	(+2)	-	-	52.18
3.10.1	Carbon pricing	17	(+3)	0	2025	0.00
3.10.2	CO2 emissions per capita	01	(0)	0.55	2024	100.00

About us

Global trade has helped lift hundreds of millions of people around the world out of poverty. It is a powerful driver of economic growth and job creation. Yet its benefits are not self-sustaining. Without responsible stewardship, trade can widen income inequalities, disrupt labor markets, and impose significant environmental costs. Sustainable trade means striking a durable balance by expanding the economic opportunities that open markets generate while ensuring those gains are broadly shared and maintained. This requires sound public policy, responsible business leadership, and evidence-based frameworks to guide decision-making.

The Hinrich Foundation and the IMD World Competitiveness Center have combined their expertise to build the Hinrich-IMD Sustainable Trade Index, a framework for policy makers, business executives, and civil society leaders to understand and advance sustainable global trade.

hinrich foundation
advancing sustainable global trade

The Hinrich Foundation is an independent Asia-based philanthropic organization dedicated to advancing mutually beneficial and sustainable global trade.

We believe that mutually beneficial and sustainable global trade is a powerful force for shared prosperity, technological progress, sustainability and peaceful international cooperation. Our work is grounded in rigorous fact-based research and the development of innovative trade education programs.

hinrichfoundation.com | STI 2026

IMD / World Competitiveness
Center

IMD is an independent academic institution with close ties to business and a strong focus on impact. Challenging what is and inspiring what could be, it develops leaders who transform organizations for a more prosperous, sustainable, and inclusive world. Through its Executive Education, MBA, Executive MBA, and advisory work IMD helps leaders and policymakers navigate complexity and change.

The IMD World Competitiveness Center is dedicated to the advancement of knowledge on world competitiveness and offers benchmarking services for countries and companies using the latest data. The Center has pioneered research on how nations and enterprises compete to lay the foundations for future prosperity.

imd.org/wcc | STI 2026