



Mayor of the City of Białystok

Białystok, 01 December 2025 r.

Dr Tedros Adhanom Ghebreyesus
Director-General
World Health Organization

Dear Mr Director,

on behalf of the City of Białystok, I would like to express our interest and formally submit an application to join the Global Network for Age-friendly Cities and Communities of the World Health Organization (WHO).

Białystok is the largest city in the Podlaskie Voivodeship, with nearly 300,000 residents. Our city is distinguished by its rich historical and cultural heritage, a multiethnic and multireligious community, as well as its unique natural surroundings. At the same time, as the regional capital in a part of the country experiencing advanced demographic trends, we face a dynamic aging of the population – Białystok is home to 77,065 people aged 60 and over (over 26% of the population). Projections indicate a further increase in demographic pressure. By 2050, there will be 93 people of non-working age for every 100 working-age residents.

These challenges have been the subject of analysis by Białystok's academic community for many years. At the Medical University of Białystok, geriatrics and clinical gerontology have been developed since 1974. At the University of Białystok, a research center on the social aspects of aging has operated since 2006,

conducting, among other projects, studies on elder abuse. This scientific potential supports evidence-based diagnostics and the design of municipal initiatives.

The city systematically develops senior-friendly services and programs: a network of Senior Clubs (6 facilities plus an intergenerational club), the planned Białystok Senior Center, the “Handyman” service, the Healthy Senior University (12th edition in 2025), digital advice for older adults, remote care services (safety wristbands), and the Active Senior Card, which is already used by over 24,600 residents. The Białystok Senior Council also operates as an advocate for older residents and an initiator of our application to the Network – an initiative I fully support.

I hereby declare the city authorities’ commitment to implementing the processes of the WHO Global Network of Age-friendly Cities and Communities, including the appointment of a municipal coordinator and a Network team, the development and implementation of an action plan across WHO’s eight domains, as well as the monitoring and evaluation of progress.

I kindly request your favorable consideration of the City of Białystok’s request for membership in the WHO Global Network of Age-friendly Cities and Communities.

Best regards,

Tadeusz Truchalski

Mayor of the City of Białystok