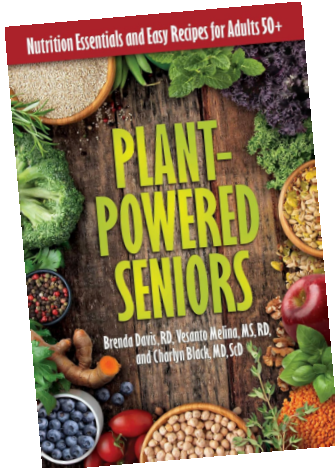


12 Noon HST, SUNDAY, Nov. 15, 2026

Chronic Disease and Aging

Charlyn Black MD, ScD



A free live VSH online presentation

Go to Zoom link at vsh.org/zoom

12 P.M. NOON HST
2 P.M. PST, 5 P.M. EST



Please adjust the start time for your time zone.

Attend this free Zoom lecture from wherever you are!

When the talk starts, or whenever you can, click on the Zoom link to join via your computer or smartphone (new: use Zoom app to join from smartphone); or use the dial-in numbers listed at vsh.org/zoom to join by phone.

- How are chronic diseases related to aging? The patterns of chronic disease that take place as we age.
- We'll focus on most of the big conditions that take us to doctors later in life, and which build up quietly over decades: heart disease, type 2 diabetes, many cancers, dementia, kidney disease.
- How diet and lifestyle drive a large share of them.
- Changing patterns of lifespan and 'healthspan', including how these patterns have changed globally, in the US and in Hawaii over time.
- Some evidence for the preventability of chronic diseases and functional decline, what plant-based diets do well, and specific considerations for seniors who wish to follow healthy dietary patterns.

View many past VSH presentations at vsh.org/videos: in Hawaii, see the latest videos on community TV: On 'Oahu, the Vegan program is shown 11 a.m. most Sundays on 'Olelo Channel 54 with new episodes at 6 p.m. the third Tuesday of the month.

Charlyn Black, Professor Emeritus of Population and Public Health, University of British Columbia, is a physician, researcher, and educator with a longstanding interest in promoting health and preventing disease.

Dr. Black completed her medical and public health training in Manitoba, Canada, and her Doctor of Science degree at the Johns Hopkins University Bloomberg School of Public Health. Her unique perspective focuses on the opportunities to improve dietary patterns by focusing on individual-level behaviors together with the food environments that influence them.

She is co-author, with Brenda Davis RD and Vesanto Melina MS, RD, of an Amazon best-selling book in aging nutrition & diets [Plant-Powered Seniors](#) (pub. Sep 15, 2026).

Vegan Society of Hawaii
Human Health, Animal Rights & Protection of the Environment
A 501(c)(3) nonprofit educational, all-volunteer organization since 1990. For info or to join (and enjoy member benefits!) Call (808) 445-9920 or visit www.vsh.org.

Scan for info and to join this Zoom event!

