



## Podcast - Hearing the stories of our health: Perspectives of First Nations, Inuit and Métis youth - Jeremy Hague

### Description

The NCCIH undertook a national digital storytelling project, *Hearing the stories of our health: Perspectives of First Nations, Inuit, and Métis youth* to better understand what health and well-being mean to Indigenous young people. Nine of the digital storytellers participated in this podcast series where they could further reflect on their lives, their communities, and what health really means to them in a world that often forgets to ask them.

### Bios

#### Victoria Grisdale



I am Victoria Grisdale, I am an Anishinaabe woman from Brokenhead Ojibway Nation and Filipino. I am 24 and attending the University of Winnipeg studying Human Rights. I have been working and advocating for First Nations youth since I was 19 in multiple roles, from working in a youth shelter to working in youth housing in First Nations government. I am passionate about making real positive changes for First Nations youth and amplifying other youth voices on issues important to us.

#### Jeremy Hague



My name is Jeremy. I'm from Toronto, but my mom is from Iqaluit, Nunavut and my dad is from Vancouver. I'm seventeen and I currently live in Ottawa. My nationality is Inuk. My future goals are just to be able to cook up nice meals for literally everyone and to live a good life.



## Transcript

-Music-

**Victoria Grisdale:** Welcome to *Hearing the stories of our health: Perspectives of First Nations, Métis and Inuit youth*, a podcast series produced by the National Collaborating Centre for Indigenous Health, in partnership with Birchbark Collaborative.

My name is Victoria Grisdale, and I am the host of this podcast. From May to July of 2025, 13 Indigenous youth came together in Winnipeg, Prince George, and Ottawa to develop digital stories on what health means to them.

This podcast isn't a polished studio production; it's real talk. It's about Indigenous youth reflecting on their lives, their communities, and what health really means to them in a world that often forgets to ask them.

In this episode, Inuit youth Jeremy Hague spoke about the health risks of cigarettes and the importance of being healthy.

-Music-

**Victoria Grisdale:** First, can you introduce yourself, including your name, community, and age?

**Jeremy Hague:** My name is Jeremy. I am from Toronto, but my mom is from Iqaluit Nunavut, and my dad is from Vancouver, Canada. I am 17 and I currently live in Ottawa, and my nationality is Inuk.

**Victoria Grisdale:** And can you tell me about your future goals?

**Jeremy Hague:** My future goals are being able to just cook up nice meals for literally everyone, and just to live a good life.

**Victoria Grisdale:** And could you tell me what your digital story is about?

**Jeremy Hague:** My digital story is about cigarette health and how they're bad for your body. It's mainly about the statistics and how dire just smoking a cigarette, and how they don't affect you at the start, but just three years in your lungs could be very messed up.



**Victoria Grisdale:** I think that's a very important topic, especially for youth and the rise of vaping and cigarette use again.

**Jeremy Hague:** Yeah.

**Victoria Grisdale:** What is important to you about your health as an Inuit youth?

**Jeremy Hague:** I feel like part of my strength is good for my health, because my culture revolves a lot around hunting and whatnot, just about being out in the land. And I feel like a lot of my health is just being physically correct and smoking cigarettes is not a good part of that.

**Victoria Grisdale:** Is connecting with your culture and being a part of that important to you about your health?

**Jeremy Hague:** I'd say so because, for a healthy mind, I feel like you would need to be a part of your culture a lot – just conversing around with your family and friends.

**Victoria Grisdale:** Yeah, I think that definitely is a component that helps balance the spirit and mind and body.

Do you have any other things that are important to you about your health as an Indigenous youth?

**Jeremy Hague:** I feel like my whole mental wellbeing too – just being around people who don't smoke and seeing how they just can be around not thinking about cigarettes is kind of weird to me because I'm just too addicted to them and want to stop.

**Victoria Grisdale:** Did the workshop impact the way that you think about health?

**Jeremy Hague:** It did, because a bit before this workshop, I didn't know too much about cigarettes. And I just wanted a new thing to work on, and I haven't really searched up any of the statistics about how bad cigs can be, but this really opened my mind towards it.

**Victoria Grisdale:** Okay, and so this made you kind of make that decision to want to quit?

**Jeremy Hague:** Yeah. I've noticed I've put down cigs way more this week, I've smoked less.

**Victoria Grisdale:** Now that you educated yourself on it and you have that information?

And how was the workshop experience for you?



**Jeremy Hague:** I'd say it was pretty fun. Good learning opportunities, nice chances to talk with new people, and just learn new things about health.

**Victoria Grisdale:** Were there any skills that you were excited to learn or that you...

**Jeremy Hague:** I loved learning about the editing program, that was pretty cool. I didn't know Final Cut Pro existed.

**Victoria Grisdale:** Yeah, you were going pretty heavy with all the special effects. It was really cool to see.

**Jeremy Hague:** I really liked just moving everything around. It just looks cool, doing anything on editing programs.

**Victoria Grisdale:** Yeah.

**Jeremy Hague:** Because you don't really see that in your day-to-day life. You see the finished product on literally everything.

**Victoria Grisdale:** Yeah, that's fair. You don't get to see how things are actually being made or what work is going into that.

**Jeremy Hague:** Exactly.

**Victoria Grisdale:** Did you have any part of the video editing that was your favorite to learn about?

**Jeremy Hague:** I would say the audio bit. Just cutting all the – making sure the mic is correct and just narrating. I think it's pretty nice and calming too.

**Victoria Grisdale:** And if you did another digital story about health, would there be anything else you'd want to say? Any other stories you'd have to share?

**Jeremy Hague:** I feel like diet for me would be one thing. I don't eat enough. I find myself most of the days, because breakfast – I always forget breakfast. And every time I come here, you guys remind me to eat, which is pretty nice.

**Victoria Grisdale:** And is there anything else you'd like to share with any other Indigenous youth who watch your video?



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**Jeremy Hague:** I feel like you should just put cigarettes down if you're a smoker like me. I've been trying to do that, but it's kind of hard. I feel like if you want to quit, just try lessening it so your body still has it, but it's not just completely gone. And then at one point you can just be like, "Meh, these don't feel the same anymore," and get rid of it.

**Victoria Grisdale:** There are a lot of also supports to get smoking management. Yeah, I think that's a very important message, and super relevant in today's day and age for youth to know and to hear. So, thank you for sharing that with us and your digital story.

**Jeremy Hague:** Awesome.

**Victoria Grisdale:** And so last question: was there any – did you have any final thoughts that you wanted to share about health or the workshop, or anything in between?

**Jeremy Hague:** My final thought is, it's hard to stay healthy, but once you are healthy, it's very easy to keep it healthy. And if you're just not healthy in this world, I feel like it would be a bit harder to just make friends, you know? Because then your mind wouldn't be thinking all good.

That's my final message.

**Victoria Grisdale:** Yeah, being healthy is super important.

*-Music-*

**Victoria Grisdale:** To hear more podcasts in this series, head to the *Hearing the stories of our health: Perspectives of First Nations, Inuit and Métis youth* on the National Collaborating Centre for Indigenous Health website, [nccih.ca](http://nccih.ca). Music on this podcast by DJ Taj Rashid, is licensed and royalty free under Final Cut Pro software, used as part of this project. Finally, a special thanks to the TD Bank Group for generously supporting this project.

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