



Podcast - Hearing the stories of our health: Perspectives of First Nations, Inuit and Métis youth - Halil Ibrahim Napatchie Noah Sundu

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.

Halil Ibrahim Napatchie Noah Sundu

My name is Halil Ibrahim Napatchie Noah Sundu. My mom is from Iqaluit (NU) and I was born in Ottawa. I'm twenty years old and I am half Inuit and half Turkish. My main goal right now is to work towards working in heavy equipment operation.



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 Halil Ibrahim Sundu spoke about the importance basketball has had on him and his health, and the importance of a healthy balance between your body and mind.

-Music-

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

Halil Ibrahim Napatchie Noah Sundu: Hi, my name is Halil Ibrahim Napatchie Noah Sundu. My Mom's from Iqaluit. I'm born in Ottawa. I'm 20 years old. I'm half Inuit and half Turkish.

Victoria Grisdale: And can you tell me about any future goals you have?

Halil Ibrahim Napatchie Noah Sundu: I would like to work in heavy equipment operation. I still got some stuff to do before I get there, but right now that's the main goal.

Victoria Grisdale: It's a good goal to have, trades are a good field to be in.

Can you describe for me what your digital story is about?

Halil Ibrahim Napatchie Noah Sundu: It's about health. And for me, what I decided to do was see what one thing, in particular, could impact my health in a big way for the better.

Victoria Grisdale: And what one thing did you choose for your topic?



Halil Ibrahim Napatchie Noah Sundu: I chose basketball because playing basketball, like actually being in the game, I'm just so into it that usually all this overthinking, all this whatever, nonsense, that just holds me back is non-existent. I'm just playing basketball. I'm just having fun, and I'm doing healthy things while I'm at it, you know?

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

Halil Ibrahim Napatchie Noah Sundu: First things first, it's the mental health. If your mind's not right, then your whole life is just going to be much worse than how it could be if your mental was strong.

Your mind can be good, but then if your body is not good, your body doesn't feel good, you don't think it looks good, then it's going to impact your mind. So, you kind of got to take care of both so that they bring each other up, rather than one brings the other down.

Victoria Grisdale: And did the workshop impact the way that you think about health?

Halil Ibrahim Napatchie Noah Sundu: Not really changed, but it made me expand on my views. For the subject of basketball, how it helps me: it made me realize like, "Okay, this is important," because I used to play every day, but I took a break for six years. I'm just getting back into it and I really appreciate how big of a role it plays.

Victoria Grisdale: How was the workshop experience for you?

Halil Ibrahim Napatchie Noah Sundu: It was fun. I got to meet new people who are all very nice. I like meeting new people. And [...] my two friends that were with me in it, it was also nice to hang out with them while also getting some work done.

Victoria Grisdale: Were there any skills that you were excited to learn or that you're glad you learned?

Halil Ibrahim Napatchie Noah Sundu: Definitely the video making, the digital storytelling. That's very cool, I've never done anything like this. I hope I can do it again one day.

Victoria Grisdale: If you did another digital story about health, will there be anything, any other stories you'd want to share, or anything else you'd like to say?

Halil Ibrahim Napatchie Noah Sundu: I'd probably look into the other factors of health because I only went into, I think, four. But it's much bigger than that, and I'd like to learn more about it.



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

Halil Ibrahim Napatchie Noah Sundu: It's not easy being healthy, but it always helps. So, just do your best and just keep doing your best every day. You'll just get better.

Victoria Grisdale: So, did you have any final thoughts about the workshop or health, or anything about that?

Halil Ibrahim Napatchie Noah Sundu: First things first, I'd like to thank everyone who came here and helped me out to make this video. Just to name: Victoria Meadows, Roberta, Kim, Yi Han, Lorraine, all of you guys, thank you. This was a good experience and I appreciate also diving deeper into my health.

And just do your best to keep yourself healthy. No one's going to do it for you. No one can do it better than yourself because you know yourself best, so just try to be healthy.

Victoria Grisdale: Thank you so much for joining me for this conversation.

Halil Ibrahim Napatchie Noah Sundu: Well, thank you for having me.

Victoria Grisdale: Yeah, these were some important conversations and I'm glad we got to have them. So, thank you so much for being here with me.

Halil Ibrahim Napatchie Noah Sundu: Me too. Thank you.

-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. 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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