



Video - Seeing the stories of our health: Perspectives of First Nations, Inuit, and Métis youth - Jeremy Hague

Description

The NCCIH undertook a national digital storytelling project, *Seeing 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. These resulted in eleven digital stories. The youth expressed multiple and intersecting topics in their digital stories related to their health and well-being.

Bio

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-

Jeremy Hague: Ottawa smokes too much, and I'm one of them.

Yeah, I smoke, and you see it everywhere in Ottawa. At bus stops, outside Rideau, on campus, behind office buildings downtown. I started young, now it's just a part of my day. But lately, I've been thinking, what's this really doing to me? Here are some things I didn't want to admit:



Every five seconds, someone dies because of smoking globally.

In Canada, tobacco kills around 45,000 people each year, and that's just based off of numbers in 2017.

Each cigarette, it's packed with over 70 cancer-causing chemicals. Lighting one is basically burning poison.

And if you're smoking a pack a day here in Ottawa, that's more than \$4,000 every year. That's rent, that's a vacation, that's peace of mind.

And I'm not the only one affected by cigarette smoke. Secondhand smoke takes out over a million people worldwide each year.

Physically, I feel fine. I'm not out of breath or hacking up my lungs. But I know it doesn't stay that way. Smoking is one of those things that gets you slow. It builds up over time, and by the time it hits hard, it's already done damage.

What gets me more than anything? The routine, the cost, the smell on my clothes, and yeah, knowing that something I choose is not choosing things for me. Like when I go for a walk or hang with people who don't smoke, I'm always thinking about the next one. I always got enough smoke in the air. Chimneys, cars, buses – we don't need it in our lungs too.

If you've thought about quitting, even for one second, that means something. I'm not judging, I still smoke, but I know I don't want to do this forever.

-Music-

The National Collaborating Centre for
Indigenous Health (NCCIH)
3333 University Way
Prince George, B.C.
V2N 4Z9 Canada

Tel: (250) 960-5250
Email: nccih@unbc.ca
Web: nccih.ca

Le Centre de collaboration nationale de la santé
autochtone (CCNSA)
3333 University Way
Prince George (C. - B.)
V2N 4Z9 Canada

Tél : 250 960-5250
Courriel : ccnsa@unbc.ca
Site web : ccnsa.ca



© 2025 National Collaborating Centre for Indigenous Health (NCCIH) and Birchbark Collaborative. This publication was funded by the NCCIH and made possible through a financial contribution from the TD Bank Group and the Public Health Agency of Canada (PHAC). The views expressed herein do not necessarily represent the views of the TD Bank Group or PHAC.



National Collaborating Centre
for Indigenous Health



birchbark
collaborative



**TD READY
COMMITMENT**