



## WELCOMING AND INCLUSIVE COMMUNITIES AND WORK PLACES: FOOD FOR THOUGHT, ABBOTSFORD

### Knowledge and Development Exchange, Executive Summary

This study contributed Knowledge and Development Exchange (KDE) for a Welcoming and Inclusive Communities and Work Places project, named “Food for Thought” located in Abbotsford BC.

The objectives of this study were:

1. Values mapping to identify the location of differences: cultural sources of misunderstandings, conflicts and differing expectations. This contributed directly to effective decision making in the “Food for Thought” Demonstration Project (DP).
2. Mapping values of newcomers and immigrants to Abbotsford, identifying postal code locations, languages (and thereby culture and ethnic backgrounds) and age (with a special focus on youth), to help locate the geographic clustering or distribution of newcomers and immigrants. This revealed the interconnections and disconnections of people.
3. Creating a framework for a capacity and asset map of Abbotsford that embraces Place Caring and Place Making capacities.
4. Developing a framework for a vital signs of wellbeing monitor for Abbotsford based on the values and asset maps, which can contribute to the strategic planning process of the City, the Fraser Health Authority, the School District, UFV, Civil Society and private firms.

Quantitative and qualitative data were collected from a random population sample of 479 residents including youth, and residents whose first language was Punjabi, Korean and Mandarin. Analysis showed that Abbotsford adults prefer collective-based values of family, order and caring; while youth and Punjabi and Korean language groups have stronger individual-based values, particularly related to personal expression. **Overall the data showed that Abbotsford was experiencing a deficit of values related to results, planning and strategy.** Most respondents from all the data samples agreed that what was not working well in Abbotsford related to unhealthy personal expression, showing up as drugs, gangs and violence.

#### **Recommendations proposed that :**

1. Abbotsford grow its capacities for success, results and planning at all ages. The Chamber of Commerce is a key stakeholder in enabling this to happen.
2. The agriculture sector promote the whole trajectory of jobs from the farm gate to the food plate to young people in an annual agriculture career fair.
3. Policy makers across the city incorporate the results of this research into values-based strategies in their programs and services.
4. Key city stakeholders collaborate to activate the prototype of the Integral Vital Signs Monitor (IVSM) to track effective changes to Abbotsford’s wellbeing.
5. Key city stakeholders collaborate to create a Community of Practice to administer the Integral Vital Signs Monitor (IVSM) and meshwork community organizations so that their services are aligned.
6. Other recommendations included: approaching Abbotsford wellbeing with a whole systems, all quadrant, all levels, cross cultural, all faiths meshwork.

Details of the research on the *Integral City Meshworks Inc.* website [www.integralcity.com](http://www.integralcity.com) and *Food for Thought* website [www.hungryforfutures.ca](http://www.hungryforfutures.ca) . Presentations of key Research Findings to interested parties can be scheduled with charter partner *Integral City Meshworks Inc.* at [kde@integralcity.com](mailto:kde@integralcity.com) .