



Community Supported Agriculture (CSA) Integration Employee Wellness Initiative

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CSA Boxes as a State Employee Wellness Incentive

- A practical wellness strategy to connect nutrition, prevention, local food access, and Kentucky Agriculture, for Kentucky Employees.
- Kentucky Food is Medicine goal to strengthen health outcomes by way of farmer impact.





Why the Agency considered CSA Wellness Points?

- Rising chronic disease and nutrition-related health costs.
- Interest in preventative, food- based wellness strategies
- Opportunity to reward healthy behaviors without direct subsidy.
- Alignment with FIM and local procurement priorities.

Decision Rationale

- CSA participation encourages fruit and vegetable access.
- Wellness points create a low-barrier incentive.
- Supports employee choice and family engagement.
- Builds on existing wellness platform structure.



Intended Outcomes

- Increased fruit and vegetable consumption.
- Stronger connection between health behaviors and local food systems.
- FIM integration to Kentucky State Employees.





Health Outcomes the Program Seeks to Influence

- Weight management
- Blood pressure
- A1C/diabetes risk
- Heart health
- Food security and household nutrition
- Long-term prevention of chronic disease

Evaluation Metrics

- Number of CSA attestations submitted
- Employee participation by agency/region
- Repeat participation year over year
- Wellness engagement rates
- Self-reported produce consumption
- Optional: biometric trends where available through existing wellness data





Benefits for Farmers and Local Food Systems

- New consumer demand for Kentucky-grown food.
- More predictable CSA revenue for farmers.
- Stronger farm-to-consumer relationships.
- Support local agricultural business.
- Keeps food dollars in local communities.



Implementation Challenges

- CSA availability varies by region.
- Upfront cost may limit employee participation.
- Seasonality of produce.
- Employee unfamiliarity with CSA models.
- Verification/attestation consistency.
- Distribution and pickup logistics.



Strategies to Overcome Challenges

- Clear guidance on eligible CSA purchases.
- Simple attestation process.
- Regional CSA directory.
- Education on how CSAs work.
- Recipe/nutrition support.



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CSA Wellness points are a low-cost, high-alignment strategy that supports employee health, family nutrition, local farms, and Kentucky's broader Food is Medicine goals.

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