

Casey Means

@drcaseyskitchen



Other

American physician and author (born 1987)



832.9K

Followers

387.6K

Tracked views

30.00%

Engagement

Available source totals; scopes differ by platform. Tracked figures are not guaranteed reach.

Instagram performance.

Source-scoped performance, recorded 24 Oct 2026.

Instagram

@drcaseyskitchen

832.9K

Followers · Current audience snapshot

387.6K

Tracked views
Tracked content sample

30.00%

Engagement

216.8K

Available likes

9.3K

Tracked comments

846

Available posts

193.8K

Average / tracked post

Source-scoped performance data. YouTube values appear separately and are excluded from combined totals.
Complete account records and dated evidence appear in the appendix.

The work, in view.

Selected tracked posts. Select a photograph or post link to open the original content.



Instagram / Reel

25 Apr 2025

307.5K views

6.3K likes / 585 comments
— shares / — saves



Instagram / Reel

25 Apr 2025

80.1K views

6.3K likes / 585 comments
— shares / — saves

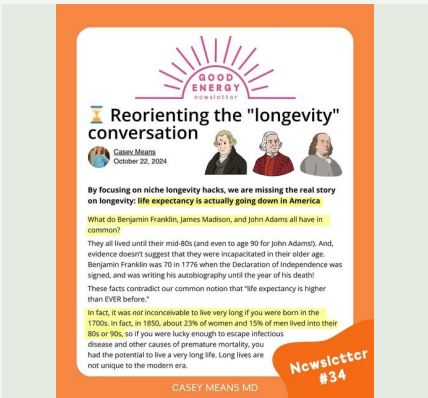


Instagram / Carousel

27 Apr 2025

Not reported views

2.4K likes / 636 comments
— shares / — saves



Instagram / Reel

27 Apr 2025

Not reported views

2.4K likes / 636 comments
— shares / — saves

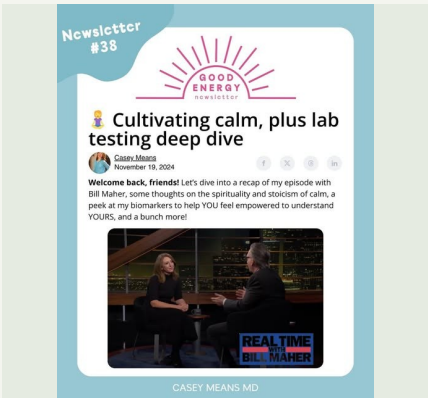


Instagram / Carousel

25 Apr 2025

Not reported views

1K likes / 85 comments
— shares / — saves



Instagram / Reel

25 Apr 2025

Not reported views

1K likes / 85 comments
— shares / — saves

— = not reported. Counts are source-reported, not unique people or guaranteed reach. Platform view definitions may differ.

Let's work together.

Casey Means

Not currently accepting new collaborations

Instagram / @drcaseyskitchen

View the current media kit

Share your brand and campaign goal, preferred platforms and deliverables, timing, budget and any usage or exclusivity requirements. Confirm the final scope directly with the creator.

This is a snapshot of the information available when exported. The live media kit may contain newer metrics, availability and pricing. Private shipping details are shared separately by the creator.

Instagram source record.

@drcaseyskitchen / Snapshot: 2026-10-24

Performance	Value	Source scope
Followers	832.9K	Current audience snapshot
Tracked views	387.6K	Tracked content sample
Engagement	30.00%	Tracked content sample
Available likes	216.8K	Tracked content sample
Tracked comments	9.3K	Tracked content sample
Available posts	846	Platform lifetime total
Average / tracked post	193.8K	Tracked content sample

36 posts in the tracked sample. Performance totals and published-content counts may describe different source scopes.

Instagram observations.

@drcaseyskitchen / Dated source evidence

Follower observations

2 of 2 saved observations.

Recorded date	Followers
2026-07-25	839,934
2026-10-24	832,868

Publication cohorts

5 of 5 saved cohorts.

Month	Posts	Current views
Apr 2024	2	Not available
Oct 2024	2	Not available
Nov 2024	2	Not available
Mar 2025	4	Not available
Apr 2025	26	387.6K

Observed followers: 839,934 to 832,868 (-0.84%) from 2026-07-25 to 2026-10-24. 2 saved observations; not annualized.

Daily observations do not replace complete 30-day totals. Cohort views are current views of posts published in each month, not account growth or views earned during that month. — = not reported.

Publishing mix: Short-form video 100%. Share of the available content sample by format.

Audience demographics were not supplied for this account. Missing segments are not treated as zero.