

# Achieving a State of Healthy Weight: 2015 Supplement: State Profiles

April 2016



## National Resource Center for Health and Safety in Child Care and Early Education



 University of Colorado  
Anschutz Medical Campus

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The National Resource Center for Health and Safety in Child Care and Early Education (NRC) is a program of the University of Colorado College of Nursing, Anschutz Medical Campus, Aurora, Colorado.

### **Note:**

The [ASHW 2015](#) report (April 2016) contains introduction, methods, and results of the 2015 assessment.

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Achieving a State of Healthy Weight  
**ASHW 2015 Supplement: State Profiles**  
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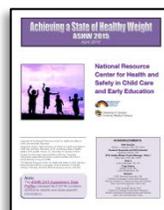
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To access the ASHW 2015 report, click [here](#).

# INTRODUCTION

## *Achieving a State of Healthy Weight 2015*

*Supplement: State Profiles* is a compilation of supporting information and state-specific results of the ASHW 2015 assessment,<sup>1</sup> the fifth update of *Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010*, or *ASHW 2010*. In *ASHW 2010* and subsequent annual updates (2011- 2015),<sup>2</sup> the National Resource Center for Health and Safety in Child Care and Early Education assessed the states' child care licensing regulations for content regulating 47 healthy weight practices in licensed child care centers, large or group family child care homes, and small family child care homes. All licensing child care regulations in effect in the 50 states and the District of Columbia were rated on the 47 indicators in 2010. In following annual updates, new and revised regulations were rated and added to the ASHW ratings database.

The healthy weight practices were drawn from standards included in *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3<sup>rd</sup> Ed. (CFOC3)*. More specifically, the standards were those included in the CFOC-based topical collection, *Preventing Childhood Obesity in Early Care and Early Education: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3<sup>rd</sup> Edition (PCO)*, now available in a 2012 revision *PCO2*.<sup>3,4</sup>

The ASHW indicators were grouped into three domains--Nutrition, Infant Feeding, and Physical Activity/Screen Time—and were rated on the following four-point scale:

- 1 = Regulation contradicts the standard
- 2 = Regulation does not address the standard
- 3 = Regulation partially meets the standard
- 4 = Regulation fully meets the standard

**Use of the ASHW 2015 Supplement:** Child care licensing professionals and others may use state profiles in this supplement to examine state-level findings on the strength of regulatory language for the implementation of healthy weight practices by licensed programs. This is consistent with the recent call by the Society of Behavioral Medicine for states to strengthen obesity prevention through their childcare licensing regulations by comparing their rules to related CFOC3 standards in “profile worksheets” (p.124). For each state and the District of Columbia, the following ASHW state profile pages accomplish this comparison on 47 CFOC-based healthy weight practices through 2015. Each state may see where there is strength in their regulatory language, and for which licensed child care types. They also may target specific practices for regulatory improvement. Furthermore, perusal of other states' profiles will reveal those states that have achieved regulatory text fully consistent with selected CFOC3 standards that support prevent of childhood obesity. A guide to understanding the structure of the profile (individual state pages) appears in the first 2 pages of the State Profiles section.

**Also included to facilitate understanding of the state profiles are two tables:**

Table 1. Assessment Years for Each State

Table 2. State Documents Assessed for ASHW: 2010 to Date

## NOTES:

<sup>1</sup> National Resource Center for Health and Safety in Child Care and Early Education. (2016). *Achieving a state of healthy weight: 2015 update*. Aurora, CO: University of Colorado Denver. <http://nrckids.org/default/assets/File/Products/ASHW/ASHW%20Report%202015%20Final%204-28-16.pdf>

<sup>2</sup> The baseline assessment, *Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010*, which detail the study methodology, and subsequent annual ASHW updates (2011-2015) may be accessed @ <http://nrckids.org/default/index.cfm/products/achieving-a-state-of-healthy-weight1/>

<sup>3</sup> NRC co-published both *CFOC3* and *PCO2* with American Academy of Pediatrics, American Public Health Association: American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. (2011). *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs, 3rd edition*. Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association. Retrieved from: <http://cfoc.nrckids.org/>

American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. (2012). *Preventing childhood obesity in early care and education programs, 2nd edition: Selected standards from Caring for our children: National health and safety performance standards; Guidelines for early care and education programs, 3rd edition*. Retrieved from: [http://cfoc.nrckids.org/StandardView/SpcCol/Preventing\\_Childhood\\_Obesity](http://cfoc.nrckids.org/StandardView/SpcCol/Preventing_Childhood_Obesity)

<sup>4</sup> The 2010 baseline study report describes the procedures for selecting and scaling the 47 healthy weight practices selected as ASHW indicators (<http://nrckids.org/default/index.cfm/products/achieving-a-state-of-healthy-weight1/>).

<sup>5</sup> Buscemi, J., Kanwischer, K., Becker, A. B., Ward, D. S., & Fitzgibbon, M. L. (2015). Society of Behavioral Medicine position statement: early care and education (ECE) policies can impact obesity prevention among preschool-aged children. *Translational Behavioral Medicine*, 5(1), 122–125. doi: 10.1007/s13142-014-0297-5

# STATE PROFILES

## Guide to State Profiles

In the following state profiles, *ASHW* results for each state through 2015 are displayed on two pages. The first page of each state's profile displays ratings for each indicator (healthy weight practice, or HWP) by child care type. Where a state regulates a care type in two or more documents, the highest rating for the HWP for that care type (final rating) is used (see *ASHW 2010*). The second page of each state profile displays state-specific graphs to further demonstrate the state's strengths and areas for improvement. The following annotated illustrations explain the layout and features of the state profiles.

### First Page of State Profile

Under each care type column, see most recent year ratings on left / baseline ratings on right

A plus (+) or minus (-) to the left of each care type's ratings, indicates the direction of change from the baseline.

The HWPs are divided into 3 domains as labeled on left edge of table.

Labels and descriptions of HWPs are in the 2 left columns.

HWP descriptions are highlighted green when regulations for all child care types fully meet the standard

HWP descriptions are highlighted red when a rating in any child care type contradicts the standard

STATE NAME

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

	Δ	2012/2010		
		CTR	LRG	SML
<b>Infant Feeding</b>				
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		3 / 3	3 / 3	3 / 3
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4	4 / 4	4 / 4
IB1 Feed infants on cue		4 / 4	4 / 4	+ 4 / 2
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding		3 / 3	3 / 3	+ 3 / 2
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		4 / 4	4 / 4	+ 4 / 3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3	3 / 3	+ 3 / 2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		3 / 3	3 / 3	+ 3 / 2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		3 / 3	3 / 3	+ 3 / 2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2 / 2	2 / 2	- 2 / 3
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1	1 / 1	- 1 / 3
ID3 Serve no fruit juice to children younger than 12 months of age		1 / 1	1 / 1	- 1 / 2
<b>Nutrition</b>				
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		- 2 / 3	2 / 2	2 / 2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3	3 / 3	3 / 3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		+ 3 / 2	3 / 3	3 / 3
NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		- 2 / 4	2 / 2	2 / 2
NA5 Serve skim or 1% pasteurized milk to children two years of age and older		+ 4 / 3	+ 4 / 2	+ 4 / 2
NB1 Serve whole grain breads, cereals, and pastas		3 / 3	3 / 3	3 / 3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		- 3 / 4	3 / 3	3 / 3
NB3 Serve fruits of several varieties, especially whole fruits		- 3 / 4	3 / 3	3 / 3
NC1 Serve only 100% juice with no added sweeteners		+ 4 / 2	4 / 4	4 / 4
NC2 Offer juice (100%) only during meal times		- 2 / 3	2 / 2	2 / 2
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		- 3 / 4	3 / 3	3 / 3
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		- 3 / 4	3 / 3	3 / 3
ND1 Make water available both inside and outside		+ 4 / 2	+ 4 / 2	+ 4 / 2
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		- 2 / 3	2 / 2	2 / 2
NE2 Require adults eating meals with children to eat items that meet nutrition standards		- 2 / 4	2 / 2	2 / 2
NF1 Serve small-sized, age-appropriate portions		+ 4 / 1	4 / 4	4 / 4
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their		+ 3 / 2	3 / 3	3 / 3
NG1 Limit salt by avoiding salty foods such as chips and pretzels		- 2 / 3	2 / 2	2 / 2
NG2 Limit added sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		- 1 / 3	1 / 1	1 / 1
NH1 Do not force or bribe children to eat		3 / 3	3 / 3	3 / 3
NH2 Do not use food as a reward or punishment		4 / 4	3 / 3	3 / 3
<b>Physical Activity and Screen Time</b>				
PA1 Provide children with adequate space for both inside and outside play		4 / 4	4 / 4	4 / 4
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2 / 2	2 / 2	2 / 2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2	2 / 2	2 / 2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2	2 / 2	2 / 2
PA5 Do not withhold active play from children who misbehave		2 / 2	2 / 2	2 / 2
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		3 / 3	2 / 2	2 / 2
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2	2 / 2	2 / 2
PB3 Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2	2 / 2	2 / 2
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2	2 / 2	2 / 2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3	3 / 3	3 / 3
PC2 Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity		3 / 3	3 / 3	3 / 3
PC3 Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity		3 / 3	3 / 3	3 / 3
PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor		2 / 2	2 / 2	2 / 2
PE1 Ensure that infants have supervised tummy time every day when they are awake		4 / 4	4 / 4	4 / 4
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		2 / 2	2 / 2	2 / 2

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**  
 Regulation fully meets the standard  
 Regulation contradicts the standard

**Rating Code:**  
 1 = Regulation contradicts the standard  
 2 = Regulation does not address standard  
 3 = Regulation partially meets standard  
 4 = Regulation fully meets standard

**Δ (Change) Code:**  
 + = Improved Rating  
 - = Lowered Rating

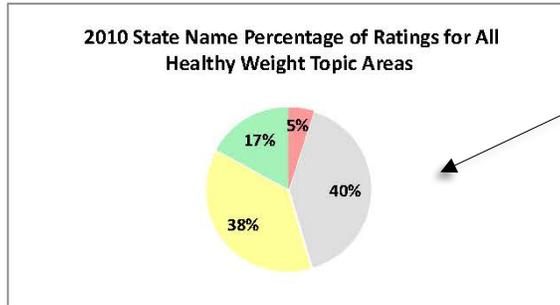
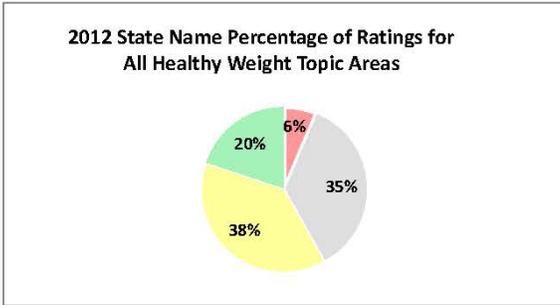
# STATE PROFILES

## Guide to State Profiles (cont.)

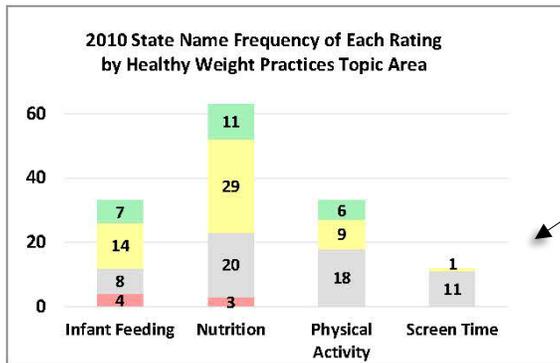
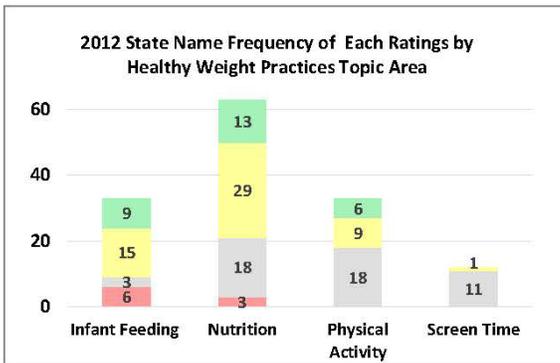
### Second Page of State Profile

### STATE NAME

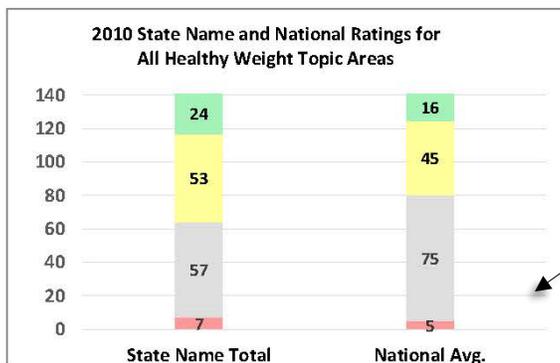
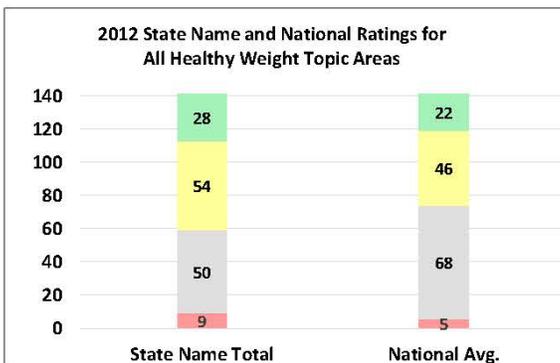
The two pie charts depict the relative frequencies of the state's ratings (1-4) in the baseline year (right) and most recently rated year (left). See Color and Rating Codes at bottom of page. Sum of % may ≠ 100 due to rounding.



The two stacked bar charts show the number (frequency) of the state's ratings for each domain/sub-domain (e.g., screen time) in the baseline year (right) and most recently rated year (left).



These two stacked bar charts show the number (frequency) of the state's total ratings compared to the national average in the baseline year (right) and most recently rated year (left).



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

The state's rating history (years rated and child care types rated) is shown here.

"State Name" Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/ASHW/State Documents Assessed for ASHW.pdf>

A link to a list of all documents rated since 2010 is provided here.

# STATE PROFILES

## ALABAMA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3 / 3		3 / 3		3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue	4 / 4		4 / 4		4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3		3 / 3		3 / 3
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4 / 4		4 / 4		4 / 4
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3		3 / 3		3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3		3 / 3		3 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3		3 / 3		3 / 3
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1		1 / 1		1 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1		1 / 1		1 / 1	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3		3 / 3		3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3		3 / 3		3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2		+ 4 / 2		+ 4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3		3 / 3		3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3		3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3		3 / 3		3 / 3
	NC1	Use only 100% juice with no added sweeteners	4 / 4		4 / 4		4 / 4
	NC2	Offer juice (100%) only during meal times	2 / 2		2 / 2		2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3		3 / 3		3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3		3 / 3		3 / 3
	ND1	Make water available both inside and outside	+ 4 / 3		+ 4 / 2		+ 4 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2		2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4		4 / 4		4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3		3 / 3		3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2		2 / 2		2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1		1 / 1		1 / 1
	NH1	Do not force or bribe children to eat	3 / 3		3 / 3		3 / 3
NH2	Do not use food as a reward or punishment	4 / 4		3 / 3		3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4		4 / 4		4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2		2 / 2		2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2		2 / 2		2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2		2 / 2		2 / 2
	PA5	Do not withhold active play from children who misbehave	2 / 2		2 / 2		2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 / 3		2 / 2		2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2		2 / 2		2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2		2 / 2		2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2		2 / 2		2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3		3 / 3		3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3		3 / 3		3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3		3 / 3		3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2		2 / 2		2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	4 / 4		4 / 4		4 / 4
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2		2 / 2		2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

Regulation fully meets the standard  
 Regulation contradicts the standard

**Rating Code:**

1 = Regulation contradicts the standard  
 2 = Regulation does not address standard  
 3 = Regulation partially meets standard  
 4 = Regulation fully meets standard

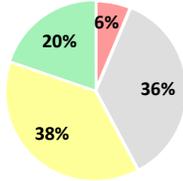
**Δ (Change) Code:**

+ = Improved Rating  
 - = Lowered Rating

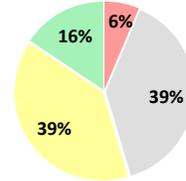
# STATE PROFILES

## ALABAMA

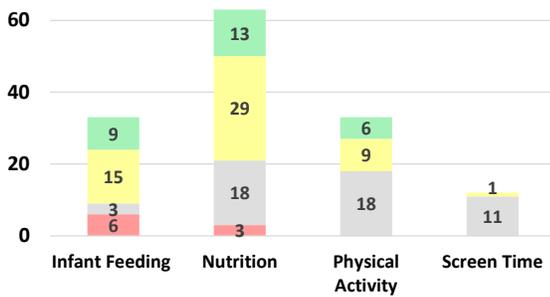
2012 Alabama Percentage of Ratings for All Healthy Weight Topic Areas



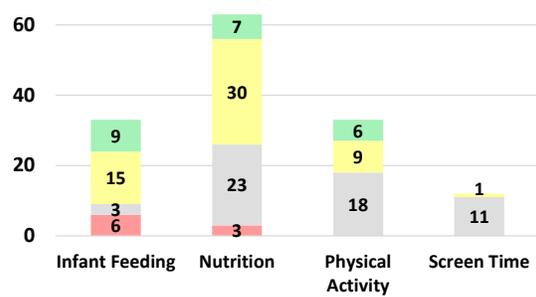
2010 Alabama Percentage of Ratings for All Healthy Weight Topic Areas



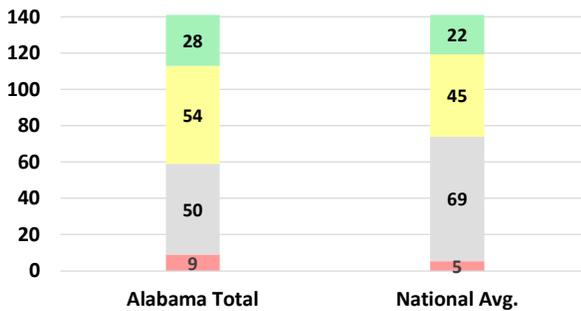
2012 Alabama Frequency of Each Ratings by Healthy Weight Practices Topic Area



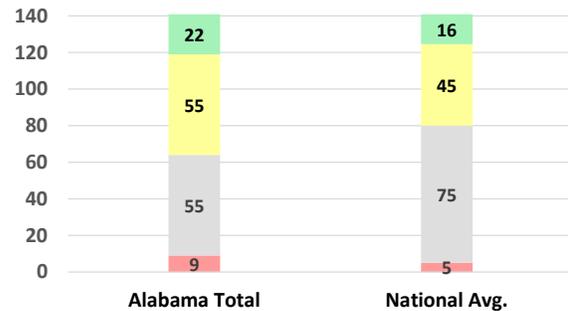
2010 Alabama Frequency of Each Rating by Healthy Weight Practices Topic Area



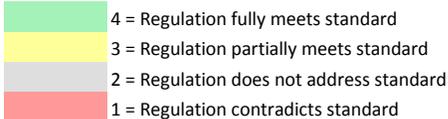
2012 Alabama and National Ratings for All Healthy Weight Topic Areas



2010 Alabama and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**



**Alabama Regulation Rating History: 2010 (CTR, LRG, SML); 2012\***

NOTE: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## ALASKA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB1	Feed infants on cue	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC1	Use only 100% juice with no added sweeteners	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ND1	Make water available both inside and outside	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1
	NH1	Do not force or bribe children to eat	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
NH2	Do not use food as a reward or punishment	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

Regulation fully meets the standard  
 Regulation contradicts the standard

**Rating Code:**

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 4 = Regulation fully meets standard

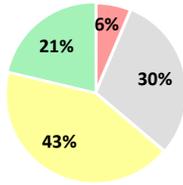
**Δ (Change) Code:**

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 - = Lowered Rating

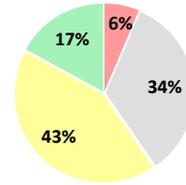
# STATE PROFILES

## ALASKA

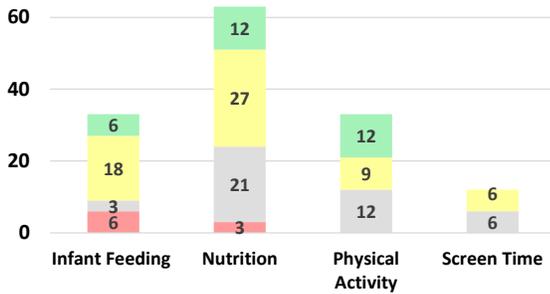
2012 Alaska Percentage of Ratings for All Healthy Weight Topic Areas



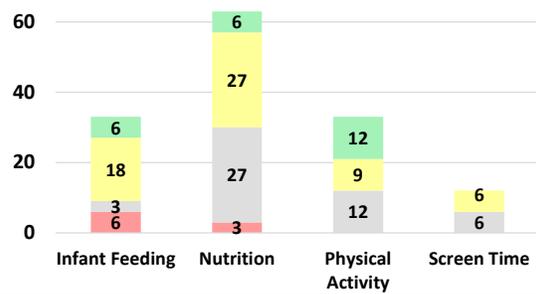
2010 Alaska Percentage of Ratings for All Healthy Weight Topic Areas



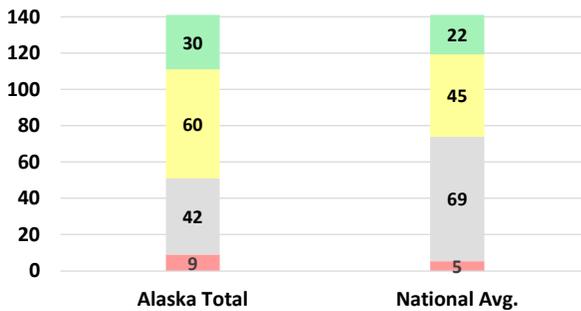
2012 Alaska Frequency of Each Ratings by Healthy Weight Practices Topic Area



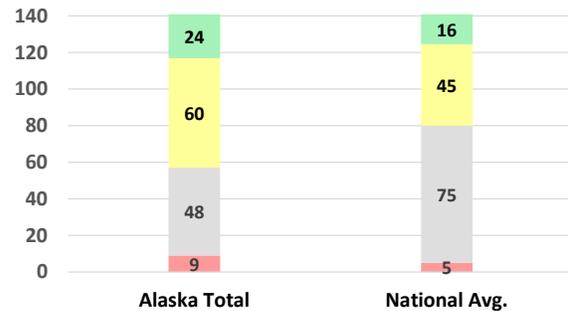
2010 Alaska Frequency of Each Rating by Healthy Weight Practices Topic Area



2012 Alaska and National Ratings for All Healthy Weight Topic Areas



2010 Alaska and National Ratings for All Healthy Weight Topic Areas



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**Alaska Regulation Rating History: 2010 (CTR, LRG, SML); 2012\***

NOTE: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## ARIZONA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2011/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		4 / 4		4 / 4		0 / 0
	IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		3 / 3	+	4 / 3		0 / 0
	IB1 Feed infants on cue		2 / 2	+	4 / 2		0 / 0
	IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2	+	4 / 2		0 / 0
	IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		3 / 3		4 / 4		0 / 0
	IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		4 / 4		4 / 4		0 / 0
	IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		2 / 2		2 / 2		0 / 0
	IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		2 / 2		2 / 2		0 / 0
	ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		3 / 3		3 / 3		0 / 0
	ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		2 / 2		2 / 2		0 / 0
ID3 Serve no fruit juice to children younger than 12 months of age		2 / 2		2 / 2		0 / 0	
Nutrition	NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		3 / 3		0 / 0
	NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3		0 / 0
	NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		3 / 3		0 / 0
	NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 2	+	3 / 2		0 / 0
	NA5 Serve skim or 1% pasteurized milk to children two years of age and older		4 / 4		4 / 4		0 / 0
	NB1 Serve whole grain breads, cereals, and pastas		3 / 3		3 / 3		0 / 0
	NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	+	4 / 3		0 / 0
	NB3 Serve fruits of several varieties, especially whole fruits		4 / 4		4 / 4		0 / 0
	NC1 Use only 100% juice with no added sweeteners		4 / 4		4 / 4		0 / 0
	NC2 Offer juice (100%) only during meal times		2 / 2		2 / 2		0 / 0
	NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		4 / 4	-	3 / 4		0 / 0
	NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		4 / 4		4 / 4		0 / 0
	ND1 Make water available both inside and outside		4 / 4		4 / 4		0 / 0
	NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2		0 / 0
	NE2 Require adults eating meals with children to eat items that meet nutrition standards		3 / 3		3 / 3		0 / 0
	NF1 Serve small-sized, age-appropriate portions		4 / 4		4 / 4		0 / 0
	NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their		1 / 1		1 / 1		0 / 0
	NG1 Limit salt by avoiding salty foods such as chips and pretzels		2 / 2		2 / 2		0 / 0
	NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		3 / 3		3 / 3		0 / 0
	NH1 Do not force or bribe children to eat		3 / 3		3 / 3		0 / 0
NH2 Do not use food as a reward or punishment		3 / 3		3 / 3		0 / 0	
Physical Activity and Screen Time	PA1 Provide children with adequate space for both inside and outside play		4 / 4		4 / 4		0 / 0
	PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2 / 2		2 / 2		0 / 0
	PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2	+	3 / 2		0 / 0
	PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2		2 / 2		0 / 0
	PA5 Do not withhold active play from children who misbehave		3 / 3	-	3 / 4		0 / 0
	PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2 / 2		2 / 2		0 / 0
	PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2		2 / 2		0 / 0
	PB3 Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		0 / 0
	PB4 Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		0 / 0
	PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3		3 / 3		0 / 0
	PC2 Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3		0 / 0
	PC3 Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3		0 / 0
	PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor		3 / 3		3 / 3		0 / 0
	PE1 Ensure that infants have supervised tummy time every day when they are awake		4 / 4		4 / 4		0 / 0
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3		3 / 3		0 / 0	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

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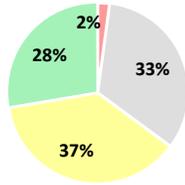
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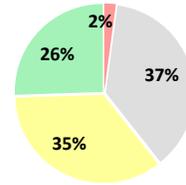
# STATE PROFILES

## ARIZONA

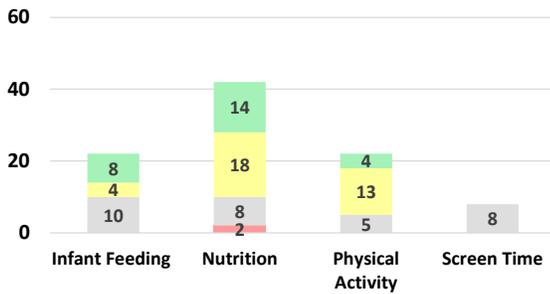
2011 Arizona Percentage of Ratings for All Healthy Weight Topic Areas



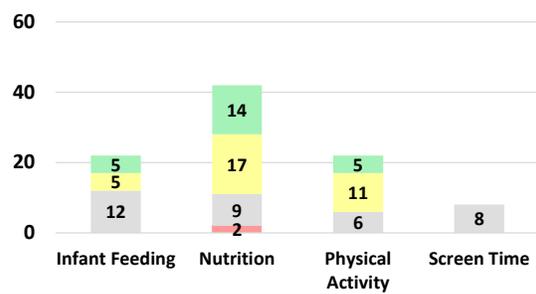
2010 Arizona Percentage of Ratings for All Healthy Weight Topic Areas



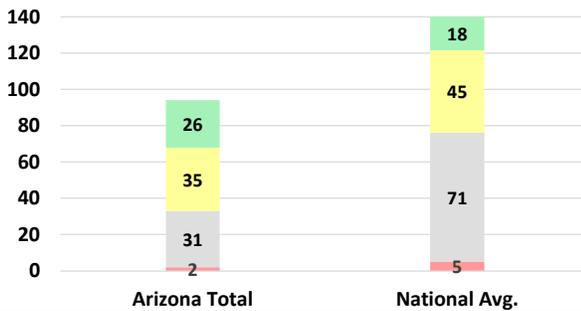
2011 Arizona Frequency of Each Ratings by Healthy Weight Practices Topic Area



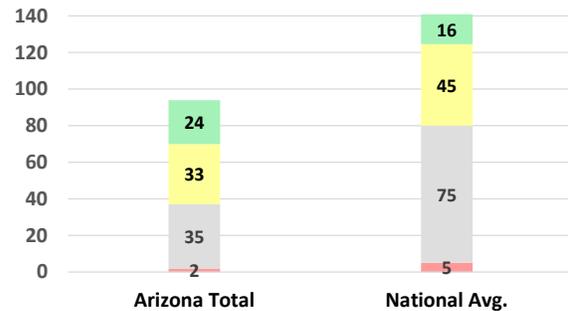
2010 Arizona Frequency of Each Rating by Healthy Weight Practices Topic Area



2011 Arizona and National Ratings for All Healthy Weight Topic Areas



2010 Arizona and National Ratings for All Healthy Weight Topic Areas



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**Arizona Regulation Rating History: 2010 (CTR, LRG, SML); 2015 (LRG)**

NOTE: In 2015, all ratings for small family child care were removed, as AZ does not regulate this care type.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## ARKANSAS

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2015/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	+ 3 / 2	+ 3 / 2	+ 3 / 2		
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	4 / 4	4 / 4		
	IB1	Feed infants on cue	4 / 4	4 / 4	4 / 4		
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+ 4 / 3	+ 4 / 3	+ 4 / 3		
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	3 / 3	3 / 3		
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	3 / 3	3 / 3		
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	3 / 3	3 / 3		
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	3 / 3		
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2		
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	1 / 1		
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	1 / 1	1 / 1			
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2		
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3		
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	3 / 3		
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	2 / 2	2 / 2		
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2 / 2	2 / 2	2 / 2		
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	3 / 3	3 / 3		
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3		
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	3 / 3		
	NC1	Use only 100% juice with no added sweeteners	4 / 4	4 / 4	4 / 4		
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2		
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	3 / 3		
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	3 / 3		
	ND1	Make water available both inside and outside	3 / 3	+ 4 / 3	4 / 4		
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	2 / 2		
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	+ 3 / 2	2 / 2	2 / 2		
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4		
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3	3 / 3	3 / 3		
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2		
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1	1 / 1	1 / 1		
	NH1	Do not force or bribe children to eat	+ 4 / 2	+ 4 / 3	+ 4 / 3		
NH2	Do not use food as a reward or punishment	3 / 3	3 / 3	3 / 3			
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	2 / 2		
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2		
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	+ 3 / 2	+ 3 / 2	+ 3 / 2		
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	+ 4 / 2	2 / 2	2 / 2		
	PA5	Do not withhold active play from children who misbehave	4 / 4	4 / 4	4 / 4		
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+ 3 / 2	2 / 2	2 / 2		
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	+ 3 / 2	+ 3 / 2	+ 3 / 2		
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	+ 4 / 2	+ 4 / 2	+ 4 / 2		
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2		
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	3 / 3	3 / 3		
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3		
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3		
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	2 / 2		
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	2 / 2	2 / 2		
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2	2 / 2	2 / 2			

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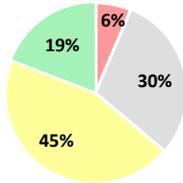
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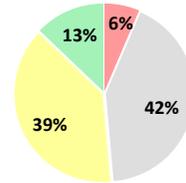
# STATE PROFILES

## ARKANSAS

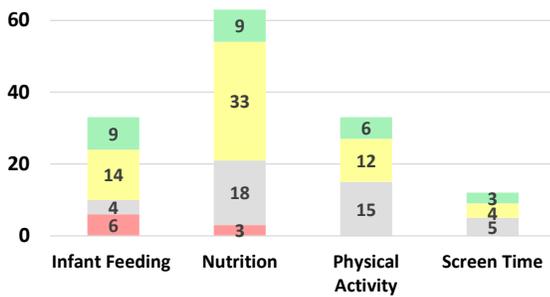
2015 Arkansas Percentage of Ratings for All Healthy Weight Topic Areas



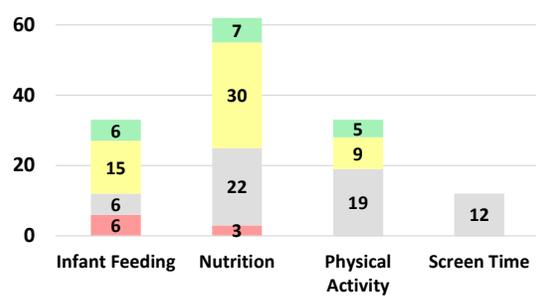
2010 Arkansas Percentage of Ratings for All Healthy Weight Topic Areas



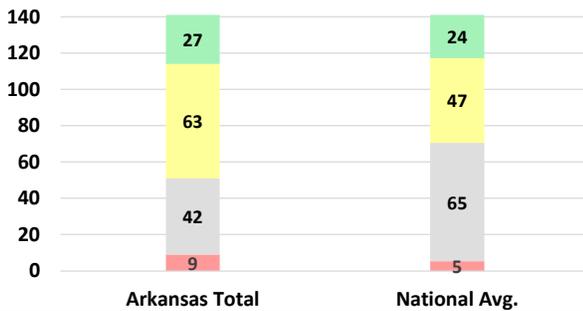
2015 Arkansas Frequency of Each Ratings by Healthy Weight Practices Topic Area



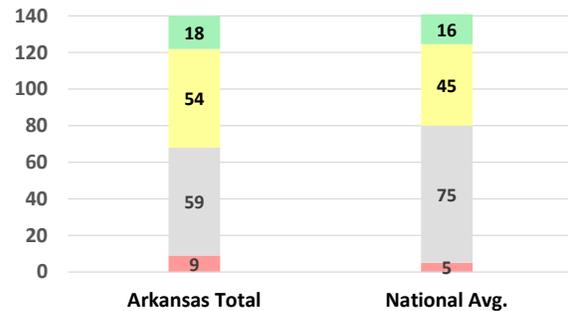
2010 Arkansas Frequency of Each Rating by Healthy Weight Practices Topic Area



2015 Arkansas and National Ratings for All Healthy Weight Topic Areas



2010 Arkansas and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

Arkansas Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2015 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## CALIFORNIA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		4 / 4		0 / 0		0 / 0
	IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		0 / 0		0 / 0
	IB1 Feed infants on cue		4 / 4		0 / 0		0 / 0
	IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding		3 / 3		0 / 0		0 / 0
	IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		3 / 3		0 / 0		0 / 0
	IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3		0 / 0		0 / 0
	IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		3 / 3		0 / 0		0 / 0
	IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		3 / 3		0 / 0		0 / 0
	ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2 / 2		0 / 0		0 / 0
	ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1		1 / 1		1 / 1
ID3 Serve no fruit juice to children younger than 12 months of age		1 / 1		0 / 0		0 / 0	
Nutrition	NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		0 / 0		0 / 0
	NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		0 / 0		0 / 0
	NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		0 / 0		0 / 0
	NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 2		0 / 0		0 / 0
	NA5 Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 0	+	4 / 0
	NB1 Serve whole grain breads, cereals, and pastas		3 / 3		0 / 0		0 / 0
	NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3		0 / 0		0 / 0
	NB3 Serve fruits of several varieties, especially whole fruits		4 / 4		0 / 0		0 / 0
	NC1 Use only 100% juice with no added sweeteners		4 / 4		0 / 0		0 / 0
	NC2 Offer juice (100%) only during meal times		2 / 2		0 / 0		0 / 0
	NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		3 / 3	+	3 / 0	+	3 / 0
	NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		3 / 3	+	3 / 0	+	3 / 0
	ND1 Make water available both inside and outside		4 / 4	+	3 / 0	+	3 / 0
	NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		0 / 0		0 / 0
	NE2 Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		0 / 0		0 / 0
	NF1 Serve small-sized, age-appropriate portions		4 / 4		0 / 0		0 / 0
	NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their		3 / 3		0 / 0		0 / 0
	NG1 Limit salt by avoiding salty foods such as chips and pretzels		2 / 2		0 / 0		0 / 0
	NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		1 / 1		0 / 0		0 / 0
	NH1 Do not force or bribe children to eat		2 / 2		0 / 0		0 / 0
NH2 Do not use food as a reward or punishment		3 / 3		0 / 0		0 / 0	
Physical Activity and Screen Time	PA1 Provide children with adequate space for both inside and outside play		4 / 4		0 / 0		0 / 0
	PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2 / 2		0 / 0		0 / 0
	PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2		0 / 0		0 / 0
	PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2		0 / 0		0 / 0
	PA5 Do not withhold active play from children who misbehave		2 / 2		0 / 0		0 / 0
	PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2 / 2		0 / 0		0 / 0
	PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2		0 / 0		0 / 0
	PB3 Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		0 / 0		0 / 0
	PB4 Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		0 / 0		0 / 0
	PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3		0 / 0		0 / 0
	PC2 Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity		3 / 3		0 / 0		0 / 0
	PC3 Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity		3 / 3		0 / 0		0 / 0
	PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor		3 / 3		0 / 0		0 / 0
	PE1 Ensure that infants have supervised tummy time every day when they are awake		2 / 2		0 / 0		0 / 0
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		2 / 2		0 / 0		0 / 0	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
- 4 = Regulation fully meets standard

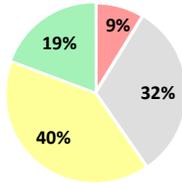
**Δ (Change) Code:**

- + = Improved Rating
- = Lowered Rating

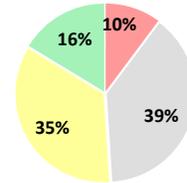
# STATE PROFILES

## CALIFORNIA

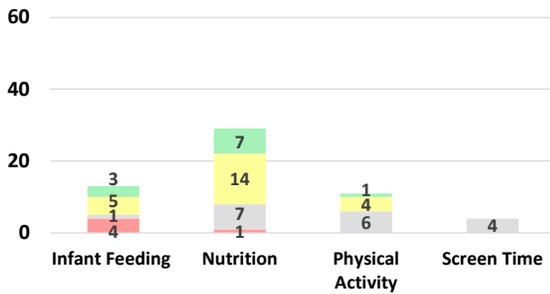
2012 California Percentage of Ratings for All Healthy Weight Topic Areas



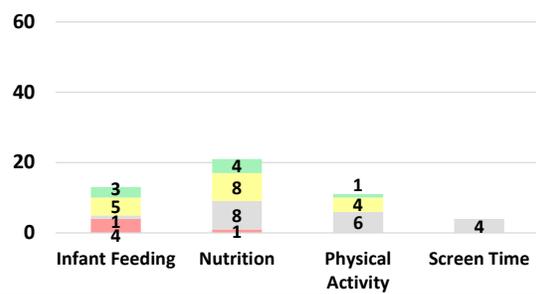
2010 California Percentage of Ratings for All Healthy Weight Topic Areas



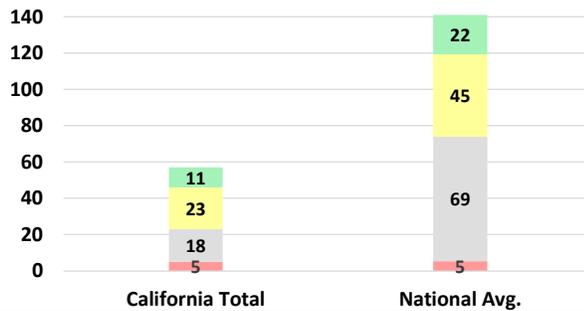
2012 California Frequency of Each Ratings by Healthy Weight Practices Topic Area



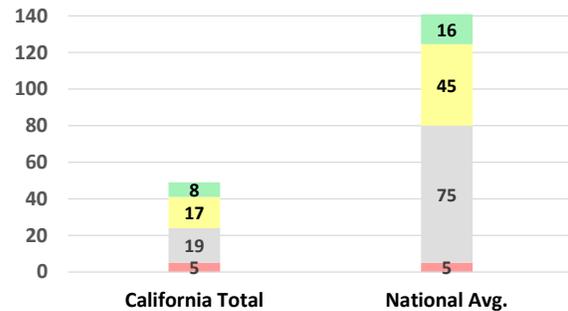
2010 California Frequency of Each Rating by Healthy Weight Practices Topic Area



2012 California and National Ratings for All Healthy Weight Topic Areas



2010 California and National Ratings for All Healthy Weight Topic Areas



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California Regulation Rating History: 2010 (CTR,); 2012 (CTR, LRG, SML)

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# STATE PROFILES

## COLORADO

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2015/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2	4 / 4	4 / 4	4 / 4	4 / 4
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2 / 2	4 / 4	4 / 4	4 / 4	4 / 4
	IB1	Feed infants on cue	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2 / 2	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	+ 3 / 2	+ 3 / 2	2 / 2	2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2 / 2	1 / 1	1 / 1	1 / 1	1 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2	1 / 1	1 / 1	1 / 1	1 / 1	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	NC1	Use only 100% juice with no added sweeteners	2 / 2	4 / 4	4 / 4	4 / 4	4 / 4
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2 / 2	4 / 4	4 / 4	4 / 4	4 / 4
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2 / 2	4 / 4	4 / 4	4 / 4	4 / 4
	ND1	Make water available both inside and outside	2 / 2	4 / 4	4 / 4	4 / 4	4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	NH1	Do not force or bribe children to eat	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
NH2	Do not use food as a reward or punishment	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

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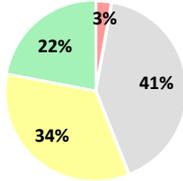
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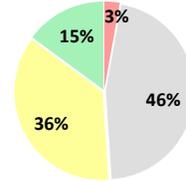
# STATE PROFILES

## COLORADO

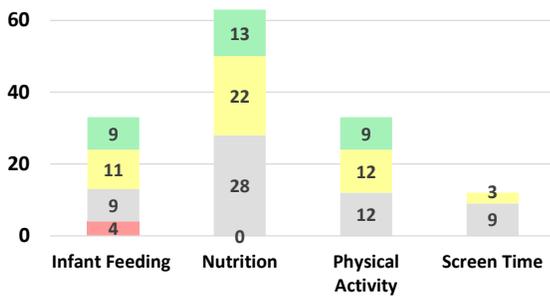
2015 Colorado Percentage of Ratings for All Healthy Weight Topic Areas



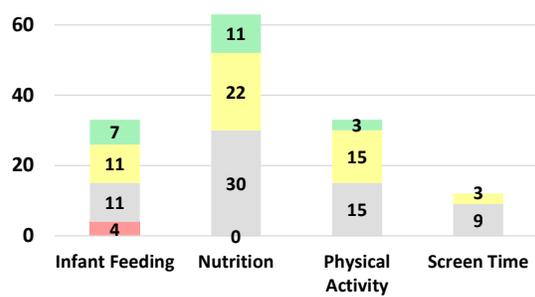
2010 Colorado Percentage of Ratings for All Healthy Weight Topic Areas



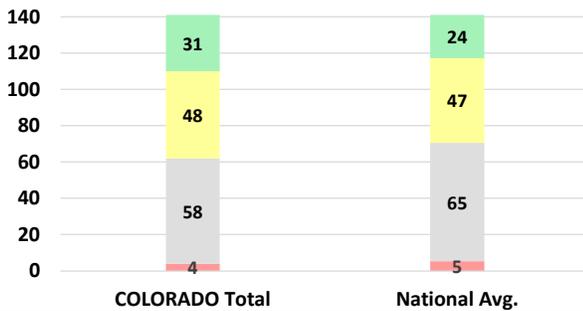
2015 Colorado Frequency of Each Ratings by Healthy Weight Practices Topic Area



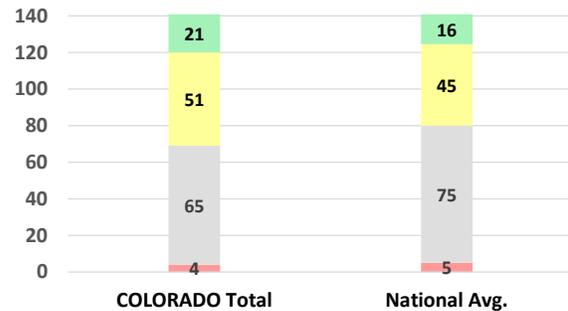
2010 Colorado Frequency of Each Rating by Healthy Weight Practices Topic Area



2015 Colorado and National Ratings for All Healthy Weight Topic Areas



2010 Colorado and National Ratings for All Healthy Weight Topic Areas



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COLORADO Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2015 (CTR, LRG, SML)

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# STATE PROFILES

## CONNECTICUT

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2		2 / 2		2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4		4 / 4		2 / 2
	IB1	Feed infants on cue	4 / 4		4 / 4		2 / 2
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3		3 / 3		2 / 2
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4 / 4		4 / 4		2 / 2
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3		3 / 3		2 / 2
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3		3 / 3		2 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3		3 / 3		2 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1		1 / 1		2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1		1 / 1		2 / 2	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3		3 / 3		2 / 2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3		3 / 3		2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2		+ 4 / 2		2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3		3 / 3		2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3		3 / 3		2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3		3 / 3		2 / 2
	NC1	Use only 100% juice with no added sweeteners	4 / 4		4 / 4		2 / 2
	NC2	Offer juice (100%) only during meal times	2 / 2		2 / 2		2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3		3 / 3		2 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3		3 / 3		2 / 2
	ND1	Make water available both inside and outside	4 / 4		4 / 4		4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2		2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4		4 / 4		2 / 2
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3		3 / 3		2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2		2 / 2		2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1		1 / 1		2 / 2
	NH1	Do not force or bribe children to eat	2 / 2		2 / 2		2 / 2
NH2	Do not use food as a reward or punishment	2 / 2		2 / 2		2 / 2	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4		4 / 4		4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2		2 / 2		2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2		2 / 2		2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2		2 / 2		2 / 2
	PA5	Do not withhold active play from children who misbehave	2 / 2		2 / 2		2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2		2 / 2		2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2		2 / 2		2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2		2 / 2		2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2		2 / 2		2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3		3 / 3		2 / 2
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3		3 / 3		3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3		3 / 3		3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2		2 / 2		2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	3 / 3		3 / 3		2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2		2 / 2		2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

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- 4 = Regulation fully meets standard

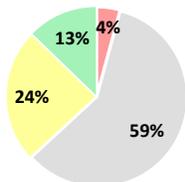
**Δ (Change) Code:**

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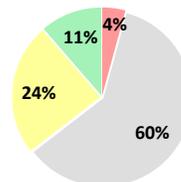
# STATE PROFILES

## CONNECTICUT

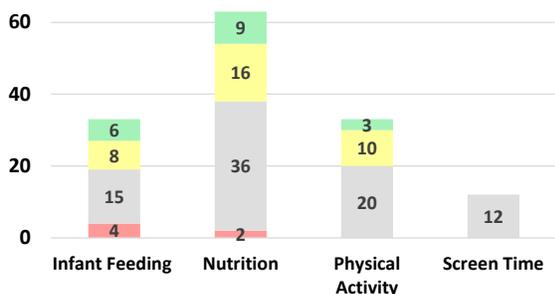
2012 Connecticut Percentage of Ratings for All Healthy Weight Topic Areas



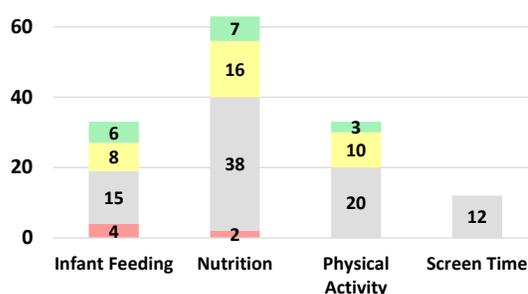
2010 Connecticut Percentage of Ratings for All Healthy Weight Topic Areas



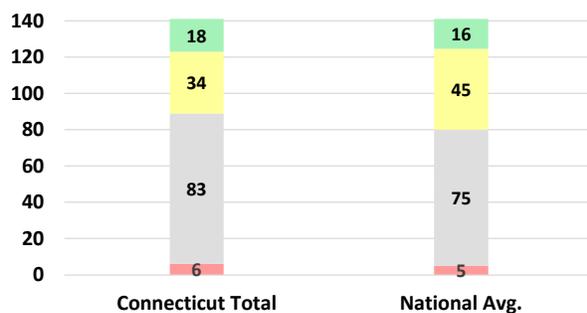
2012 Connecticut Frequency of Each Ratings by Healthy Weight Practices Topic Area



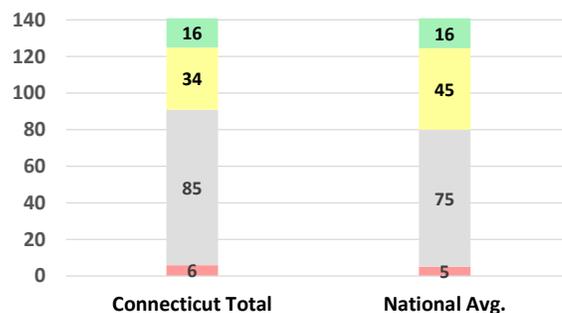
2010 Connecticut Frequency of Each Rating by Healthy Weight Practices Topic Area



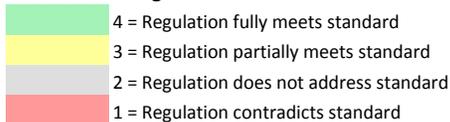
2012 Connecticut and National Ratings for All Healthy Weight Topic Areas



2010 Connecticut and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**



**Connecticut Regulation Rating History: 2010 (CTR, LRG, SML); 2012\***

NOTE: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## DELAWARE

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2015/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		4 / 4		4 / 4		4 / 4
	IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
	IB1 Feed infants on cue		4 / 4		4 / 4		4 / 4
	IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 3		3 / 3		3 / 3
	IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		4 / 4		4 / 4		4 / 4
	IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3		3 / 3		3 / 3
	IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		4 / 4		4 / 4		4 / 4
	IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		3 / 3		3 / 3		3 / 3
	ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		4 / 4		4 / 4		4 / 4
	ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1		1 / 1		1 / 1
ID3 Serve no fruit juice to children younger than 12 months of age		3 / 3		3 / 3		3 / 3	
Nutrition	NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		2 / 2		2 / 2
	NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3		3 / 3
	NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		3 / 3		3 / 3
	NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		3 / 3		2 / 2		2 / 2
	NA5 Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2		4 / 2		4 / 2
	NB1 Serve whole grain breads, cereals, and pastas		3 / 3		3 / 3		3 / 3
	NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		4 / 4		4 / 4		3 / 3
	NB3 Serve fruits of several varieties, especially whole fruits		4 / 4		4 / 4		4 / 4
	NC1 Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
	NC2 Offer juice (100%) only during meal times		2 / 2		2 / 2		2 / 2
	NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		3 / 3		3 / 3		3 / 3
	NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		3 / 3		3 / 3		3 / 3
	ND1 Make water available both inside and outside		4 / 4	+	4 / 2		4 / 2
	NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		3 / 3		3 / 3		3 / 3
	NE2 Require adults eating meals with children to eat items that meet nutrition standards	+	4 / 2		2 / 2		2 / 2
	NF1 Serve small-sized, age-appropriate portions		4 / 4		4 / 4		4 / 4
	NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their		3 / 3		3 / 3		3 / 3
	NG1 Limit salt by avoiding salty foods such as chips and pretzels		2 / 2		2 / 2		2 / 2
	NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 1		1 / 1		1 / 1
	NH1 Do not force or bribe children to eat		3 / 3		3 / 3		3 / 3
NH2 Do not use food as a reward or punishment		3 / 3		3 / 3		3 / 3	
Physical Activity and Screen Time	PA1 Provide children with adequate space for both inside and outside play		4 / 4		4 / 4		3 / 3
	PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	+	3 / 2		2 / 2		2 / 2
	PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	+	3 / 2		2 / 2		2 / 2
	PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2		2 / 2		2 / 2
	PA5 Do not withhold active play from children who misbehave		4 / 4		4 / 4		4 / 4
	PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		4 / 4		3 / 3		3 / 3
	PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly		3 / 3		3 / 3		3 / 3
	PB3 Use screen media with children age two years and older only for educational purposes or physical activity		4 / 4		4 / 4		4 / 4
	PB4 Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		2 / 2
	PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		4 / 4		3 / 3		3 / 3
	PC2 Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3		3 / 3
	PC3 Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3		3 / 3
	PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor		4 / 4		3 / 3		3 / 3
	PE1 Ensure that infants have supervised tummy time every day when they are awake	+	4 / 2		2 / 2		2 / 2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3		3 / 3		3 / 3	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

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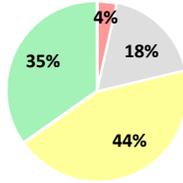
**Δ (Change) Code:**

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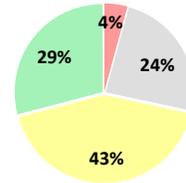
# STATE PROFILES

## DELAWARE

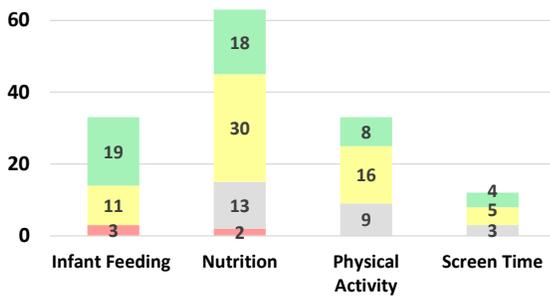
2015 Delaware Percentage of Ratings for All Healthy Weight Topic Areas



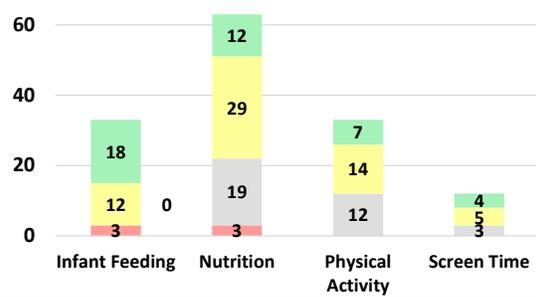
2010 Delaware Percentage of Ratings for All Healthy Weight Topic Areas



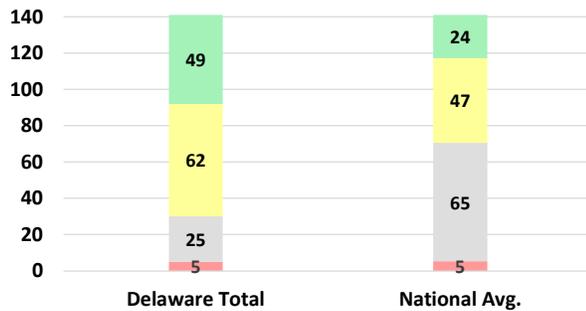
2015 Delaware Frequency of Each Ratings by Healthy Weight Practices Topic Area



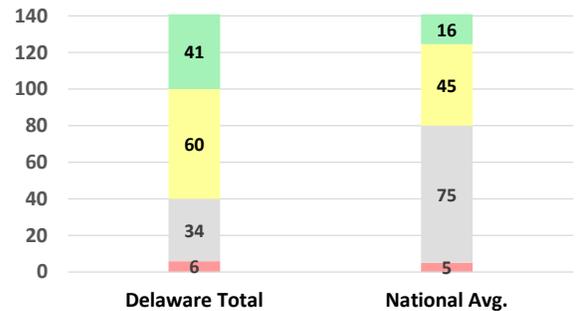
2010 Delaware Frequency of Each Rating by Healthy Weight Practices Topic Area



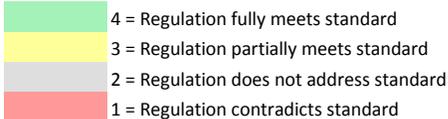
2015 Delaware and National Ratings for All Healthy Weight Topic Areas



2010 Delaware and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**



Delaware Regulation Rating History: 2010 (CTR, LRG, SML); 2015(CTR)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## DISTRICT OF COLUMBIA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2010/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2	0 / 0	2 / 2		
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2 / 2	0 / 0	2 / 2		
	IB1	Feed infants on cue	2 / 2	0 / 0	2 / 2		
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2 / 2	0 / 0	2 / 2		
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2 / 2	0 / 0	2 / 2		
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2 / 2	0 / 0	2 / 2		
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2 / 2	0 / 0	2 / 2		
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2 / 2	0 / 0	2 / 2		
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	0 / 0	2 / 2		
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2 / 2	0 / 0	2 / 2		
ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2	0 / 0	2 / 2			
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	0 / 0	2 / 2		
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2 / 2	0 / 0	2 / 2		
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2 / 2	0 / 0	2 / 2		
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	0 / 0	2 / 2		
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2 / 2	0 / 0	2 / 2		
	NB1	Serve whole grain breads, cereals, and pastas	2 / 2	0 / 0	2 / 2		
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2 / 2	0 / 0	2 / 2		
	NB3	Serve fruits of several varieties, especially whole fruits	2 / 2	0 / 0	2 / 2		
	NC1	Use only 100% juice with no added sweeteners	2 / 2	0 / 0	2 / 2		
	NC2	Offer juice (100%) only during meal times	2 / 2	0 / 0	2 / 2		
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2 / 2	0 / 0	2 / 2		
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2 / 2	0 / 0	2 / 2		
	ND1	Make water available both inside and outside	2 / 2	0 / 0	2 / 2		
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	0 / 0	2 / 2		
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	0 / 0	2 / 2		
	NF1	Serve small-sized, age-appropriate portions	2 / 2	0 / 0	2 / 2		
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	2 / 2	0 / 0	2 / 2		
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	0 / 0	2 / 2		
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2 / 2	0 / 0	2 / 2		
	NH1	Do not force or bribe children to eat	2 / 2	0 / 0	2 / 2		
NH2	Do not use food as a reward or punishment	2 / 2	0 / 0	2 / 2			
IS	PA1	Provide children with adequate space for both inside and outside play	4 / 4	0 / 0	4 / 4		
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	0 / 0	2 / 2		
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	0 / 0	2 / 2		
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	0 / 0	2 / 2		
	PA5	Do not withhold active play from children who misbehave	2 / 2	0 / 0	2 / 2		
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2	0 / 0	2 / 2		
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2	0 / 0	2 / 2		
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	0 / 0	2 / 2		
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	0 / 0	2 / 2		
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4 / 4	0 / 0	4 / 4		
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	0 / 0	3 / 3		
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	0 / 0	3 / 3		
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	0 / 0	2 / 2		
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	0 / 0	2 / 2		
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2	0 / 0	2 / 2			

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

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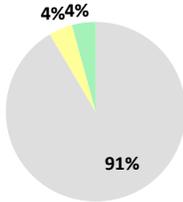
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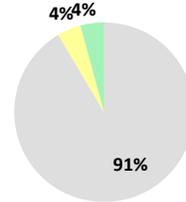
# STATE PROFILES

## DISTRICT OF COLUMBIA

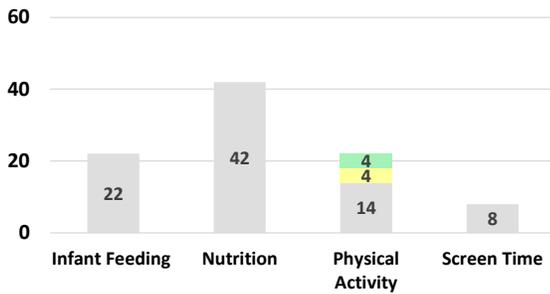
2010 District of Columbia Percentage of Ratings for All Healthy Weight Topic Areas



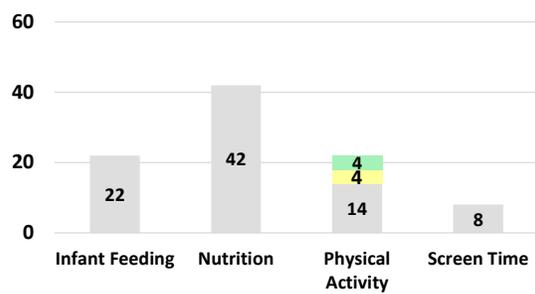
2010 District of Columbia Percentage of Ratings for All Healthy Weight Topic Areas



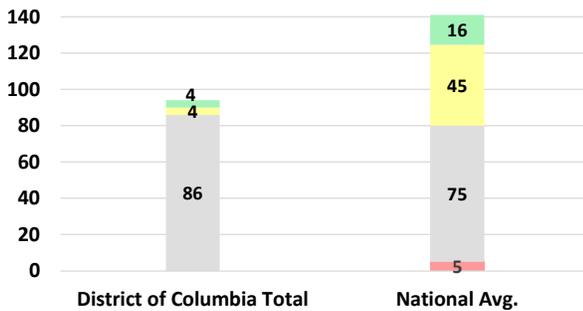
2010 District of Columbia Frequency of Each Ratings by Healthy Weight Practices Topic Area



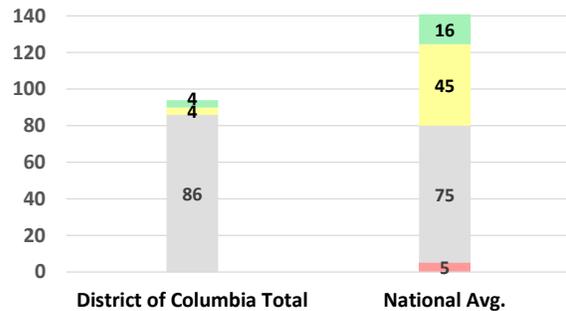
2010 District of Columbia Frequency of Each Rating by Healthy Weight Practices Topic Area



2010 District of Columbia and National Ratings for All Healthy Weight Topic Areas



2010 District of Columbia and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

**District of Columbia Regulation Rating History: 2010 (CTR, SML)**

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## FLORIDA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2013/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2		2 / 2		2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2 / 2		2 / 2		2 / 2
	IB1	Feed infants on cue	2 / 2		2 / 2		2 / 2
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2 / 2		2 / 2		2 / 2
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	+ 3 / 2		2 / 2		2 / 2
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2 / 2		2 / 2		2 / 2
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+ 3 / 2		2 / 2		2 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2 / 2		2 / 2		2 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2 / 2		2 / 2		2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2		2 / 2		2 / 2	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2 / 2		2 / 2		2 / 2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2 / 2		2 / 2		2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2 / 2		2 / 2		2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	2 / 2		2 / 2		2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2 / 2		2 / 2		2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	2 / 2		2 / 2		2 / 2
	NC1	Use only 100% juice with no added sweeteners	2 / 2		2 / 2		2 / 2
	NC2	Offer juice (100%) only during meal times	2 / 2		2 / 2		2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2 / 2		2 / 2		2 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2 / 2		2 / 2		2 / 2
	ND1	Make water available both inside and outside	4 / 4		4 / 4		4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2		2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions	2 / 2		2 / 2		2 / 2
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3		3 / 3		3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2		2 / 2		2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2 / 2		2 / 2		2 / 2
	NH1	Do not force or bribe children to eat	2 / 2		2 / 2		2 / 2
NH2	Do not use food as a reward or punishment	3 / 3		3 / 3		3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4		4 / 4		4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	+ 3 / 2		+ 3 / 2		+ 3 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	+ 4 / 2		+ 4 / 2		+ 4 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2		2 / 2		2 / 2
	PA5	Do not withhold active play from children who misbehave	+ 4 / 2		2 / 2		2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+ 4 / 2		2 / 2		2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	+ 3 / 2		2 / 2		2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	+ 4 / 2		2 / 2		2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2		2 / 2		2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3		3 / 3		3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3		3 / 3		3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3		3 / 3		3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2		2 / 2		2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	+ 3 / 2		2 / 2		2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	+ 3 / 2		2 / 2		2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
- 4 = Regulation fully meets standard

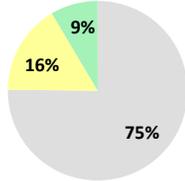
**Δ (Change) Code:**

- + = Improved Rating
- = Lowered Rating

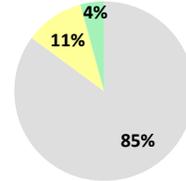
# STATE PROFILES

## FLORIDA

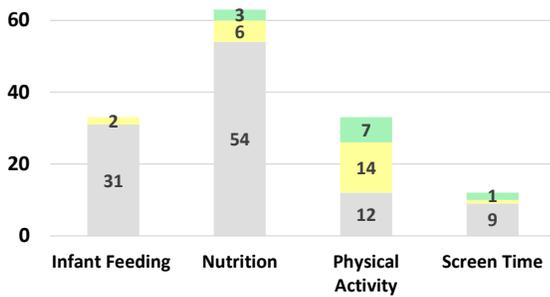
2013 Florida Percentage of Ratings for All Healthy Weight Topic Areas



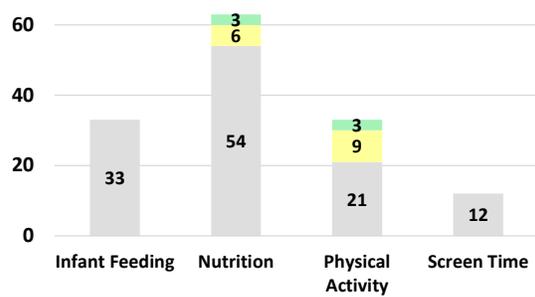
2010 Florida Percentage of Ratings for All Healthy Weight Topic Areas



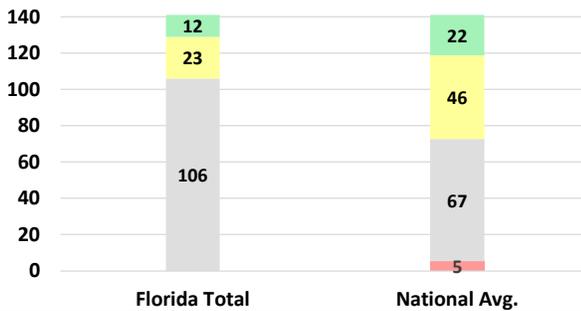
2013 Florida Frequency of Each Ratings by Healthy Weight Practices Topic Area



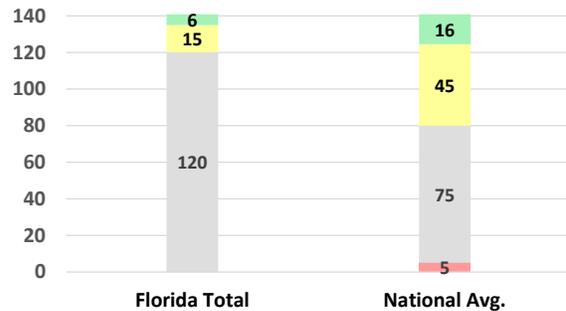
2010 Florida Frequency of Each Rating by Healthy Weight Practices Topic Area



2013 Florida and National Ratings for All Healthy Weight Topic Areas



2010 Florida and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

Florida Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR)

NOTE: In 2013, 2010 ratings adjusted due to retirement of MyPyramid, and 2010 ratings corrected in infant feeding.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## GEORGIA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2014/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4 / 4	3 / 3	2 / 2		
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	4 / 4	2 / 2		
	IB1	Feed infants on cue	4 / 4	4 / 4	2 / 2		
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3	3 / 3	2 / 2		
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	3 / 3	3 / 3		
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	3 / 3	2 / 2		
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	3 / 3	2 / 2		
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	2 / 2		
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2		
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	2 / 2		
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	1 / 1	2 / 2			
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2		
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3		
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	3 / 3		
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	2 / 2	2 / 2		
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2	+ 4 / 2	2 / 2		
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	3 / 3	2 / 2		
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3		
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	3 / 3		
	NC1	Use only 100% juice with no added sweeteners	4 / 4	4 / 4	2 / 2		
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2		
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	2 / 2		
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	2 / 2		
	ND1	Make water available both inside and outside	+ 4 / 3	+ 4 / 3	2 / 2		
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	2 / 2		
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2		
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4		
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3	3 / 3	2 / 2		
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2		
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3 / 3	3 / 3	2 / 2			
NH1	Do not force or bribe children to eat	3 / 3	3 / 3	3 / 3			
NH2	Do not use food as a reward or punishment	4 / 4	4 / 4	4 / 4			
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	3 / 3		
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2		
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2		
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2		
	PA5	Do not withhold active play from children who misbehave	2 / 2	2 / 2	2 / 2		
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2	2 / 2	2 / 2		
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3 / 3	3 / 3	+ 3 / 2		
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	2 / 2		
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2		
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	3 / 3	3 / 3		
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3		
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3		
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	2 / 2		
	PE1	Ensure that infants have supervised tummy time every day when they are awake	+ 4 / 2	+ 4 / 2	4 / 4		
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 / 3	3 / 3	+ 3 / 2			

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

Regulation fully meets the standard  
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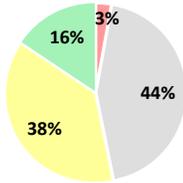
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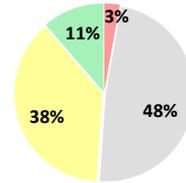
# STATE PROFILES

## GEORGIA

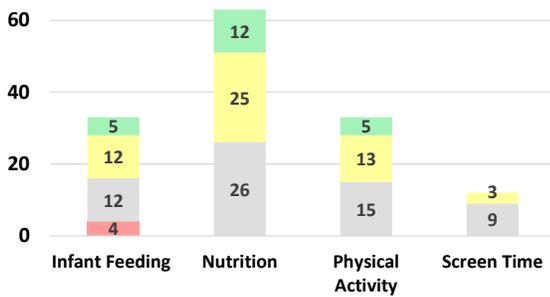
2014 Georgia Percentage of Ratings for All Healthy Weight Topic Areas



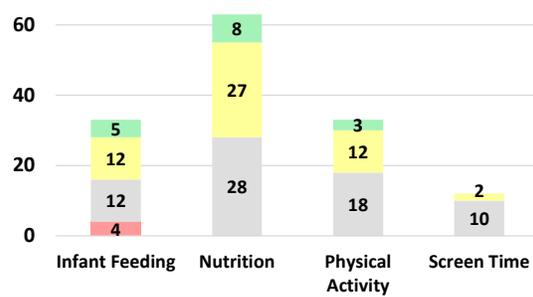
2010 Georgia Percentage of Ratings for All Healthy Weight Topic Areas



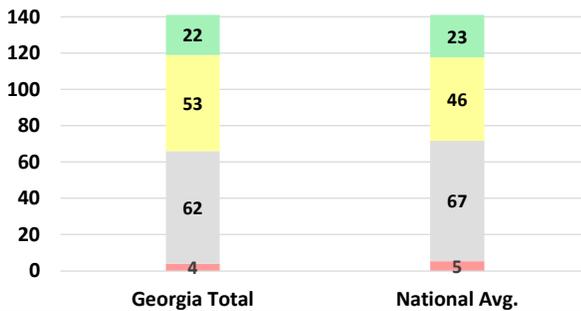
2014 Georgia Frequency of Each Ratings by Healthy Weight Practices Topic Area



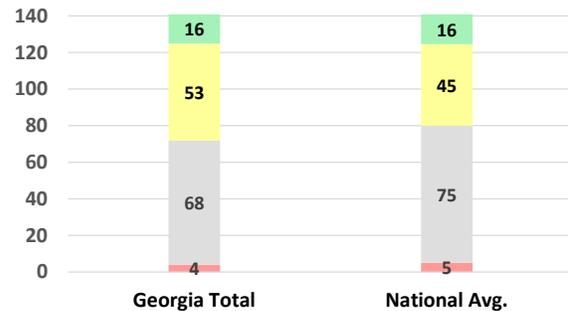
2010 Georgia Frequency of Each Rating by Healthy Weight Practices Topic Area



2014 Georgia and National Ratings for All Healthy Weight Topic Areas



2010 Georgia and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

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- 1 = Regulation contradicts standard

Georgia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## HAWAII

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB1	Feed infants on cue	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4 / 4	2 / 2	3 / 3	3 / 3	3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC1	Use only 100% juice with no added sweeteners	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ND1	Make water available both inside and outside	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1	
NH1	Do not force or bribe children to eat	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
NH2	Do not use food as a reward or punishment	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
- 4 = Regulation fully meets standard

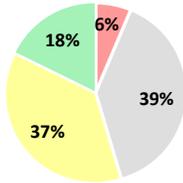
**Δ (Change) Code:**

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- = Lowered Rating

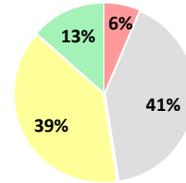
# STATE PROFILES

## HAWAII

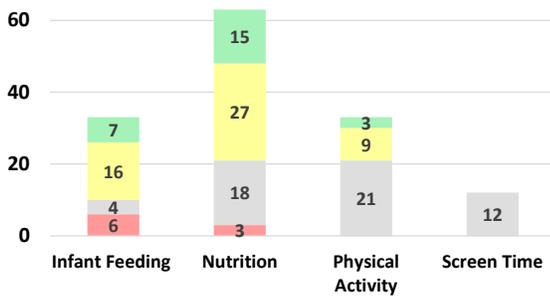
2012 Hawaii Percentage of Ratings for All Healthy Weight Topic Areas



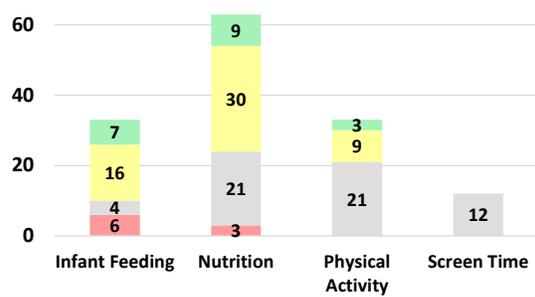
2010 Hawaii Percentage of Ratings for All Healthy Weight Topic Areas



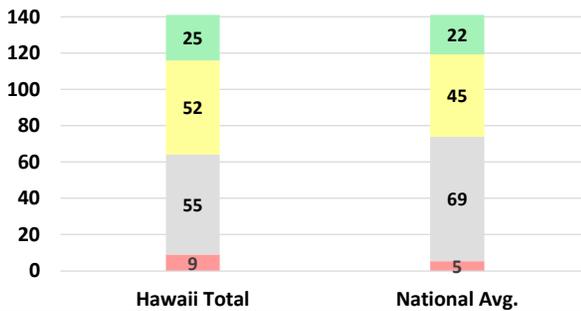
2012 Hawaii Frequency of Each Ratings by Healthy Weight Practices Topic Area



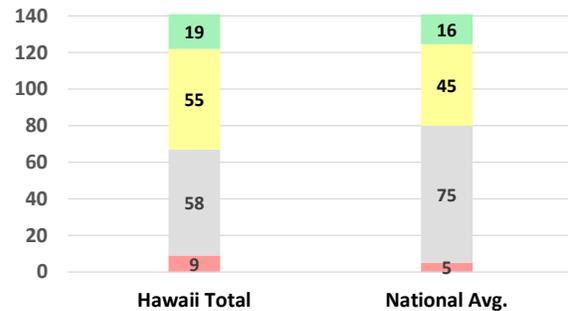
2010 Hawaii Frequency of Each Rating by Healthy Weight Practices Topic Area



2012 Hawaii and National Ratings for All Healthy Weight Topic Areas



2010 Hawaii and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

**Hawaii Regulation Rating History: 2010 (CTR, LRG, SML); 2012\***

NOTE: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## IDAHO

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2010/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2		2 / 2		2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2 / 2		2 / 2		2 / 2
	IB1	Feed infants on cue	2 / 2		2 / 2		2 / 2
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2 / 2		2 / 2		2 / 2
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2 / 2		2 / 2		2 / 2
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2 / 2		2 / 2		2 / 2
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2 / 2		2 / 2		2 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2 / 2		2 / 2		2 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2 / 2		2 / 2		2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2		2 / 2		2 / 2	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2 / 2		2 / 2		2 / 2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2 / 2		2 / 2		2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2 / 2		2 / 2		2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	2 / 2		2 / 2		2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2 / 2		2 / 2		2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	2 / 2		2 / 2		2 / 2
	NC1	Use only 100% juice with no added sweeteners	2 / 2		2 / 2		2 / 2
	NC2	Offer juice (100%) only during meal times	2 / 2		2 / 2		2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2 / 2		2 / 2		2 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2 / 2		2 / 2		2 / 2
	ND1	Make water available both inside and outside	2 / 2		2 / 2		2 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2		2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions	2 / 2		2 / 2		2 / 2
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	2 / 2		2 / 2		2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2		2 / 2		2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2 / 2		2 / 2		2 / 2
	NH1	Do not force or bribe children to eat	2 / 2		2 / 2		2 / 2
NH2	Do not use food as a reward or punishment	2 / 2		2 / 2		2 / 2	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	2 / 2		4 / 4		4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2		2 / 2		2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2		3 / 3		3 / 3
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2		2 / 2		2 / 2
	PA5	Do not withhold active play from children who misbehave	2 / 2		2 / 2		2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2		2 / 2		2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2		2 / 2		2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2		2 / 2		2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2		2 / 2		2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 / 2		2 / 2		2 / 2
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	2 / 2		2 / 2		2 / 2
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	2 / 2		2 / 2		2 / 2
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2		2 / 2		2 / 2	
PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2		2 / 2		2 / 2	
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2		2 / 2		2 / 2	

**Abbreviation Key:** Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

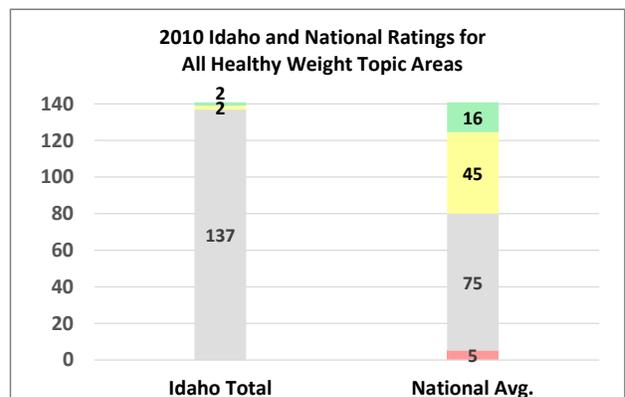
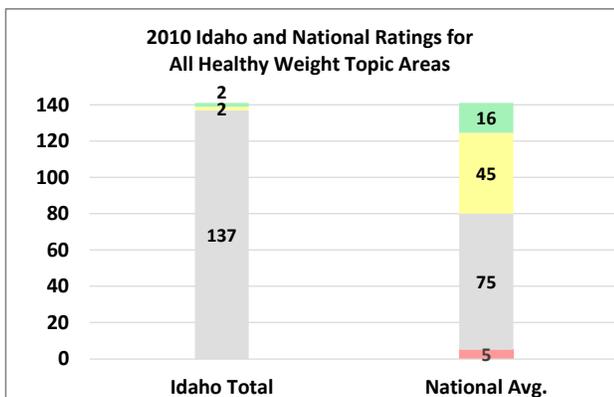
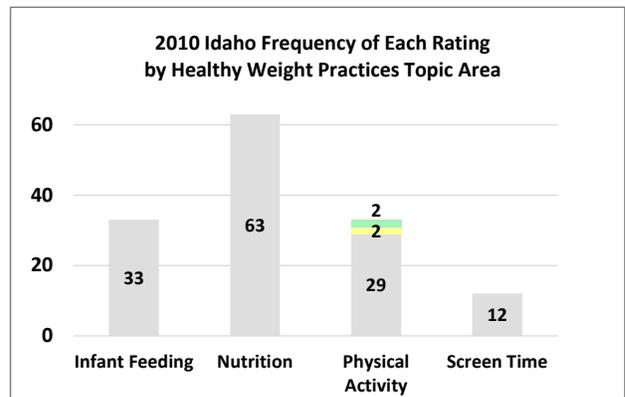
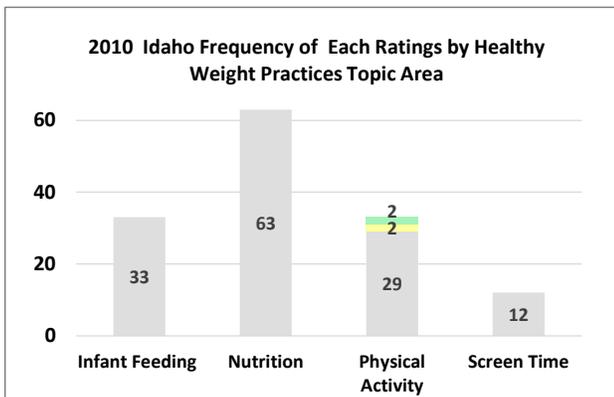
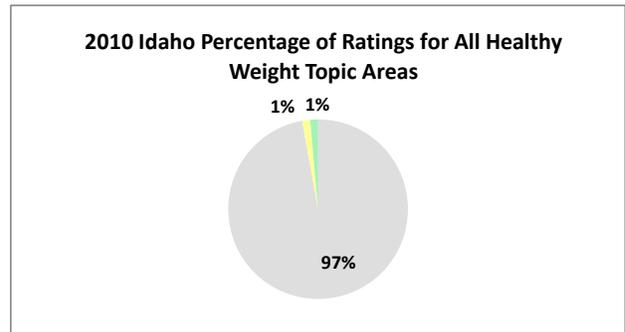
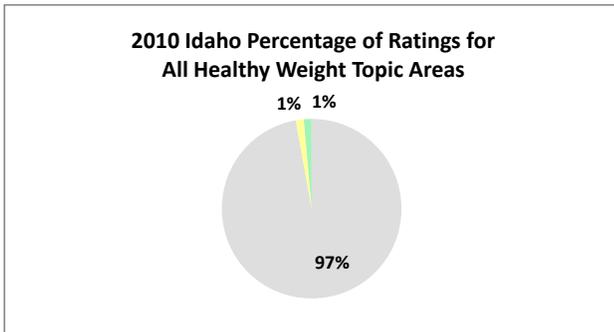
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
- 4 = Regulation fully meets standard

**Δ (Change) Code:**

- + = Improved Rating
- = Lowered Rating

# STATE PROFILES

## IDAHO



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

**Idaho Regulation Rating History: 2010 (CTR, LRG, SML)**

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## ILLINOIS

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2014/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	+	3 / 2		2 / 2		2 / 2
	IA2 <b>Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided</b>		1 / 1		1 / 1		1 / 1
	IB1 Feed infants on cue	+	3 / 2		4 / 4		4 / 4
	IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	+	3 / 2		2 / 2		2 / 2
	IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	+	4 / 3		3 / 3		3 / 3
	IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3		3 / 3		3 / 3
	IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		4 / 4		3 / 3		3 / 3
	IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		3 / 3		3 / 3		3 / 3
	ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	+	4 / 2		2 / 2		2 / 2
	ID2 <b>Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age</b>		1 / 1		1 / 1		1 / 1
ID3 <b>Serve no fruit juice to children younger than 12 months of age</b>	+	3 / 1		1 / 1		1 / 1	
Nutrition	NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	+	4 / 2		2 / 2		2 / 2
	NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3		3 / 3
	NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		3 / 3		3 / 3
	NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	+	4 / 3		2 / 2		2 / 2
	NA5 Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 3		2 / 2		2 / 2
	NB1 Serve whole grain breads, cereals, and pastas		3 / 3		3 / 3		3 / 3
	NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3		4 / 4		3 / 3
	NB3 <b>Serve fruits of several varieties, especially whole fruits</b>		4 / 4		4 / 4		4 / 4
	NC1 <b>Use only 100% juice with no added sweeteners</b>		4 / 4		4 / 4		4 / 4
	NC2 Offer juice (100%) only during meal times	+	4 / 2		2 / 2		2 / 2
	NC3 <b>Serve no more than 4 to 6 oz juice/day for children 1-6 years of age</b>	+	4 / 3		4 / 4		4 / 4
	NC4 <b>Serve no more than 8 to 12 oz juice/day for children 7-12 years of age</b>		4 / 4		4 / 4		4 / 4
	ND1 Make water available both inside and outside	+	4 / 3		3 / 3		3 / 3
	NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		3 / 3		2 / 2		2 / 2
	NE2 Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2		2 / 2
	NF1 <b>Serve small-sized, age-appropriate portions</b>		4 / 4		4 / 4		4 / 4
	NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their		3 / 3		2 / 2		2 / 2
	NG1 Limit salt by avoiding salty foods such as chips and pretzels	+	4 / 2		2 / 2		2 / 2
	NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	4 / 3		2 / 2		2 / 2
	NH1 Do not force or bribe children to eat		4 / 4		3 / 3		3 / 3
NH2 Do not use food as a reward or punishment		4 / 4		3 / 3		3 / 3	
Physical Activity and Screen Time	PA1 <b>Provide children with adequate space for both inside and outside play</b>		4 / 4		4 / 4		4 / 4
	PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2 / 2		2 / 2		2 / 2
	PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2		2 / 2		2 / 2
	PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2		2 / 2		2 / 2
	PA5 Do not withhold active play from children who misbehave	+	4 / 3		3 / 3		3 / 3
	PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 3		2 / 2		2 / 2
	PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly		3 / 3		2 / 2		2 / 2
	PB3 Use screen media with children age two years and older only for educational purposes or physical activity	+	4 / 2		2 / 2		2 / 2
	PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	+	4 / 2		2 / 2		2 / 2
	PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	+	4 / 3		3 / 3		3 / 3
	PC2 Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3		3 / 3
	PC3 Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3		3 / 3
	PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor		3 / 3		3 / 3		3 / 3
	PE1 <b>Ensure that infants have supervised tummy time every day when they are awake</b>		4 / 4		4 / 4		4 / 4
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		2 / 2		2 / 2		2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

Regulation fully meets the standard  
 Regulation contradicts the standard

**Rating Code:**

1 = Regulation contradicts the standard  
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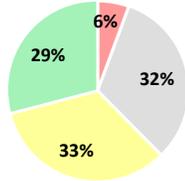
**Δ (Change) Code:**

+ = Improved Rating  
 - = Lowered Rating

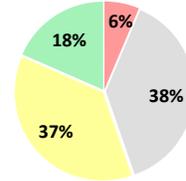
# STATE PROFILES

## ILLINOIS

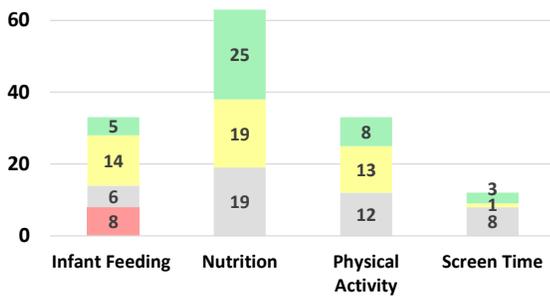
2014 Illinois Percentage of Ratings for All Healthy Weight Topic Areas



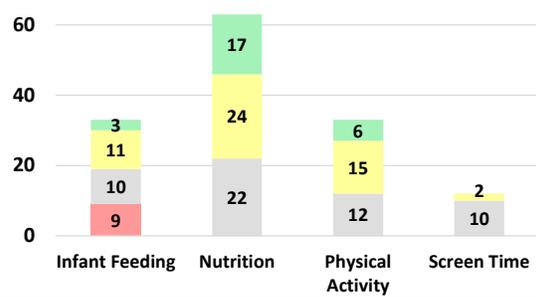
2010 Illinois Percentage of Ratings for All Healthy Weight Topic Areas



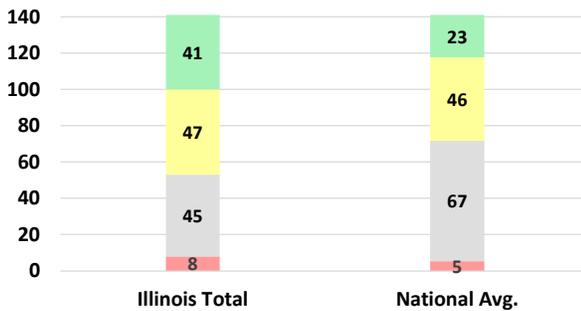
2014 Illinois Frequency of Each Ratings by Healthy Weight Practices Topic Area



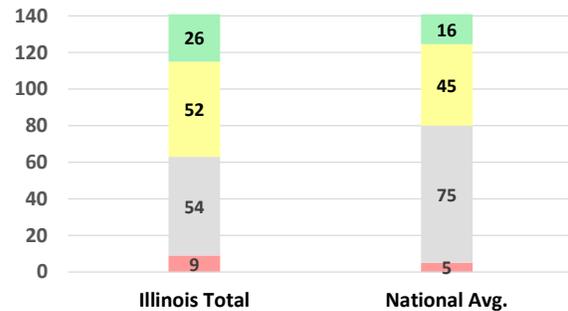
2010 Illinois Frequency of Each Rating by Healthy Weight Practices Topic Area



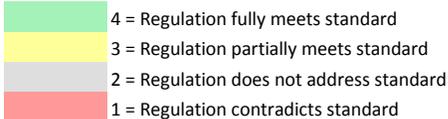
2014 Illinois and National Ratings for All Healthy Weight Topic Areas



2010 Illinois and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**



Illinois Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## INDIANA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2010/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IB1	Feed infants on cue	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4 / 4	3 / 3	3 / 3	3 / 3	3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	1 / 1	2 / 2	2 / 2	2 / 2	2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC1	Use only 100% juice with no added sweeteners	4 / 4	2 / 2	2 / 2	2 / 2	2 / 2
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ND1	Make water available both inside and outside	3 / 3	2 / 2	2 / 2	4 / 4	4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	2 / 2	2 / 2	2 / 2	4 / 4	4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	1 / 1	2 / 2	2 / 2	2 / 2	2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2
	NH1	Do not force or bribe children to eat	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
NH2	Do not use food as a reward or punishment	4 / 4	2 / 2	2 / 2	3 / 3	3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	2 / 2	2 / 2	3 / 3	3 / 3
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4 / 4	2 / 2	2 / 2	2 / 2	2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	4 / 4	2 / 2	2 / 2	2 / 2	2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	2 / 2	2 / 2	3 / 3	3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	2 / 2	2 / 2	3 / 3	3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	2 / 2	2 / 2	3 / 3	3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

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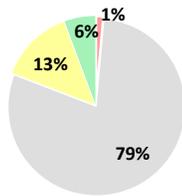
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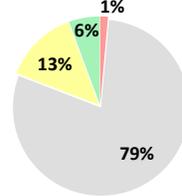
# STATE PROFILES

## INDIANA

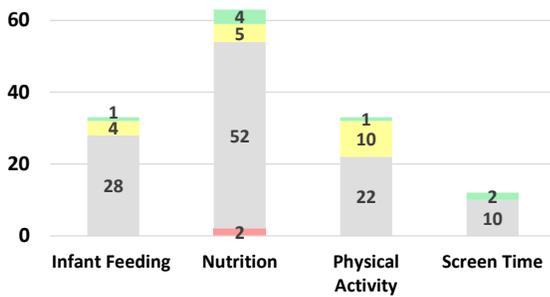
2010 Indiana Percentage of Ratings for All Healthy Weight Topic Areas



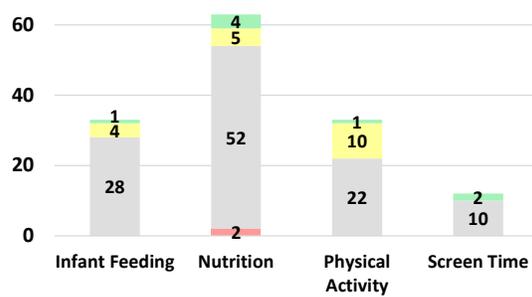
2010 Indiana Percentage of Ratings for All Healthy Weight Topic Areas



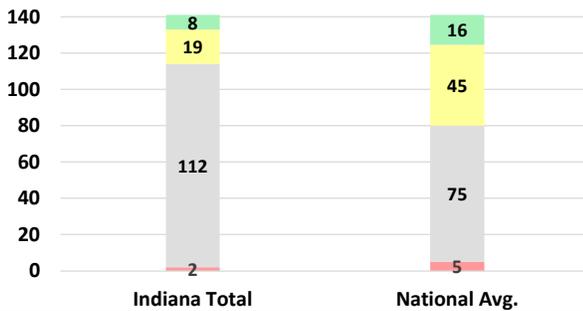
2010 Indiana Frequency of Each Ratings by Healthy Weight Practices Topic Area



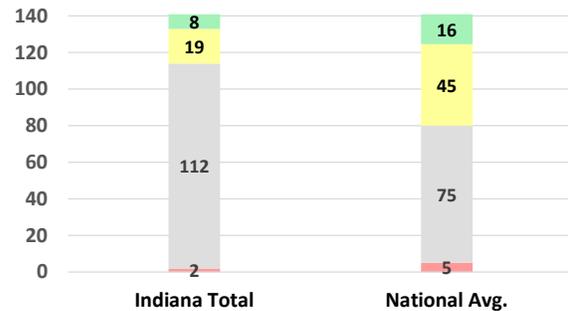
2010 Indiana Frequency of Each Rating by Healthy Weight Practices Topic Area



2010 Indiana and National Ratings for All Healthy Weight Topic Areas



2010 Indiana and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

**Indiana Regulation Rating History: 2010 (CTR, LRG, SML)**

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## IOWA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	+ 3 / 2	+ 3 / 2	2 / 2		
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	4 / 4	4 / 4		
	IB1	Feed infants on cue	4 / 4	4 / 4	4 / 4		
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+ 4 / 3	+ 4 / 3	3 / 3		
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	2 / 2	2 / 2		
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	3 / 3	3 / 3		
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	3 / 3	3 / 3		
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	3 / 3		
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2		
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	1 / 1		
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	1 / 1	1 / 1			
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2		
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3		
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	3 / 3		
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3 / 3	2 / 2	2 / 2		
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2	+ 4 / 2	+ 4 / 2		
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	3 / 3	3 / 3		
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3		
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	3 / 3		
	NC1	Use only 100% juice with no added sweeteners	4 / 4	4 / 4	4 / 4		
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2		
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	3 / 3		
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	3 / 3		
	ND1	Make water available both inside and outside	+ 4 / 3	+ 4 / 2	+ 4 / 2		
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	2 / 2		
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2		
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4		
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3	3 / 3	3 / 3		
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2		
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1	1 / 1	1 / 1		
	NH1	Do not force or bribe children to eat	2 / 2	2 / 2	2 / 2		
NH2	Do not use food as a reward or punishment	3 / 3	3 / 3	3 / 3			
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	4 / 4		
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2		
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2		
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2		
	PA5	Do not withhold active play from children who misbehave	2 / 2	2 / 2	2 / 2		
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2	2 / 2	2 / 2		
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2	2 / 2	2 / 2		
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	2 / 2		
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2		
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	2 / 2	2 / 2		
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3		
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3		
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 / 3	3 / 3	3 / 3		
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	2 / 2	2 / 2		
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2	2 / 2	2 / 2			

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
- 4 = Regulation fully meets standard

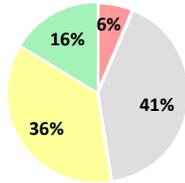
**Δ (Change) Code:**

- + = Improved Rating
- = Lowered Rating

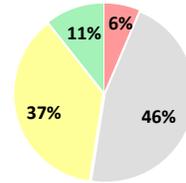
# STATE PROFILES

## IOWA

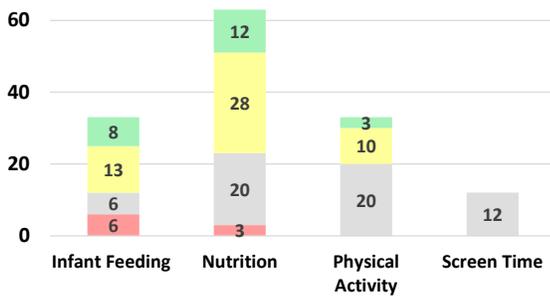
2012 Iowa Percentage of Ratings for All Healthy Weight Topic Areas



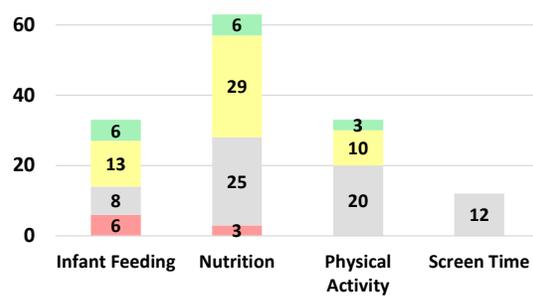
2010 Iowa Percentage of Ratings for All Healthy Weight Topic Areas



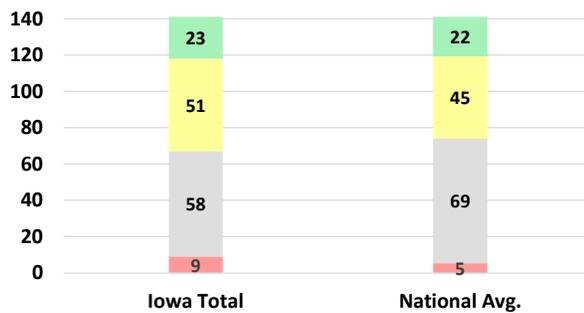
2012 Iowa Frequency of Each Rating by Healthy Weight Practices Topic Area



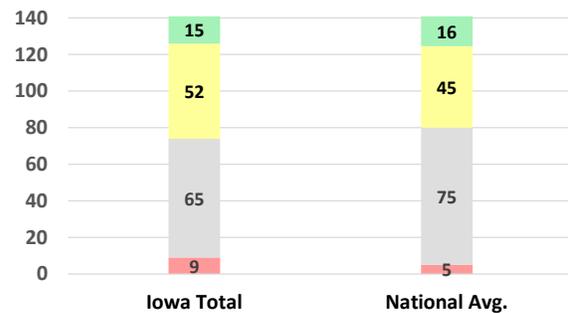
2010 Iowa Frequency of Each Rating by Healthy Weight Practices Topic Area



2012 Iowa and National Ratings for All Healthy Weight Topic Areas



2010 Iowa and National Ratings for All Healthy Weight Topic Areas



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Iowa Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## KANSAS

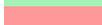
### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2013/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2		2 / 2		2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2 / 2		2 / 2		2 / 2
	IB1	Feed infants on cue	2 / 2		2 / 2		2 / 2
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2 / 2		2 / 2		2 / 2
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3		3 / 3		3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3		3 / 3		3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2 / 2		2 / 2		2 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2 / 2		2 / 2		2 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2 / 2		2 / 2		2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2		2 / 2		2 / 2	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3		3 / 3		3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3		3 / 3		3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2 / 2	+	4 / 2	+	4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	2 / 2		2 / 2		2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3		3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3		3 / 3		3 / 3
	NC1	Use only 100% juice with no added sweeteners	4 / 4		4 / 4		4 / 4
	NC2	Offer juice (100%) only during meal times	2 / 2		2 / 2		2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2 / 2		2 / 2		2 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2 / 2		2 / 2		2 / 2
	ND1	Make water available both inside and outside	4 / 4	+	3 / 2	+	3 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2		2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions	2 / 2		2 / 2		2 / 2
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	1 / 1		1 / 1		1 / 1
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2		2 / 2		2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2 / 2		2 / 2		2 / 2
	NH1	Do not force or bribe children to eat	3 / 3	+	3 / 2	+	3 / 2
NH2	Do not use food as a reward or punishment	3 / 3	+	3 / 2	+	3 / 2	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4		3 / 3		3 / 3
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2		2 / 2		2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2		2 / 2		2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2		2 / 2		2 / 2
	PA5	Do not withhold active play from children who misbehave	2 / 2		2 / 2		2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 / 3		3 / 3		3 / 3
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2		2 / 2		2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2		2 / 2		2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2		2 / 2		2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3		3 / 3		3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	+	4 / 3	+	4 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3		3 / 3		3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 / 3		2 / 2		2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2		2 / 2		2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 / 3		2 / 2		2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

 Regulation fully meets the standard  
 Regulation contradicts the standard

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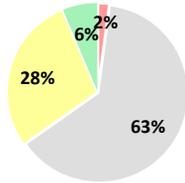
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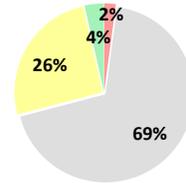
# STATE PROFILES

## KANSAS

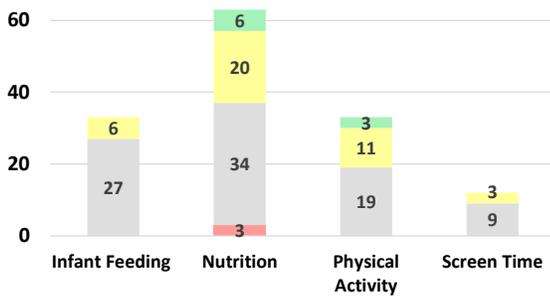
2013 Kansas Percentage of Ratings for All Healthy Weight Topic Areas



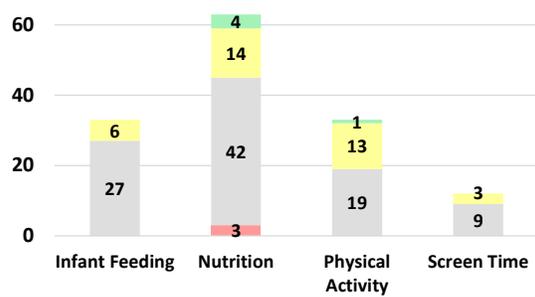
2010 Kansas Percentage of Ratings for All Healthy Weight Topic Areas



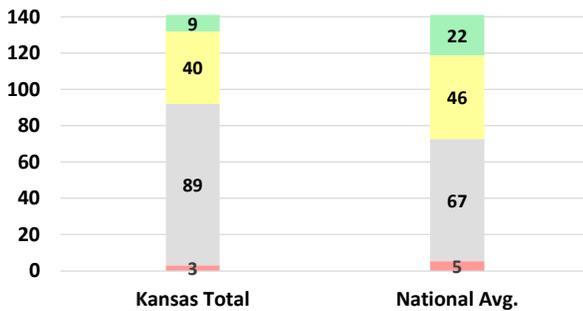
2013 Kansas Frequency of Each Ratings by Healthy Weight Practices Topic Area



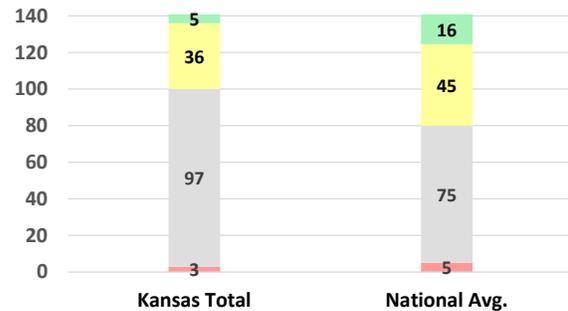
2010 Kansas Frequency of Each Rating by Healthy Weight Practices Topic Area



2013 Kansas and National Ratings for All Healthy Weight Topic Areas



2010 Kansas and National Ratings for All Healthy Weight Topic Areas



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- 1 = Regulation contradicts standard

Kansas Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## KENTUCKY

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2013/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		2 / 2		2 / 2	2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	+	4 / 2	+	4 / 2	2 / 2
	IB1	Feed infants on cue		2 / 2		2 / 2	2 / 2
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		3 / 3		3 / 3	3 / 3
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		4 / 4		4 / 4	4 / 4
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		2 / 2		2 / 2	3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		2 / 2		2 / 2	3 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		2 / 2		2 / 2	2 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2 / 2		2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		2 / 2		2 / 2	2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age		2 / 2		2 / 2	2 / 2	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		2 / 2	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		2 / 2		2 / 2	2 / 2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		2 / 2		2 / 2	2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	+	3 / 2	+	3 / 2	2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	+	3 / 2	+	3 / 2	2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3		3 / 3	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3		3 / 3	3 / 3
	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4	4 / 4
	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		2 / 2		2 / 2	2 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		2 / 2		2 / 2	2 / 2
	ND1	Make water available both inside and outside	+	4 / 3	+	4 / 3	2 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	+	3 / 2	+	3 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4	4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their		1 / 1		1 / 1	2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2		2 / 2	2 / 2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		2 / 2		2 / 2	2 / 2	
NH1	Do not force or bribe children to eat		2 / 2		2 / 2	2 / 2	
NH2	Do not use food as a reward or punishment	+	4 / 3	+	4 / 3	2 / 2	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4	3 / 3
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2 / 2		2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2		2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2		2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave		2 / 2		2 / 2	2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2 / 2		2 / 2	3 / 3
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2		2 / 2	3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2	2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	+	4 / 2	+	4 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3		3 / 3	3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3	3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3	3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor		2 / 2		2 / 2	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake		2 / 2		2 / 2	2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		2 / 2		2 / 2	2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

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- 3 = Regulation partially meets standard
- 4 = Regulation fully meets standard

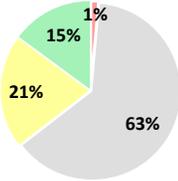
**Δ (Change) Code:**

- + = Improved Rating
- = Lowered Rating

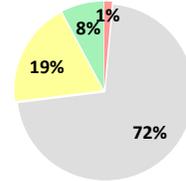
# STATE PROFILES

## KENTUCKY

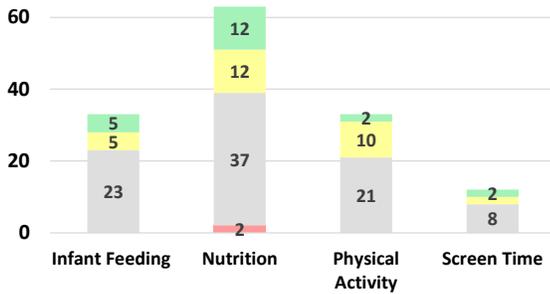
2013 Kentucky Percentage of Ratings for All Healthy Weight Topic Areas



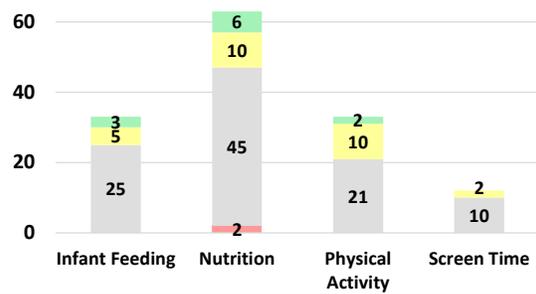
2010 Kentucky Percentage of Ratings for All Healthy Weight Topic Areas



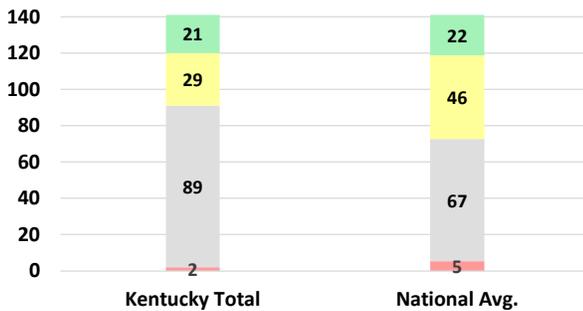
2013 Kentucky Name Frequency of Each Ratings by Healthy Weight Practices Topic Area



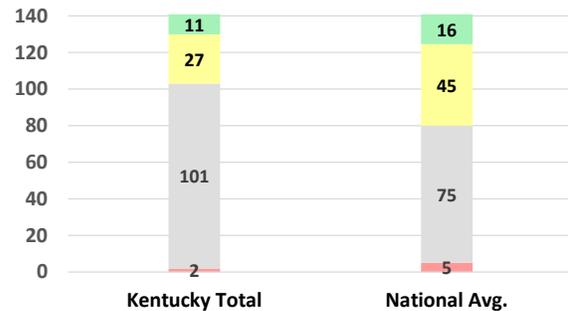
2010 Kentucky Frequency of Each Rating by Healthy Weight Practices Topic Area



2013 Kentucky and National Ratings for All Healthy Weight Topic Areas



2010 Kentucky and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

Kentucky Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## LOUISIANA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2015/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3 / 3	+	3 / 0		0 / 0
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	+	4 / 1	+	4 / 0	0 / 0
	IB1	Feed infants on cue	4 / 4	+	4 / 0		0 / 0
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 3	+	4 / 0	0 / 0
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	-	3 / 4	+	3 / 0	0 / 0
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	+	3 / 0		0 / 0
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	+	3 / 0		0 / 0
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	+	3 / 0		0 / 0
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	+	2 / 0		0 / 0
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	+	1 / 0		0 / 0
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	+	1 / 0		0 / 0	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	+	2 / 0		0 / 0
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	+	3 / 0		0 / 0
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	+	3 / 0		0 / 0
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	+	2 / 0		0 / 0
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 0	0 / 0
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	+	3 / 0		0 / 0
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	+	3 / 0		0 / 0
	NB3	Serve fruits of several varieties, especially whole fruits	-	3 / 4	+	3 / 0	0 / 0
	NC1	Use only 100% juice with no added sweeteners	4 / 4	+	4 / 0		0 / 0
	NC2	Offer juice (100%) only during meal times	2 / 2	+	2 / 0		0 / 0
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	+	3 / 0		0 / 0
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	+	3 / 0		0 / 0
	ND1	Make water available both inside and outside	4 / 4	+	4 / 0		0 / 0
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	+	2 / 0		0 / 0
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	+	2 / 0		0 / 0
	NF1	Serve small-sized, age-appropriate portions	4 / 4	+	4 / 0		0 / 0
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	+	3 / 1	+	3 / 0	0 / 0
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	+	2 / 0		0 / 0
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1	+	1 / 0		0 / 0
	NH1	Do not force or bribe children to eat	+	3 / 2	+	3 / 0	0 / 0
NH2	Do not use food as a reward or punishment	3 / 3	+	3 / 0		0 / 0	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	+	4 / 0		0 / 0
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	+	2 / 0		0 / 0
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	+	3 / 2	+	3 / 0	0 / 0
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	+	2 / 0		0 / 0
	PA5	Do not withhold active play from children who misbehave	+	4 / 3	+	4 / 0	0 / 0
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 2	+	4 / 0	0 / 0
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	+	3 / 2	+	3 / 0	0 / 0
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	-	1 / 2	+	1 / 0	0 / 0
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	+	2 / 0		0 / 0
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	-	2 / 3	+	2 / 0	0 / 0
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	+	3 / 0		0 / 0
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	+	3 / 0		0 / 0
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	+	3 / 2	+	3 / 0	0 / 0
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	+	2 / 0		0 / 0
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 / 3	+	3 / 0		0 / 0	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

Regulation fully meets the standard  
 Regulation contradicts the standard

**Rating Code:**

1 = Regulation contradicts the standard  
 2 = Regulation does not address standard  
 3 = Regulation partially meets standard  
 4 = Regulation fully meets standard

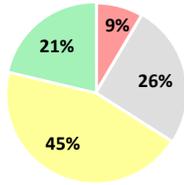
**Δ (Change) Code:**

+ = Improved Rating  
 - = Lowered Rating

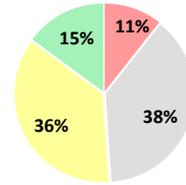
# STATE PROFILES

## LOUISIANA

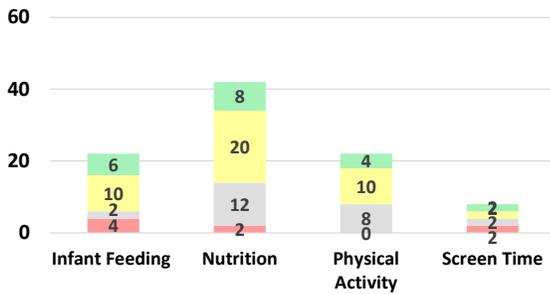
2015 Louisiana Percentage of Ratings for All Healthy Weight Topic Areas



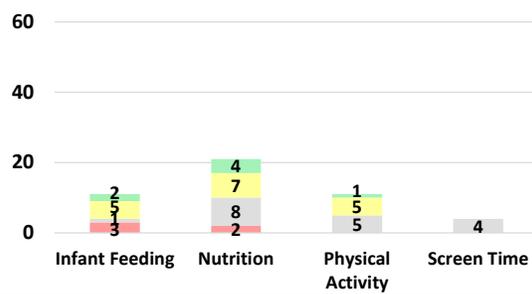
2010 Louisiana Percentage of Ratings for All Healthy Weight Topic Areas



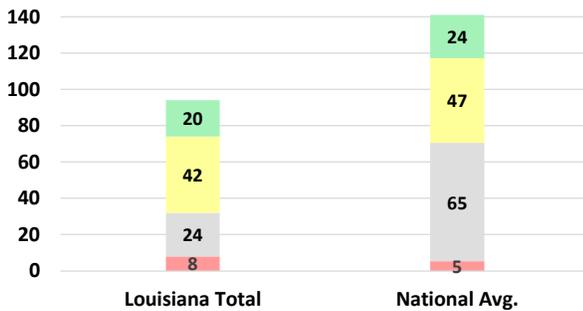
2015 Louisiana Frequency of Each Ratings by Healthy Weight Practices Topic Area



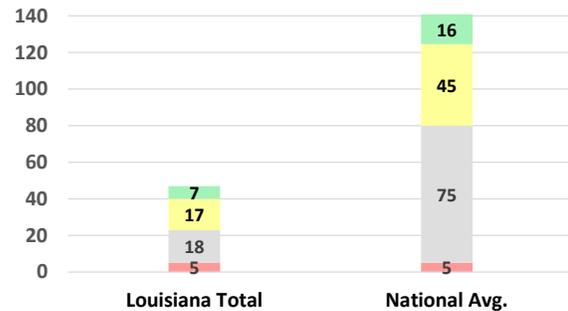
2010 Louisiana Frequency of Each Rating by Healthy Weight Practices Topic Area



2015 Louisiana and National Ratings for All Healthy Weight Topic Areas



2010 Louisiana and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

Louisiana Regulation Rating History: 2010 (CTR); 2015 (CTR, LRG)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## MAINE

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IB1	Feed infants on cue	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4 / 4	4 / 4	4 / 4	3 / 3	3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3	2 / 2	2 / 2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	3 / 3	2 / 2	2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3	2 / 2	2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	3 / 3	2 / 2	2 / 2
	NC1	Use only 100% juice with no added sweeteners	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ND1	Make water available both inside and outside	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 2	+ 4 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	3 / 3	3 / 3	3 / 3	2 / 2	2 / 2
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NH1	Do not force or bribe children to eat	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
NH2	Do not use food as a reward or punishment	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3 / 3	3 / 3	3 / 3	2 / 2	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
- 4 = Regulation fully meets standard

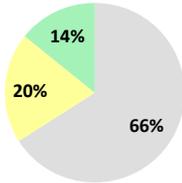
**Δ (Change) Code:**

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- = Lowered Rating

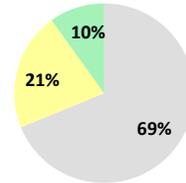
# STATE PROFILES

## MAINE

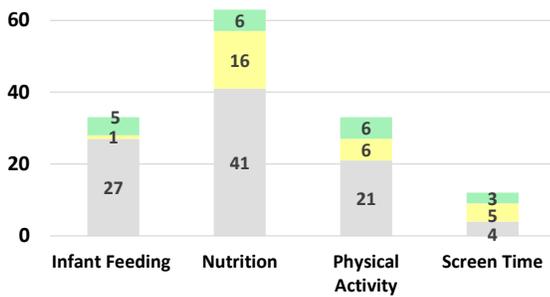
2012 Maine Percentage of Ratings for All Healthy Weight Topic Areas



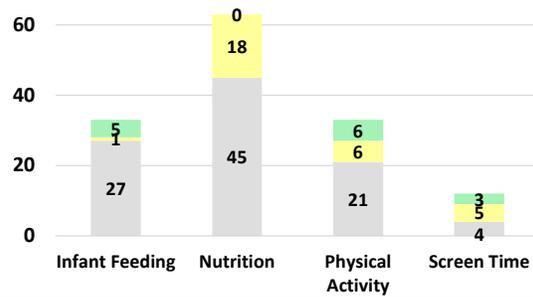
2010 Maine Percentage of Ratings for All Healthy Weight Topic Areas



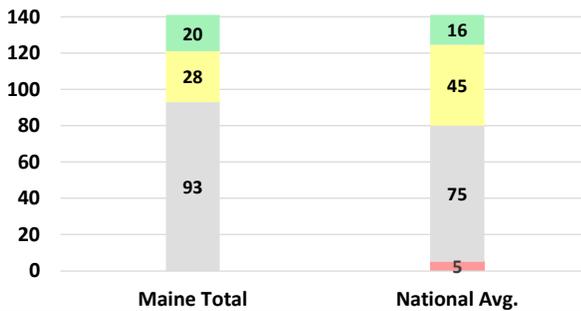
2012 Maine Frequency of Each Ratings by Healthy Weight Practices Topic Area



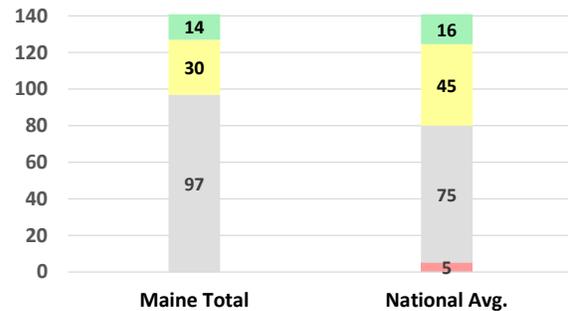
2010 Maine Frequency of Each Rating by Healthy Weight Practices Topic Area



2012 Maine and National Ratings for All Healthy Weight Topic Areas



2010 Maine and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

**Maine Regulation Rating History: 2010 (CTR, LRG, SML); 2012\***

NOTE: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## MARYLAND

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2015/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	+	4 / 3	+	4 / 3	+	4 / 3
	IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
	IB1 Feed infants on cue		4 / 4		4 / 4		4 / 4
	IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding		3 / 3		3 / 3		3 / 3
	IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		3 / 3		3 / 3		2 / 2
	IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3	+	4 / 3		3 / 3
	IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		3 / 3		3 / 3		3 / 3
	IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		3 / 3		3 / 3		3 / 3
	ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2 / 2		2 / 2		2 / 2
	ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1		1 / 1		1 / 1
ID3 Serve no fruit juice to children younger than 12 months of age		1 / 1		1 / 1		1 / 1	
Nutrition	NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		2 / 2		2 / 2
	NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3		3 / 3
	NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		3 / 3		3 / 3
	NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 2		2 / 2		2 / 2
	NA5 Serve skim or 1% pasteurized milk to children two years of age and older	+	3 / 2	+	3 / 2	+	3 / 2
	NB1 Serve whole grain breads, cereals, and pastas		3 / 3		3 / 3		3 / 3
	NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3		3 / 3		3 / 3
	NB3 Serve fruits of several varieties, especially whole fruits		3 / 3		3 / 3		3 / 3
	NC1 Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
	NC2 Offer juice (100%) only during meal times		2 / 2		2 / 2		2 / 2
	NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		3 / 3		3 / 3		3 / 3
	NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		3 / 3		3 / 3		3 / 3
	ND1 Make water available both inside and outside	+	4 / 3	+	4 / 3	+	4 / 2
	NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2		2 / 2
	NE2 Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2		2 / 2
	NF1 Serve small-sized, age-appropriate portions		4 / 4		4 / 4		3 / 3
	NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their		3 / 3		3 / 3		3 / 3
	NG1 Limit salt by avoiding salty foods such as chips and pretzels		2 / 2		2 / 2		2 / 2
	NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 1	+	3 / 1	+	3 / 1
	NH1 Do not force or bribe children to eat		3 / 3		3 / 3		3 / 3
NH2 Do not use food as a reward or punishment		3 / 3		3 / 3		3 / 3	
Physical Activity and Screen Time	PA1 Provide children with adequate space for both inside and outside play		4 / 4		4 / 4		4 / 4
	PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2 / 2		2 / 2		2 / 2
	PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2		2 / 2		2 / 2
	PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2		2 / 2		2 / 2
	PA5 Do not withhold active play from children who misbehave		2 / 2		2 / 2		2 / 2
	PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 2	+	4 / 2	+	4 / 2
	PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	+	3 / 2	+	3 / 2	+	3 / 2
	PB3 Use screen media with children age two years and older only for educational purposes or physical activity	+	3 / 2	+	3 / 2	+	3 / 2
	PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	+	4 / 2	+	4 / 2	+	4 / 2
	PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		4 / 4		4 / 4		4 / 4
	PC2 Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3		3 / 3
	PC3 Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3		3 / 3
	PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor		3 / 3		3 / 3		3 / 3
	PE1 Ensure that infants have supervised tummy time every day when they are awake		2 / 2		2 / 2		2 / 2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		2 / 2		2 / 2		2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

Regulation fully meets the standard  
 Regulation contradicts the standard

**Rating Code:**

1 = Regulation contradicts the standard  
 2 = Regulation does not address standard  
 3 = Regulation partially meets standard  
 4 = Regulation fully meets standard

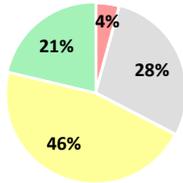
**Δ (Change) Code:**

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 - = Lowered Rating

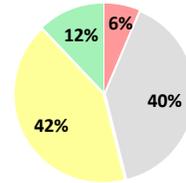
# STATE PROFILES

## MARYLAND

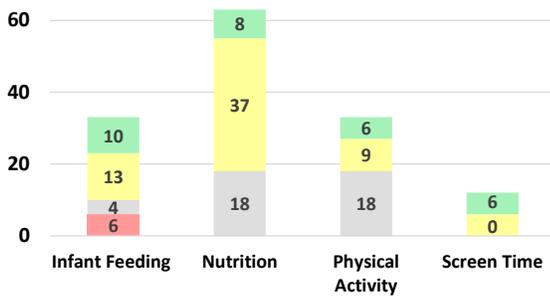
2015 Maryland Percentage of Ratings for All Healthy Weight Topic Areas



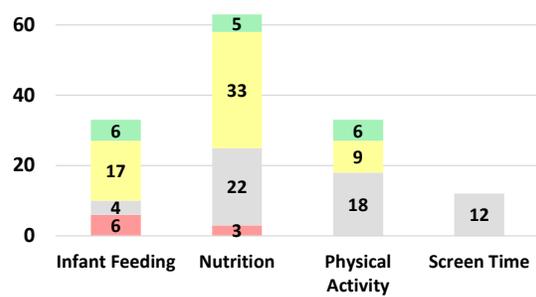
2010 Maryland Percentage of Ratings for All Healthy Weight Topic Areas



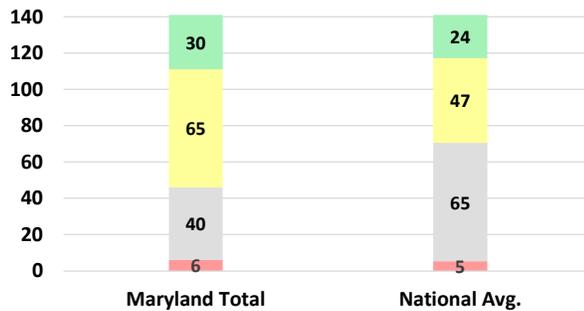
2015 Maryland Frequency of Each Ratings by Healthy Weight Practices Topic Area



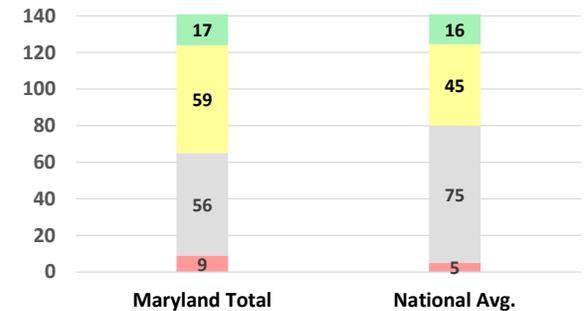
2010 Maryland Frequency of Each Rating by Healthy Weight Practices Topic Area



2015 Maryland and National Ratings for All Healthy Weight Topic Areas



2010 Maryland and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

Maryland Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG); 2015 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## MASSACHUSETTS

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3 / 3		3 / 3		3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue	4 / 4		4 / 4		4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3		3 / 3		3 / 3
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4 / 4		4 / 4		4 / 4
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3		3 / 3		3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3		3 / 3		3 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3		3 / 3		3 / 3
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	3 / 3		3 / 3		3 / 3
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1		1 / 1		1 / 1	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3		3 / 3		3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3		3 / 3		3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2		+ 4 / 2		+ 4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3		3 / 3		3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3		3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3		3 / 3		3 / 3
	NC1	Use only 100% juice with no added sweeteners	4 / 4		4 / 4		4 / 4
	NC2	Offer juice (100%) only during meal times	2 / 2		2 / 2		2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3		3 / 3		3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3		3 / 3		3 / 3
	ND1	Make water available both inside and outside	+ 4 / 3		+ 4 / 3		+ 4 / 3
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2		2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4		4 / 4		4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3		3 / 3		3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2		2 / 2		2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1		1 / 1		1 / 1
	NH1	Do not force or bribe children to eat	3 / 3		3 / 3		3 / 3
NH2	Do not use food as a reward or punishment	3 / 3		3 / 3		3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4		4 / 4		4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2		2 / 2		2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2		2 / 2		2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2		2 / 2		2 / 2
	PA5	Do not withhold active play from children who misbehave	3 / 3		3 / 3		3 / 3
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2		2 / 2		2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2		2 / 2		2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2		2 / 2		2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2		2 / 2		2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3		3 / 3		3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3		3 / 3		3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3		3 / 3		3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2		2 / 2		2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2		2 / 2		2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 / 3		3 / 3		3 / 3	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

Regulation fully meets the standard  
 Regulation contradicts the standard

**Rating Code:**

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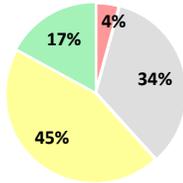
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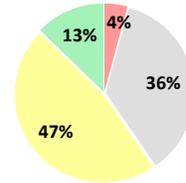
# STATE PROFILES

## MASSACHUSETTS

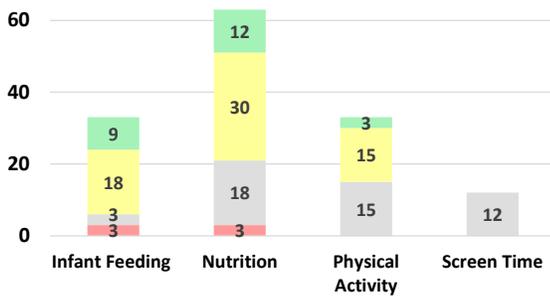
2012 Massachusetts Percentage of Ratings for All Healthy Weight Topic Areas



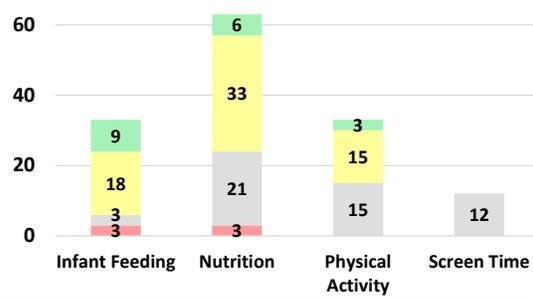
2010 Massachusetts Percentage of Ratings for All Healthy Weight Topic Areas



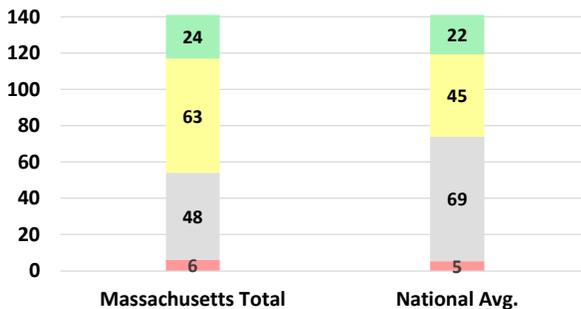
2012 Massachusetts Frequency of Each Ratings by Healthy Weight Practices Topic Area



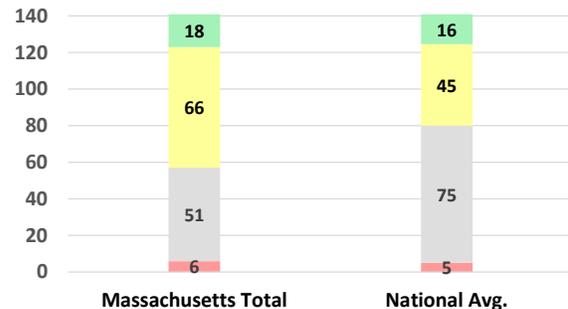
2010 Massachusetts Frequency of Each Rating by Healthy Weight Practices Topic Area



2012 Massachusetts and National Ratings for All Healthy Weight Topic Areas



2010 Massachusetts and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

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- 1 = Regulation contradicts standard

**Massachusetts Regulation Rating History: 2010 (CTR, LRG, SML); 2012\***

NOTE: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## MICHIGAN

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2014/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4 / 4	3 / 3	3 / 3		
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	4 / 4	4 / 4		
	IB1	Feed infants on cue	4 / 4	4 / 4	4 / 4		
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3	3 / 3	3 / 3		
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	2 / 2	2 / 2		
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	3 / 3	3 / 3		
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	3 / 3	3 / 3		
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	3 / 3		
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4 / 4	2 / 2	2 / 2		
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	1 / 1		
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	1 / 1	1 / 1			
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2		
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3		
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	3 / 3		
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	+ 4 / 2	2 / 2	2 / 2		
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2	+ 4 / 2	+ 4 / 2		
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	3 / 3	3 / 3		
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3		
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	3 / 3		
	NC1	Use only 100% juice with no added sweeteners	4 / 4	4 / 4	4 / 4		
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2		
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	3 / 3		
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	3 / 3		
	ND1	Make water available both inside and outside	+ 4 / 2	4 / 4	4 / 4		
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	2 / 2		
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	+ 3 / 2	2 / 2	2 / 2		
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4		
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3	3 / 3	3 / 3		
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2		
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1	1 / 1	1 / 1		
	NH1	Do not force or bribe children to eat	2 / 2	2 / 2	2 / 2		
NH2	Do not use food as a reward or punishment	3 / 3	3 / 3	3 / 3			
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	4 / 4		
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2		
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2		
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2		
	PA5	Do not withhold active play from children who misbehave	+ 4 / 2	2 / 2	2 / 2		
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+ 4 / 3	3 / 3	3 / 3		
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3 / 3	3 / 3	3 / 3		
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	3 / 3	3 / 3	3 / 3		
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2		
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	3 / 3	3 / 3		
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3		
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3		
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	2 / 2		
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	2 / 2	2 / 2		
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	+ 3 / 2	2 / 2	2 / 2			

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

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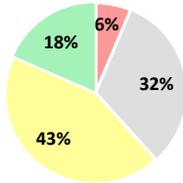
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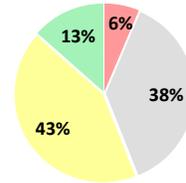
# STATE PROFILES

## MICHIGAN

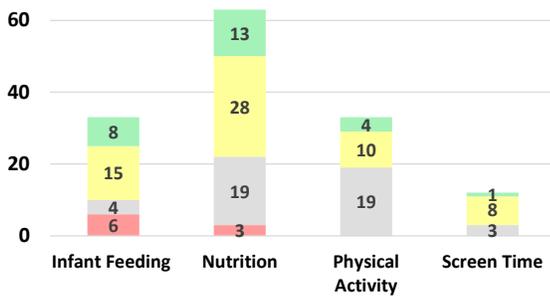
2014 Michigan Percentage of Ratings for All Healthy Weight Topic Areas



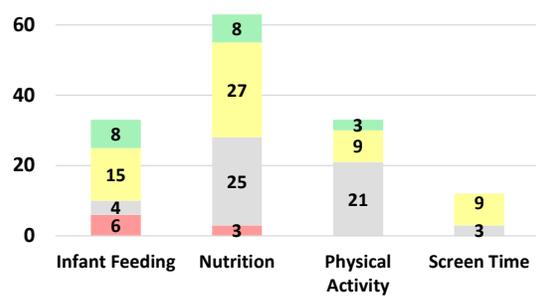
2010 Michigan Percentage of Ratings for All Healthy Weight Topic Areas



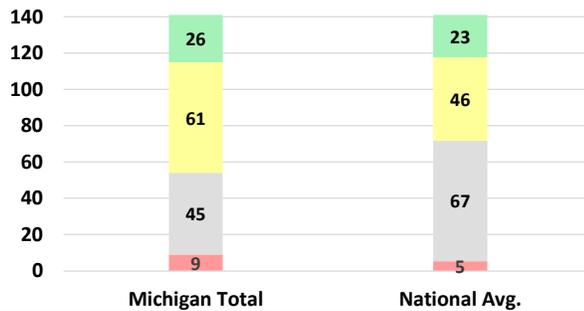
2014 Michigan Frequency of Each Ratings by Healthy Weight Practices Topic Area



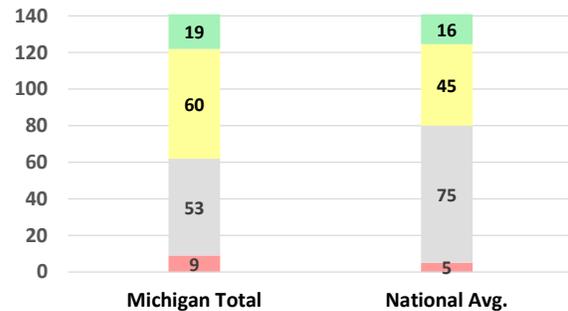
2010 Michigan Frequency of Each Rating by Healthy Weight Practices Topic Area



2014 Michigan and National Ratings for All Healthy Weight Topic Areas



2010 Michigan and National Ratings for All Healthy Weight Topic Areas



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- 1 = Regulation contradicts standard

Michigan Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## MINNESOTA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3 / 3	4 / 4	4 / 4	4 / 4	4 / 4
	IB1	Feed infants on cue	3 / 3	4 / 4	4 / 4	4 / 4	4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC1	Use only 100% juice with no added sweeteners	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ND1	Make water available both inside and outside	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1
	NH1	Do not force or bribe children to eat	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
NH2	Do not use food as a reward or punishment	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

Regulation fully meets the standard  
 Regulation contradicts the standard

**Rating Code:**

1 = Regulation contradicts the standard  
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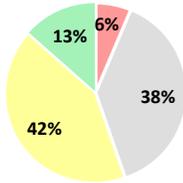
**Δ (Change) Code:**

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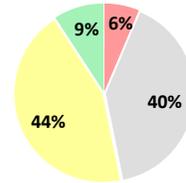
# STATE PROFILES

## MINNESOTA

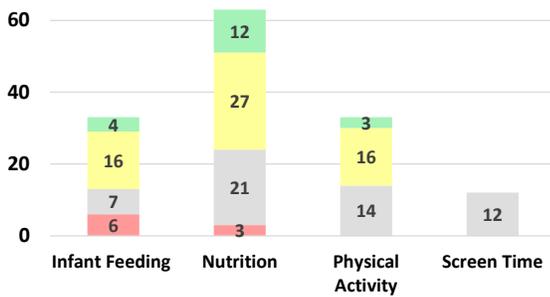
2012 Minnesota Percentage of Ratings for All Healthy Weight Topic Areas



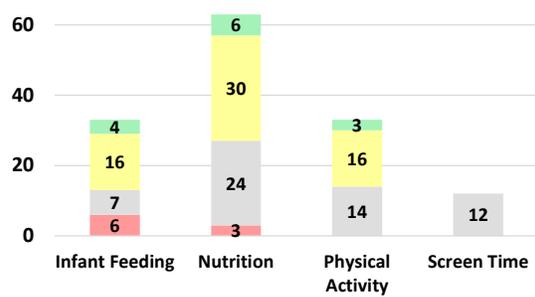
2010 Minnesota Percentage of Ratings for All Healthy Weight Topic Areas



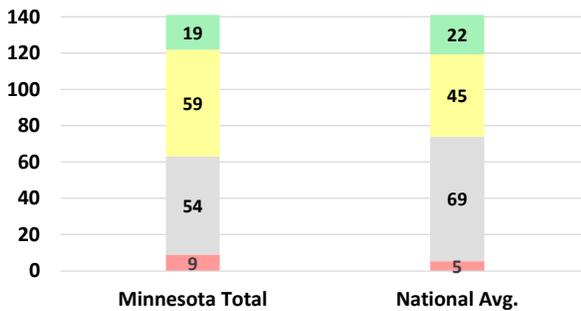
2012 Minnesota Frequency of Each Ratings by Healthy Weight Practices Topic Area



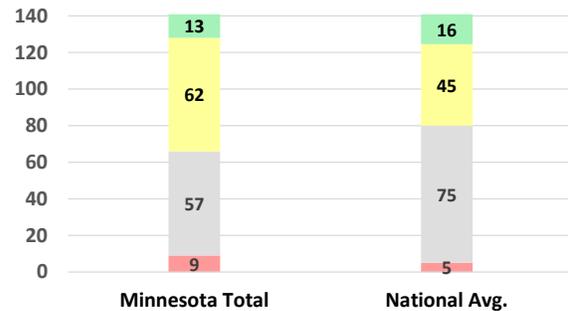
2010 Minnesota Frequency of Each Rating by Healthy Weight Practices Topic Area



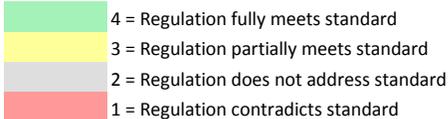
2012 Minnesota and National Ratings for All Healthy Weight Topic Areas



2010 Minnesota and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**



**Minnesota Regulation Rating History: 2010 (CTR, LRG, SML); 2012\***

NOTE: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## MISSISSIPPI

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2013/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		4 / 4		4 / 4		4 / 4
	IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
	IB1 Feed infants on cue		4 / 4		4 / 4		4 / 4
	IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding		3 / 3		2 / 2		2 / 2
	IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		4 / 4		4 / 4		4 / 4
	IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3		3 / 3		3 / 3
	IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		3 / 3		3 / 3		3 / 3
	IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		3 / 3		3 / 3		3 / 3
	ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2 / 2		2 / 2		2 / 2
	ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1		1 / 1		1 / 1
ID3 Serve no fruit juice to children younger than 12 months of age		3 / 3		3 / 3		3 / 3	
Nutrition	NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		3 / 3		3 / 3		3 / 3
	NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		4 / 4		4 / 4		4 / 4
	NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		3 / 3		3 / 3
	NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		3 / 3		3 / 3		3 / 3
	NA5 Serve skim or 1% pasteurized milk to children two years of age and older		4 / 4		4 / 4		4 / 4
	NB1 Serve whole grain breads, cereals, and pastas		4 / 4		4 / 4		4 / 4
	NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		4 / 4		4 / 4		4 / 4
	NB3 Serve fruits of several varieties, especially whole fruits		4 / 4		4 / 4		4 / 4
	NC1 Use only 100% juice with no added sweeteners		1 / 1		1 / 1		1 / 1
	NC2 Offer juice (100%) only during meal times		2 / 2		2 / 2		2 / 2
	NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		3 / 3		3 / 3		3 / 3
	NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		3 / 3		3 / 3		3 / 3
	ND1 Make water available both inside and outside	+	4 / 3	+	4 / 3	+	4 / 3
	NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2		2 / 2
	NE2 Require adults eating meals with children to eat items that meet nutrition standards		2 / 2	+	4 / 2	+	4 / 2
	NF1 Serve small-sized, age-appropriate portions		4 / 4		4 / 4		4 / 4
	NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their		3 / 3		3 / 3		3 / 3
	NG1 Limit salt by avoiding salty foods such as chips and pretzels		4 / 4		4 / 4		4 / 4
	NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		3 / 3		3 / 3		3 / 3
	NH1 Do not force or bribe children to eat		3 / 3		3 / 3		3 / 3
NH2 Do not use food as a reward or punishment		4 / 4		4 / 4		4 / 4	
Physical Activity and Screen Time	PA1 Provide children with adequate space for both inside and outside play		4 / 4		4 / 4		4 / 4
	PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2 / 2		2 / 2		2 / 2
	PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2		2 / 2		2 / 2
	PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2		2 / 2		2 / 2
	PA5 Do not withhold active play from children who misbehave		3 / 3		3 / 3		3 / 3
	PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		3 / 3		3 / 3		3 / 3
	PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly		3 / 3		3 / 3		3 / 3
	PB3 Use screen media with children age two years and older only for educational purposes or physical activity		4 / 4		4 / 4		4 / 4
	PB4 Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		2 / 2
	PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3		3 / 3		3 / 3
	PC2 Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3		3 / 3
	PC3 Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3		3 / 3
	PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor		2 / 2		2 / 2		2 / 2
	PE1 Ensure that infants have supervised tummy time every day when they are awake		2 / 2		2 / 2		2 / 2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		2 / 2		2 / 2		2 / 2	

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**Color Code:**

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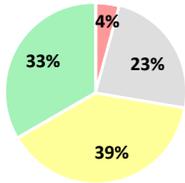
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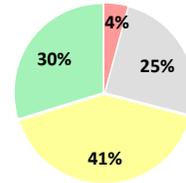
# STATE PROFILES

## MISSISSIPPI

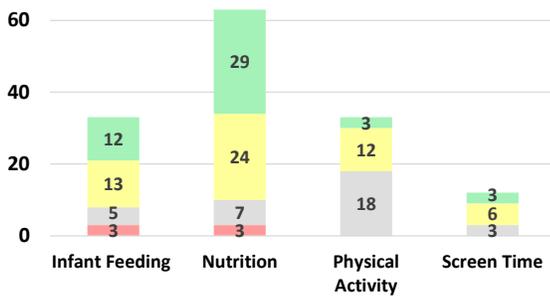
2013 Mississippi Percentage of Ratings for All Healthy Weight Topic Areas



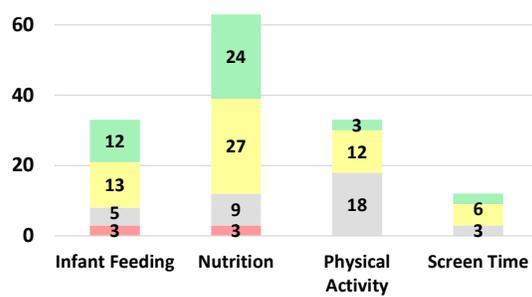
2010 Mississippi Percentage of Ratings for All Healthy Weight Topic Areas



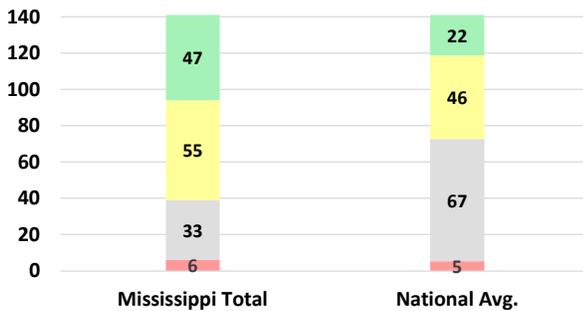
2013 Mississippi Frequency of Each Ratings by Healthy Weight Practices Topic Area



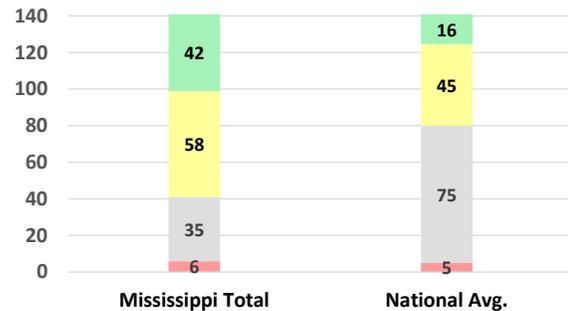
2010 Mississippi Frequency of Each Rating by Healthy Weight Practices Topic Area



2013 Mississippi and National Ratings for All Healthy Weight Topic Areas



2010 Mississippi and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

Mississippi Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR,LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## MISSOURI

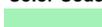
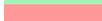
### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2010/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2		2 / 2		2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	-	2 / 3	-	2 / 3	2 / 2
	IB1	Feed infants on cue	+	3 / 2	+	3 / 2	2 / 2
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	-	2 / 3	-	2 / 3	2 / 2
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		3 / 3		3 / 3	3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	+	3 / 2	+	3 / 2	3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		2 / 2		2 / 2	2 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		2 / 2		2 / 2	2 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2 / 2		2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		2 / 2		2 / 2	2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	-	2 / 2	-	2 / 2	2 / 2	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		2 / 2	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		3 / 3	3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 2		2 / 2	2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older		2 / 2		2 / 2	2 / 2
	NB1	Serve whole grain breads, cereals, and pastas		2 / 2		2 / 2	2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		2 / 2		2 / 2	2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits		4 / 4		4 / 4	4 / 4
	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4	4 / 4
	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		3 / 3		3 / 3	3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		3 / 3		3 / 3	3 / 3
	ND1	Make water available both inside and outside		3 / 3		3 / 3	3 / 3
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4	4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their		2 / 2		2 / 2	2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2		2 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		2 / 2		2 / 2	2 / 2
	NH1	Do not force or bribe children to eat		3 / 3		3 / 3	3 / 3
NH2	Do not use food as a reward or punishment		3 / 3		3 / 3	3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4	4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2 / 2		2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2		2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2		2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave		4 / 4		4 / 4	4 / 4
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2 / 2		2 / 2	2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2		2 / 2	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2	2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3		3 / 3	3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3	3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3	3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor		2 / 2		2 / 2	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake		2 / 2		2 / 2	2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3		3 / 3	3 / 3	

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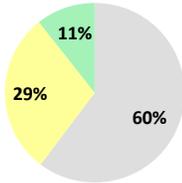
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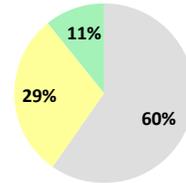
# STATE PROFILES

## MISSOURI

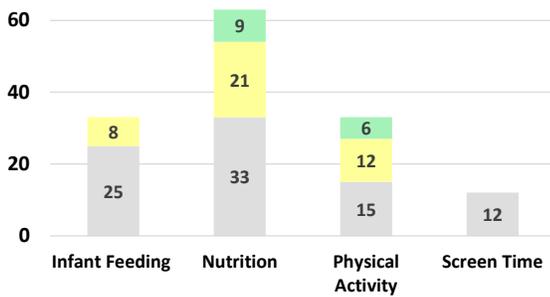
2010 Missouri Percentage of Ratings for All Healthy Weight Topic Areas



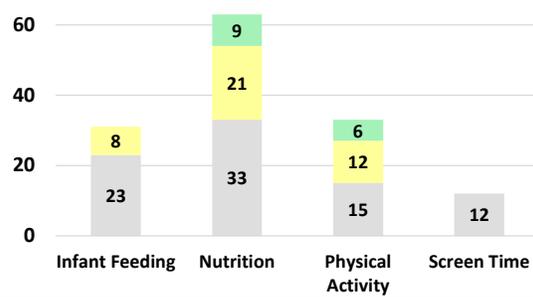
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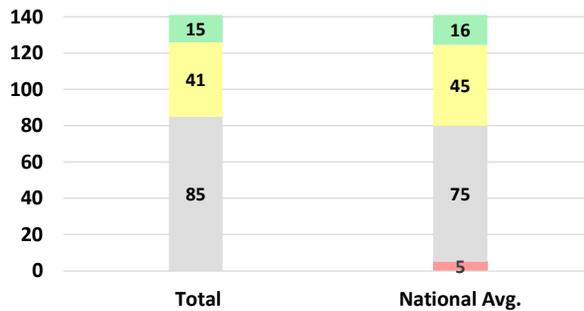
2010 Missouri Frequency of Each Ratings by Healthy Weight Practices Topic Area



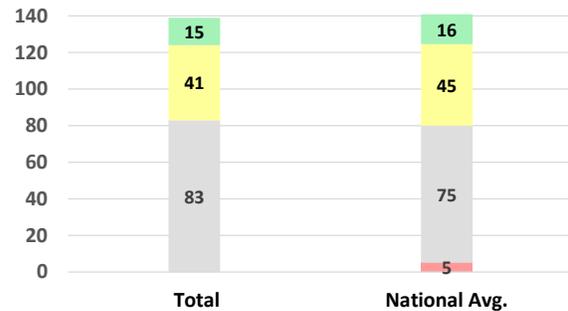
2010 Missouri Frequency of Each Rating by Healthy Weight Practices Topic Area



2010 Missouri and National Ratings for All Healthy Weight Topic Areas



2010 Missouri and National Ratings for All Healthy Weight Topic Areas



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Missouri Regulation Rating History: 2010 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## MONTANA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3 / 3		3 / 3		3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue	4 / 4		4 / 4		4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3		3 / 3		3 / 3
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3		3 / 3		3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3		3 / 3		3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3		3 / 3		3 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3		3 / 3		3 / 3
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1		1 / 1		1 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1		1 / 1		1 / 1	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3		3 / 3		3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3		3 / 3		3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2		+ 4 / 2		+ 4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3		3 / 3		3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3		3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3		3 / 3		3 / 3
	NC1	Use only 100% juice with no added sweeteners	4 / 4		4 / 4		4 / 4
	NC2	Offer juice (100%) only during meal times	4 / 4		2 / 2		2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3		3 / 3		3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3		3 / 3		3 / 3
	ND1	Make water available both inside and outside	+ 4 / 3		+ 4 / 3		+ 4 / 3
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2		2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4		4 / 4		4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3		3 / 3		3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2		2 / 2		2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1		1 / 1		1 / 1
	NH1	Do not force or bribe children to eat	2 / 2		2 / 2		2 / 2
NH2	Do not use food as a reward or punishment	2 / 2		2 / 2		2 / 2	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4		4 / 4		4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2		2 / 2		2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2		2 / 2		2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2		2 / 2		2 / 2
	PA5	Do not withhold active play from children who misbehave	2 / 2		2 / 2		2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2		3 / 3		3 / 3
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2		3 / 3		3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2		2 / 2		2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2		2 / 2		2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 / 2		3 / 3		3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	2 / 2		2 / 2		2 / 2
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	2 / 2		2 / 2		2 / 2
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2		2 / 2		2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2		2 / 2		2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 / 3		3 / 3		3 / 3	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

Regulation fully meets the standard  
 Regulation contradicts the standard

**Rating Code:**

1 = Regulation contradicts the standard  
 2 = Regulation does not address standard  
 3 = Regulation partially meets standard  
 4 = Regulation fully meets standard

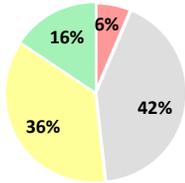
**Δ (Change) Code:**

+ = Improved Rating  
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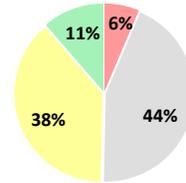
# STATE PROFILES

## MONTANA

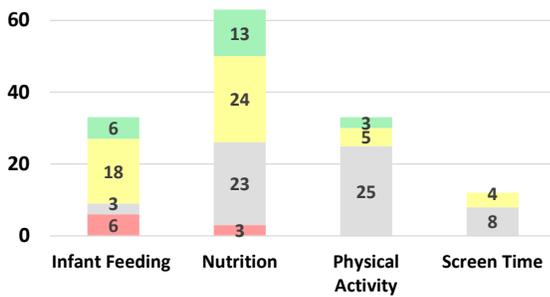
2012 Montana Percentage of Ratings for All Healthy Weight Topic Areas



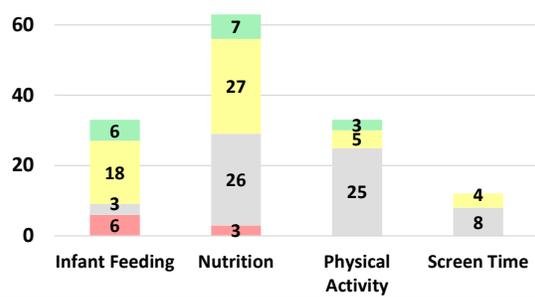
2010 Montana Percentage of Ratings for All Healthy Weight Topic Areas



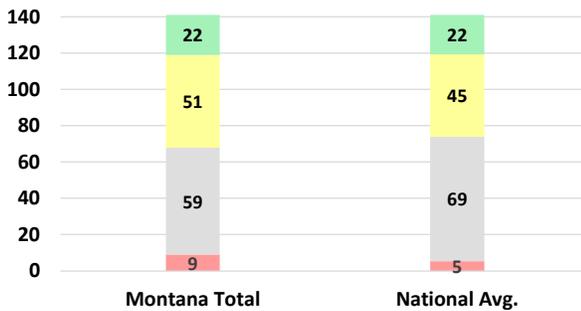
2012 Montana Frequency of Each Ratings by Healthy Weight Practices Topic Area



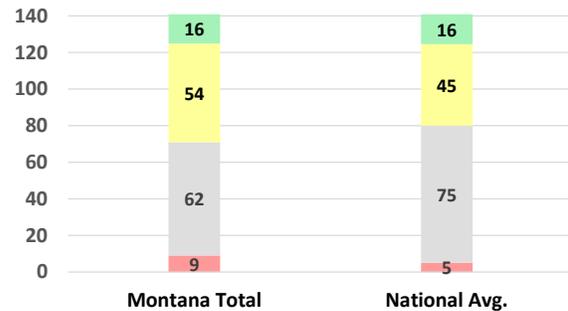
2010 Montana Frequency of Each Rating by Healthy Weight Practices Topic Area



2012 Montana and National Ratings for All Healthy Weight Topic Areas



2010 Montana and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

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- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

**Montana Regulation Rating History: 2010 (CTR, LRG, SML); 2012\***

NOTE: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## NEBRASKA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2013/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2	+	3 / 2	+	3 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	+	4 / 2	+	4 / 2
	IB1	Feed infants on cue	4 / 4	+	4 / 2	+	4 / 2
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3	+	4 / 2	+	4 / 2
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3		3 / 3		3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3		3 / 3		3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	+	3 / 2	+	3 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	+	3 / 2	+	3 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	-	1 / 2	-	1 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	-	1 / 2	-	1 / 2	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3		3 / 3		3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	+	3 / 2	+	3 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2		2 / 2	2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	+	3 / 2	+	3 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3		3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3		3 / 3		3 / 3
	NC1	Use only 100% juice with no added sweeteners	4 / 4	+	4 / 2	+	4 / 2
	NC2	Offer juice (100%) only during meal times	2 / 2		2 / 2		2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	+	3 / 2	+	3 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	+	3 / 2	+	3 / 2
	ND1	Make water available both inside and outside	+	4 / 3		3 / 3	3 / 3
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2		2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions	3 / 3	+	4 / 2	+	4 / 2
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3	+	3 / 2	+	3 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2		2 / 2		2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1	-	1 / 2	-	1 / 2
	NH1	Do not force or bribe children to eat	2 / 2		2 / 2		2 / 2
NH2	Do not use food as a reward or punishment	3 / 3		3 / 3		3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4		4 / 4		4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2		2 / 2		2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2		2 / 2		2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2		2 / 2		2 / 2
	PA5	Do not withhold active play from children who misbehave	2 / 2		2 / 2		2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2		2 / 2		2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2		2 / 2		2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2		2 / 2		2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2		2 / 2		2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	+	3 / 2	+	3 / 2
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	2 / 2		2 / 2		2 / 2
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	2 / 2		2 / 2		2 / 2
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2		2 / 2		2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2		2 / 2		2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2		2 / 2		2 / 2	

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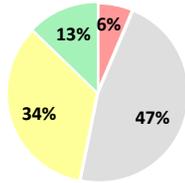
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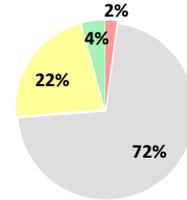
# STATE PROFILES

## NEBRASKA

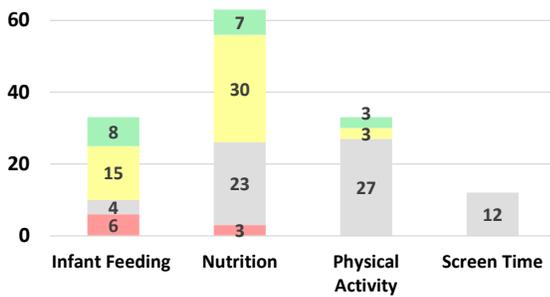
2013 Nebraska Percentage of Ratings for All Healthy Weight Topic Areas



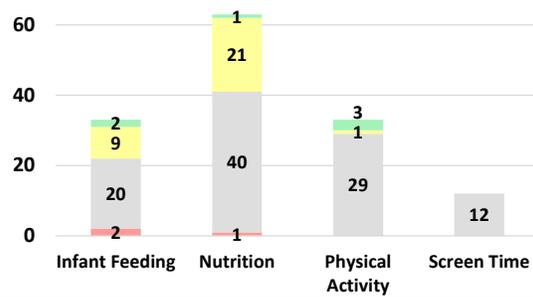
2010 Nebraska Percentage of Ratings for All Healthy Weight Topic Areas



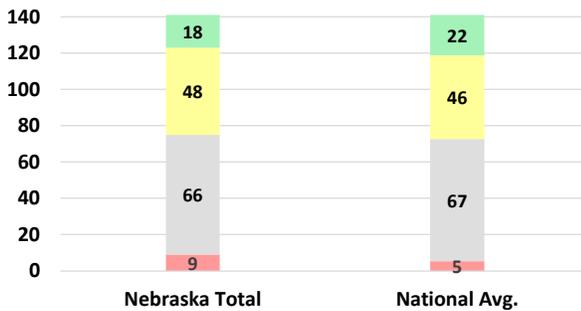
2013 Nebraska Frequency of Each Ratings by Healthy Weight Practices Topic Area



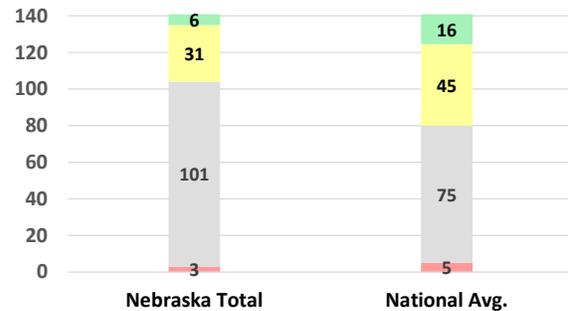
2010 Nebraska Frequency of Each Rating by Healthy Weight Practices Topic Area



2013 Nebraska and National Ratings for All Healthy Weight Topic Areas



2010 Nebraska and National Ratings for All Healthy Weight Topic Areas



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Nebraska Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (LRG, SML)

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<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## NEVADA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML	
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	+	3 / 2	+	3 / 2	+	3 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		2 / 2		2 / 2		2 / 2
	IB1	Feed infants on cue	-	1 / 2	-	1 / 2	-	1 / 2
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2		2 / 2
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		3 / 3		3 / 3		3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3		3 / 3		3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		2 / 2		2 / 2		2 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		2 / 2		2 / 2		2 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2 / 2		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		2 / 2		2 / 2		2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age		2 / 2		2 / 2		2 / 2	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		2 / 2		2 / 2		2 / 2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		2 / 2		2 / 2		2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older		2 / 2		2 / 2		2 / 2
	NB1	Serve whole grain breads, cereals, and pastas		2 / 2		2 / 2		2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		2 / 2		2 / 2		2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits		2 / 2		2 / 2		2 / 2
	NC1	Use only 100% juice with no added sweeteners		2 / 2		2 / 2		2 / 2
	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2		2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		2 / 2		2 / 2		2 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		2 / 2		2 / 2		2 / 2
	ND1	Make water available both inside and outside		4 / 4		4 / 4		4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	+	3 / 2	+	3 / 2	+	3 / 2
	NF1	Serve small-sized, age-appropriate portions		3 / 3		3 / 3		3 / 3
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	-	2 / 3	-	2 / 3	-	2 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2		2 / 2		2 / 2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 1	+	3 / 1	+	3 / 1	
NH1	Do not force or bribe children to eat		3 / 3		3 / 3		3 / 3	
NH2	Do not use food as a reward or punishment		4 / 4		4 / 4		4 / 4	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4		4 / 4
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	PA5	Do not withhold active play from children who misbehave		3 / 3		3 / 3		3 / 3
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2 / 2		2 / 2		2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2		2 / 2		2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3		3 / 3		3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3		3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	+	3 / 2	+	3 / 2	+	3 / 2
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor		2 / 2		2 / 2		2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake		2 / 2		2 / 2		2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3		3 / 3		3 / 3	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

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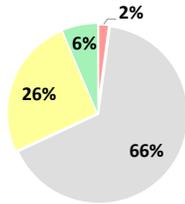
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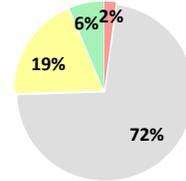
# STATE PROFILES

## NEVADA

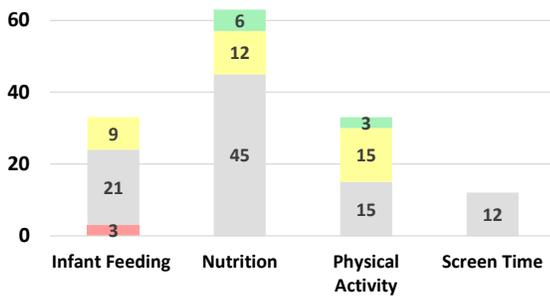
2012 Nevada Percentage of Ratings for All Healthy Weight Topic Areas



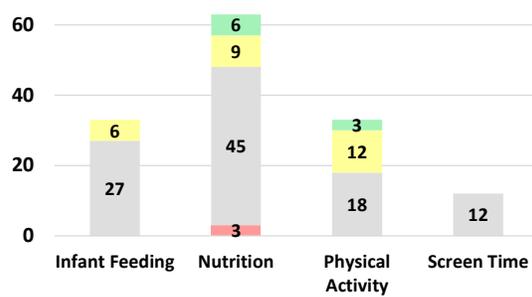
2010 Nevada Percentage of Ratings for All Healthy Weight Topic Areas



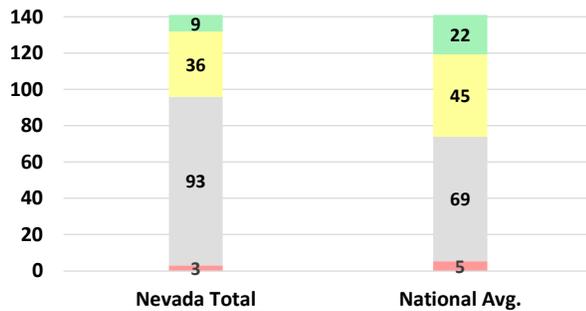
2012 Nevada Frequency of Each Ratings by Healthy Weight Practices Topic Area



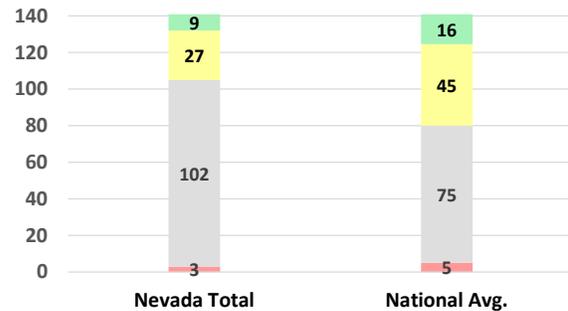
2010 Nevada Frequency of Each Rating by Healthy Weight Practices Topic Area



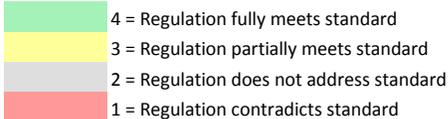
2012 Nevada and National Ratings for All Healthy Weight Topic Areas



2010 Nevada and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**



Nevada Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## NEW HAMPSHIRE

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2010/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB1	Feed infants on cue	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC1	Use only 100% juice with no added sweeteners	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NC2	Offer juice (100%) only during meal times	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ND1	Make water available both inside and outside	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NH1	Do not force or bribe children to eat	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
NH2	Do not use food as a reward or punishment	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
- 4 = Regulation fully meets standard

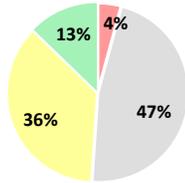
**Δ (Change) Code:**

- + = Improved Rating
- = Lowered Rating

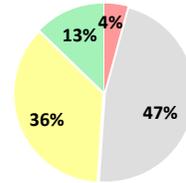
# STATE PROFILES

## NEW HAMPSHIRE

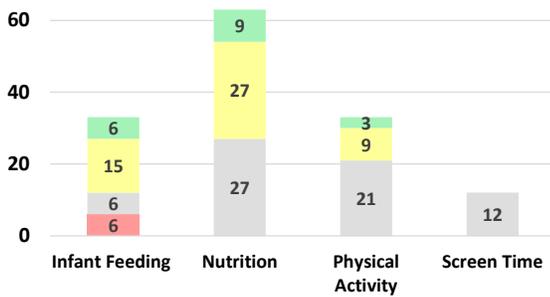
2010 New Hampshire Percentage of Ratings for All Healthy Weight Topic Areas



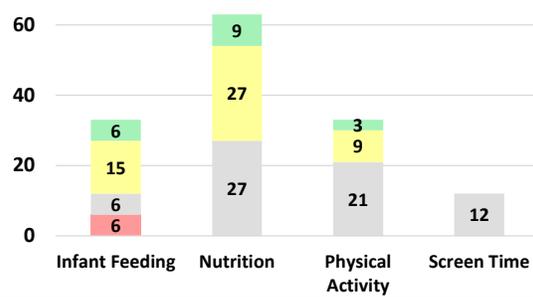
2010 New Hampshire Percentage of Ratings for All Healthy Weight Topic Areas



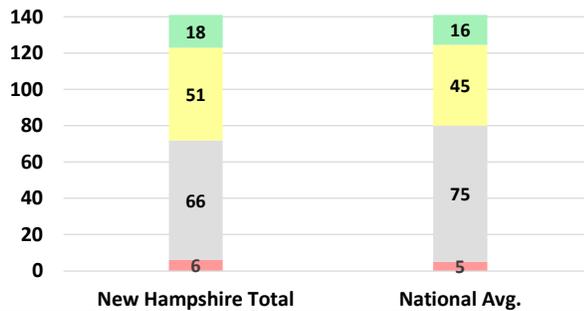
2010 New Hampshire Frequency of Each Ratings by Healthy Weight Practices Topic Area



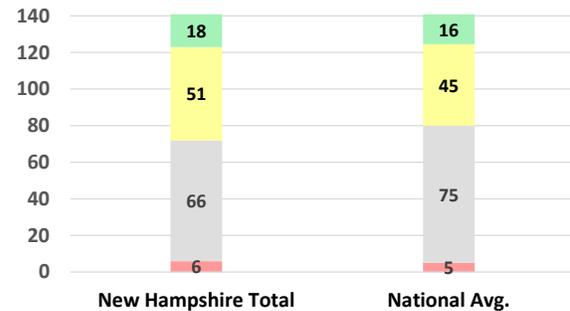
2010 New Hampshire Frequency of Each Rating by Healthy Weight Practices Topic Area



2010 New Hampshire and National Ratings for All Healthy Weight Topic Areas



2010 New Hampshire and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

**New Hampshire Regulation Rating History: 2010 (CTR, LRG, SML)**

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## NEW JERSEY

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2013/2010

		Δ	CTR	Δ	LRG	Δ	SML	
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	+	3 / 2	+	3 / 2	2 / 2	
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	+	4 / 2	+	4 / 2	2 / 2	
	IB1	Feed infants on cue		2 / 2		2 / 2	2 / 2	
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 2	+	4 / 2	2 / 2	
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		3 / 3		3 / 3	2 / 2	
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	+	4 / 3	+	4 / 3	2 / 2	
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 2	+	4 / 2	3 / 3	
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	3 / 2	+	3 / 2	2 / 2	
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2 / 2		2 / 2	2 / 2	
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	-	1 / 2	-	1 / 2	2 / 2	
	ID3	Serve no fruit juice to children younger than 12 months of age	-	1 / 2	-	1 / 2	2 / 2	
	Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	+	3 / 2	+	3 / 2	2 / 2
		NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3	2 / 2
NA3		Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	+	3 / 2	+	3 / 2	2 / 2	
NA4		Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	+	4 / 2	+	4 / 2	2 / 2	
NA5		Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	2 / 2	
NB1		Serve whole grain breads, cereals, and pastas	+	4 / 3	+	4 / 3	2 / 2	
NB2		Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	+	4 / 3	+	4 / 3	2 / 2	
NB3		Serve fruits of several varieties, especially whole fruits	+	4 / 3	+	4 / 3	2 / 2	
NC1		Use only 100% juice with no added sweeteners	+	4 / 3	+	4 / 3	2 / 2	
NC2		Offer juice (100%) only during meal times	+	3 / 2	+	3 / 2	2 / 2	
NC3		Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	3 / 2	+	3 / 2	2 / 2	
NC4		Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	3 / 2	+	3 / 2	2 / 2	
ND1		Make water available both inside and outside		3 / 3		3 / 3	4 / 4	
NE1		Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2	2 / 2	
NE2		Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2	2 / 2	
NF1		Serve small-sized, age-appropriate portions	+	4 / 3	+	4 / 3	3 / 3	
NF2		Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their		3 / 3		3 / 3	3 / 3	
NG1		Limit salt by avoiding salty foods such as chips and pretzels	+	4 / 2	+	4 / 2	2 / 2	
NG2		Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 2	+	3 / 2	2 / 2	
NH1		Do not force or bribe children to eat		3 / 3		3 / 3	3 / 3	
NH2	Do not use food as a reward or punishment		3 / 3		3 / 3	3 / 3		
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4	4 / 4	
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2 / 2		2 / 2	2 / 2	
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2		2 / 2	2 / 2	
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2		2 / 2	2 / 2	
	PA5	Do not withhold active play from children who misbehave		3 / 3		3 / 3	2 / 2	
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	3 / 2	+	3 / 2	3 / 3	
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	+	3 / 2	+	3 / 2	3 / 3	
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	+	4 / 2	+	4 / 2	2 / 2	
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2	2 / 2	
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3		3 / 3	2 / 2	
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	+	4 / 3	+	4 / 3	3 / 3	
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3	3 / 3	
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	+	3 / 2	+	3 / 2	2 / 2	
	PE1	Ensure that infants have supervised tummy time every day when they are awake		2 / 2		2 / 2	2 / 2	
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		2 / 2		2 / 2	3 / 3		

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
- 4 = Regulation fully meets standard

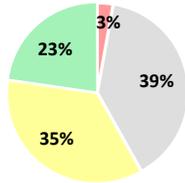
**Δ (Change) Code:**

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- = Lowered Rating

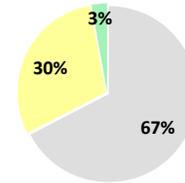
# STATE PROFILES

## NEW JERSEY

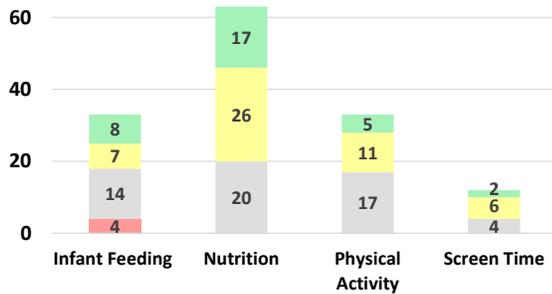
2013 New Jersey Percentage of Ratings for All Healthy Weight Topic Areas



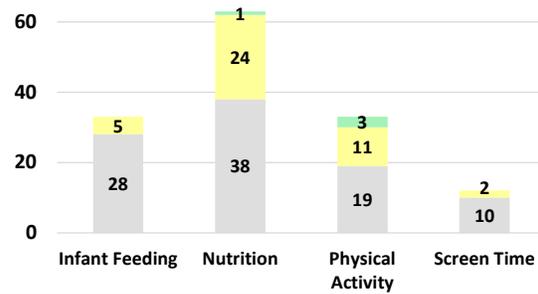
2010 New Jersey Percentage of Ratings for All Healthy Weight Topic Areas



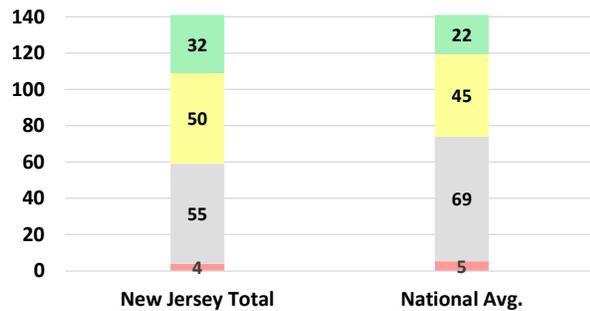
2013 New Jersey Frequency of Each Ratings by Healthy Weight Practices Topic Area



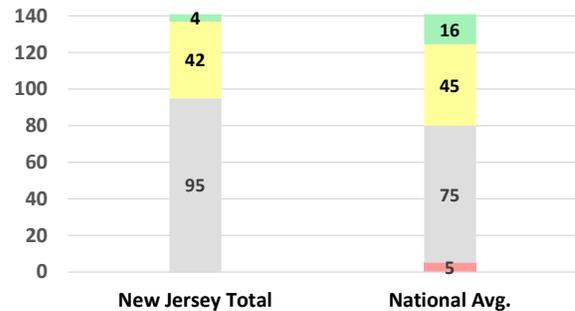
2010 New Jersey Frequency of Each Rating by Healthy Weight Practices Topic Area



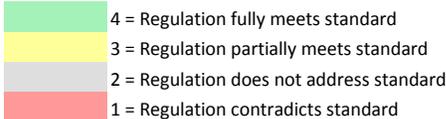
2013 New Jersey and National Ratings for All Healthy Weight Topic Areas



2010 New Jersey and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**



New Jersey Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## NEW MEXICO

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2014/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB1	Feed infants on cue	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NC1	Use only 100% juice with no added sweeteners	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ND1	Make water available both inside and outside	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1
	NH1	Do not force or bribe children to eat	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
NH2	Do not use food as a reward or punishment	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

Regulation fully meets the standard  
 Regulation contradicts the standard

**Rating Code:**

1 = Regulation contradicts the standard  
 2 = Regulation does not address standard  
 3 = Regulation partially meets standard  
 4 = Regulation fully meets standard

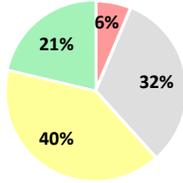
**Δ (Change) Code:**

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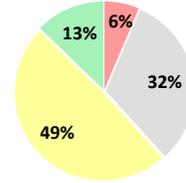
# STATE PROFILES

## NEW MEXICO

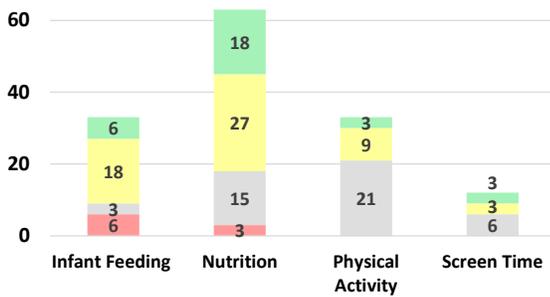
2014 New Mexico Percentage of Ratings for All Healthy Weight Topic Areas



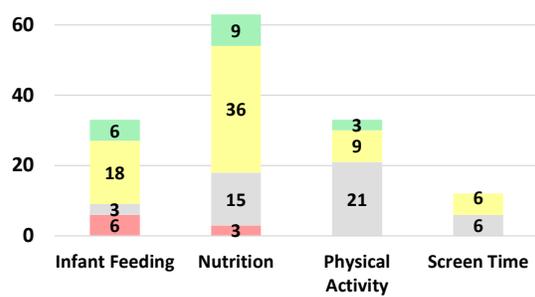
2010 New Mexico Percentage of Ratings for All Healthy Weight Topic Areas



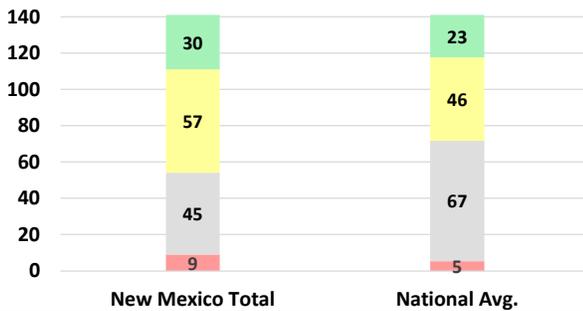
2014 New Mexico Frequency of Each Ratings by Healthy Weight Practices Topic Area



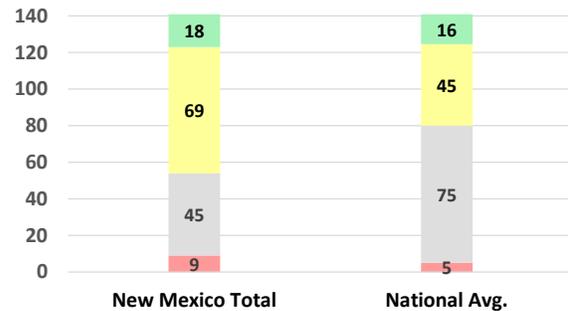
2010 New Mexico Frequency of Each Rating by Healthy Weight Practices Topic Area



2014 New Mexico and National Ratings for All Healthy Weight Topic Areas



2010 New Mexico and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

New Mexico Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## NEW YORK

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2015/2010

		Δ	CTR	Δ	LRG	Δ	SML	
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3 / 3	+	3 / 2		3 / 3	
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	+	3 / 2		2 / 2	2 / 2	
	IB1	Feed infants on cue	+	4 / 2		2 / 2	2 / 2	
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 2		2 / 2	2 / 2	
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	-	3 / 4		3 / 3	3 / 3	
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	+	3 / 2	+	3 / 2	+	3 / 2
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	3 / 2		2 / 2	2 / 2	
	IC3	x	+	3 / 2		2 / 2	2 / 2	
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2 / 2		2 / 2	2 / 2	
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	-	1 / 2		2 / 2	2 / 2	
ID3	Serve no fruit juice to children younger than 12 months of age	-	1 / 2		2 / 2	2 / 2		
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		2 / 2	2 / 2	
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	+	3 / 2		2 / 2	2 / 2	
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	+	3 / 2		2 / 2	2 / 2	
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 2		2 / 2	2 / 2	
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	3 / 2	+	3 / 2	+	3 / 2
	NB1	Serve whole grain breads, cereals, and pastas	+	3 / 2		2 / 2	2 / 2	
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	+	3 / 2		2 / 2	2 / 2	
	NB3	Serve fruits of several varieties, especially whole fruits	+	3 / 2		2 / 2	2 / 2	
	NC1	Use only 100% juice with no added sweeteners	+	3 / 2	+	3 / 2	+	3 / 2
	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2	2 / 2	
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		3 / 3		3 / 3	3 / 3	
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		3 / 3		3 / 3	3 / 3	
	ND1	Make water available both inside and outside		4 / 4		4 / 4	4 / 4	
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2	2 / 2	
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2	2 / 2	
	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4	4 / 4	
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their		4 / 4		4 / 4	4 / 4	
	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2		2 / 2	2 / 2	
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	-	1 / 2		2 / 2	2 / 2	
	NH1	Do not force or bribe children to eat		3 / 3	+	4 / 3	+	4 / 3
NH2	Do not use food as a reward or punishment		3 / 3	+	4 / 3	+	4 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4	4 / 4	
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	+	3 / 2	+	3 / 2	+	3 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2		2 / 2	2 / 2	
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2		2 / 2	2 / 2	
	PA5	Do not withhold active play from children who misbehave		3 / 3		3 / 3	3 / 3	
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	3 / 2		2 / 2	2 / 2	
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2		2 / 2	2 / 2	
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	+	4 / 2	+	4 / 2	+	4 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	+	4 / 2	+	4 / 2	+	4 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3		3 / 3	3 / 3	
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	+	3 / 2	+	3 / 2	+	3 / 2
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	+	3 / 2	+	3 / 2	+	3 / 2
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor		2 / 2		2 / 2	2 / 2	
	PE1	Ensure that infants have supervised tummy time every day when they are awake	+	4 / 2	+	3 / 2	+	3 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3		3 / 3	3 / 3		

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

Regulation fully meets the standard  
 Regulation contradicts the standard

**Rating Code:**

1 = Regulation contradicts the standard  
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 4 = Regulation fully meets standard

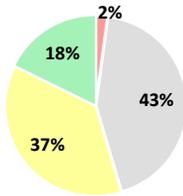
**Δ (Change) Code:**

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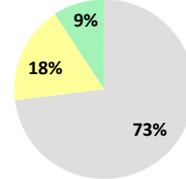
# STATE PROFILES

## NEW YORK

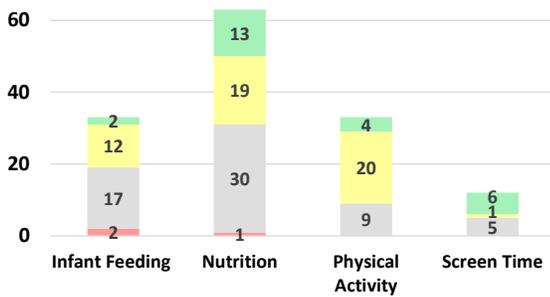
2015 New York Percentage of Ratings for All Healthy Weight Topic Areas



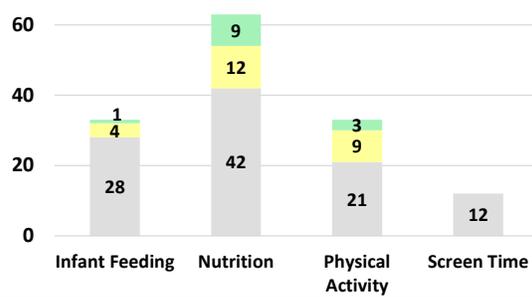
2010 New York Percentage of Ratings for All Healthy Weight Topic Areas



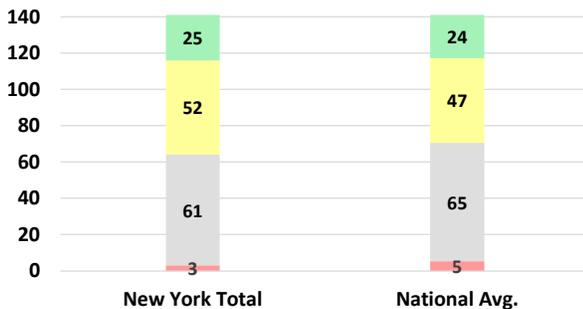
2015 New York Frequency of Each Ratings by Healthy Weight Practices Topic Area



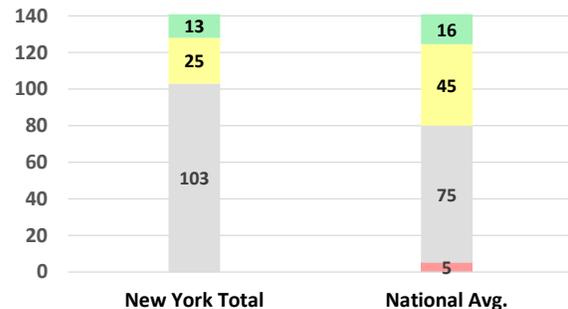
2010 New York Frequency of Each Rating by Healthy Weight Practices Topic Area



2015 New York and National Ratings for All Healthy Weight Topic Areas



2010 New York and National Ratings for All Healthy Weight Topic Areas



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- 1 = Regulation contradicts standard

New York Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (LRG, SML); 2015 (CTR, LRG)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## NORTH CAROLINA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2013/2010

		Δ	CTR	Δ	LRG	Δ	SML	
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4	
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4	
	IB1	Feed infants on cue	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4	
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3	+	4 / 3	+	4 / 3	
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1	
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	+	3 / 1	+	3 / 1		
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	+	3 / 2	+	3 / 2	+	3 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	+	4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
	NB3	Serve fruits of several varieties, especially whole fruits	+	4 / 3	+	4 / 3	+	4 / 3
	NC1	Use only 100% juice with no added sweeteners	-	3 / 4	-	3 / 4	-	3 / 4
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
	ND1	Make water available both inside and outside	+	4 / 3	+	4 / 3	+	4 / 3
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	+	3 / 2	+	3 / 2	+	3 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4	
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	+	4 / 3	+	4 / 3	+	4 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	-	1 / 3	1 / 1	1 / 1	1 / 1	
	NH1	Do not force or bribe children to eat	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
NH2	Do not use food as a reward or punishment	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3		
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4	
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
	PA5	Do not withhold active play from children who misbehave	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4	
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
	PE1	Ensure that infants have supervised tummy time every day when they are awake	-	2 / 4	-	2 / 4	-	2 / 4
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2		

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

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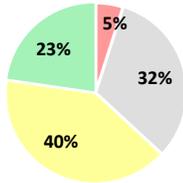
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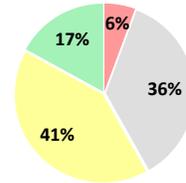
# STATE PROFILES

## NORTH CAROLINA

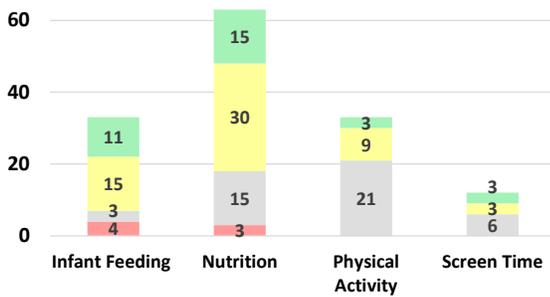
2013 North Carolina Percentage of Ratings for All Healthy Weight Topic Areas



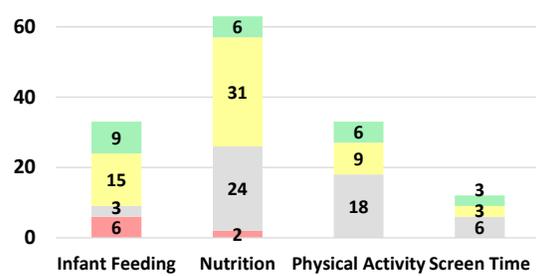
2010 North Carolina Percentage of Ratings for All Healthy Weight Topic Areas



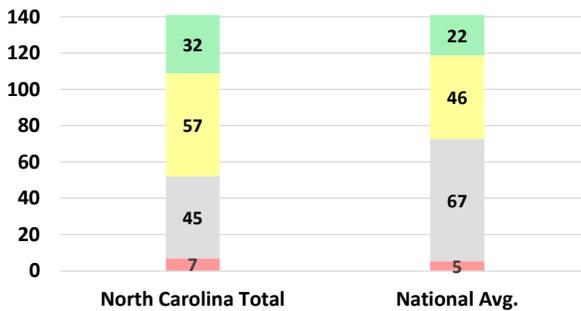
2013 North Carolina Frequency of Each Ratings by Healthy Weight Practices Topic Area



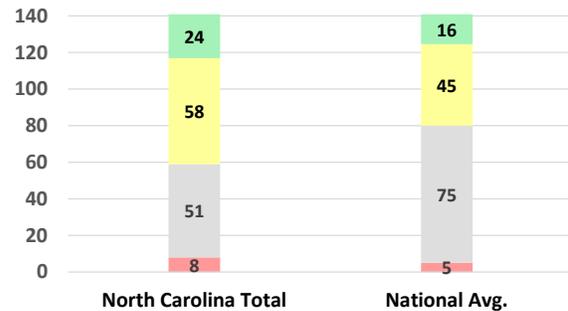
2010 North Carolina Frequency of Each Rating by Healthy Weight Practices Topic Area



2013 North Carolina and National Ratings for All Healthy Weight Topic Areas



2010 North Carolina and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

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- 1 = Regulation contradicts standard

North Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## NORTH DAKOTA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2013/2010

		Δ	CTR	Δ	LRG	Δ	SML	
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2		2 / 2		2 / 2	
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3 / 3	-	3 / 4	+	3 / 1	
	IB1	Feed infants on cue	4 / 4		4 / 4	+	4 / 2	
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 3	+	4 / 3	+	4 / 2
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	+	3 / 2		3 / 3	
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3		3 / 3	+	3 / 2	
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 3	+	4 / 3	+	4 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3		3 / 3	+	3 / 2	
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	+	4 / 3	+	4 / 3	+	4 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1		1 / 1	-	1 / 2	
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1		1 / 1	-	1 / 2		
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2		2 / 2		2 / 2	
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3		3 / 3	+	3 / 2	
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3		3 / 3	+	3 / 2	
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2		2 / 2		2 / 2	
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	+	4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3		3 / 3	+	3 / 2	
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3		3 / 3	+	3 / 2	
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3		3 / 3	+	3 / 2	
	NC1	Use only 100% juice with no added sweeteners	4 / 4		4 / 4	+	4 / 2	
	NC2	Offer juice (100%) only during meal times	2 / 2		2 / 2		2 / 2	
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3		3 / 3	+	3 / 2	
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3		3 / 3	+	3 / 2	
	ND1	Make water available both inside and outside	+	4 / 3	+	4 / 2	+	4 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3 / 3		3 / 3	+	3 / 2	
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2		2 / 2		2 / 2	
	NF1	Serve small-sized, age-appropriate portions	4 / 4		4 / 4	+	4 / 2	
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3		3 / 3	+	3 / 2	
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2		2 / 2		2 / 2	
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1		1 / 1	-	1 / 2	
	NH1	Do not force or bribe children to eat	3 / 3		3 / 3		3 / 3	
NH2	Do not use food as a reward or punishment	3 / 3		3 / 3		3 / 3		
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4		4 / 4		4 / 4	
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2		2 / 2		2 / 2	
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	+	3 / 2	+	3 / 2	+	3 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	+	4 / 2	+	4 / 2	+	4 / 2
	PA5	Do not withhold active play from children who misbehave	+	4 / 3	+	4 / 3	+	4 / 3
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2		2 / 2		2 / 2	
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2		2 / 2		2 / 2	
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2		2 / 2		2 / 2	
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2		2 / 2		2 / 2	
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	+	4 / 2	+	4 / 3	+	4 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	+	4 / 2	+	4 / 2	+	4 / 2
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	+	3 / 2	+	3 / 2	+	3 / 2
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2		2 / 2		2 / 2	
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2		2 / 2		2 / 2	
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	+	3 / 2	+	3 / 2	+	3 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
- 4 = Regulation fully meets standard

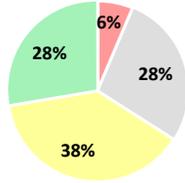
**Δ (Change) Code:**

- + = Improved Rating
- = Lowered Rating

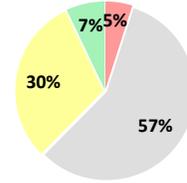
# STATE PROFILES

## NORTH DAKOTA

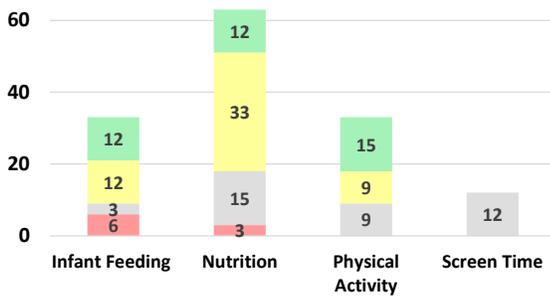
2013 North Dakota Percentage of Ratings for All Healthy Weight Topic Areas



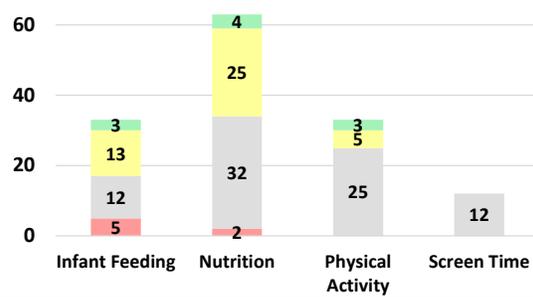
2010 North Dakota Percentage of Ratings for All Healthy Weight Topic Areas



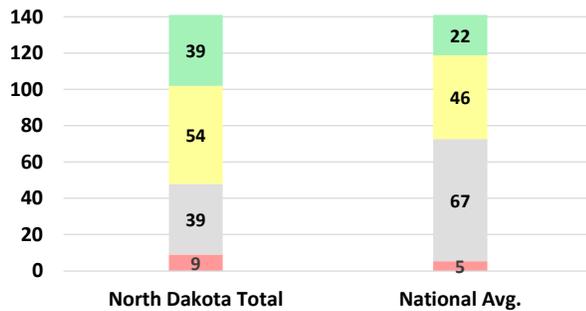
2013 North Dakota Frequency of Each Ratings by Healthy Weight Practices Topic Area



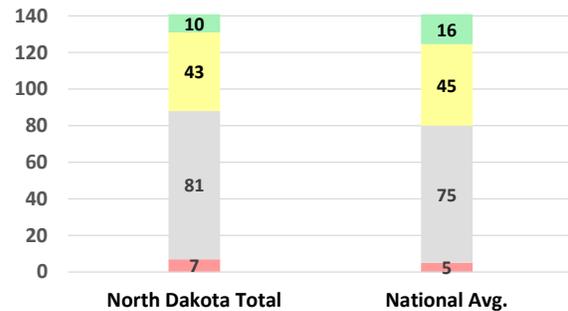
2010 North Dakota Frequency of Each Rating by Healthy Weight Practices Topic Area



2013 North Dakota and National Ratings for All Healthy Weight Topic Areas



2010 North Dakota and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

North Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2013 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## OHIO

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB1	Feed infants on cue	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4 / 4	3 / 3	3 / 3	3 / 3	3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC1	Use only 100% juice with no added sweeteners	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ND1	Make water available both inside and outside	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3 / 3	3 / 3	3 / 3	2 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4	3 / 3	3 / 3
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1
	NH1	Do not force or bribe children to eat	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
NH2	Do not use food as a reward or punishment	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave	3 / 3	2 / 2	2 / 2	3 / 3	3 / 3
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
- 4 = Regulation fully meets standard

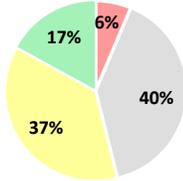
**Δ (Change) Code:**

- + = Improved Rating
- = Lowered Rating

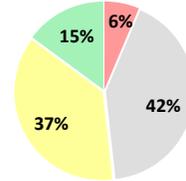
# STATE PROFILES

## OHIO

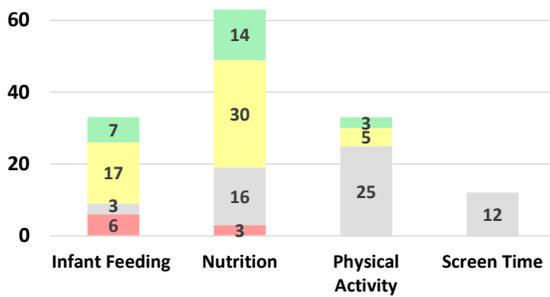
2012 Ohio Percentage of Ratings for All Healthy Weight Topic Areas



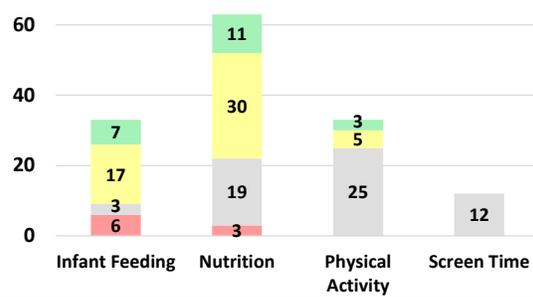
2010 Ohio Percentage of Ratings for All Healthy Weight Topic Areas



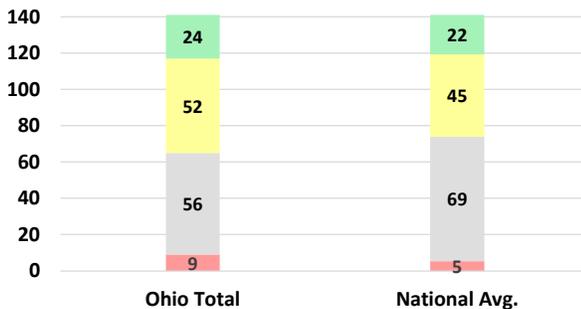
2012 Ohio Frequency of Each Ratings by Healthy Weight Practices Topic Area



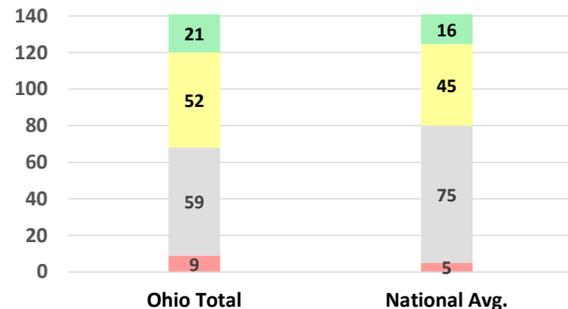
2010 Ohio Frequency of Each Rating by Healthy Weight Practices Topic Area



2012 Ohio and National Ratings for All Healthy Weight Topic Areas



2010 Ohio and National Ratings for All Healthy Weight Topic Areas



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- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

**Ohio Regulation Rating History: 2010 (CTR, LRG, SML); 2012\***

NOTE: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## OKLAHOMA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2010/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	2 / 2	2 / 2	2 / 2	2 / 2
	IB1	Feed infants on cue	4 / 4	2 / 2	2 / 2	2 / 2	2 / 2
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC1	Use only 100% juice with no added sweeteners	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ND1	Make water available both inside and outside	4 / 4	3 / 3	3 / 3	3 / 3	3 / 3
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NH1	Do not force or bribe children to eat	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
NH2	Do not use food as a reward or punishment	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
- 4 = Regulation fully meets standard

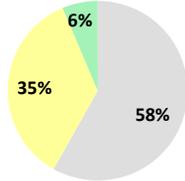
**Δ (Change) Code:**

- + = Improved Rating
- = Lowered Rating

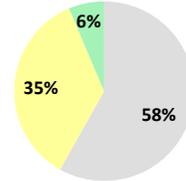
# STATE PROFILES

## OKLAHOMA

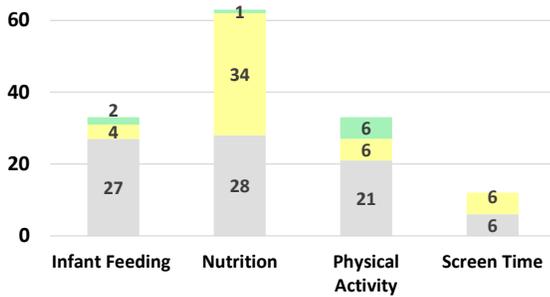
2010 Oklahoma Percentage of Ratings for All Healthy Weight Topic Areas



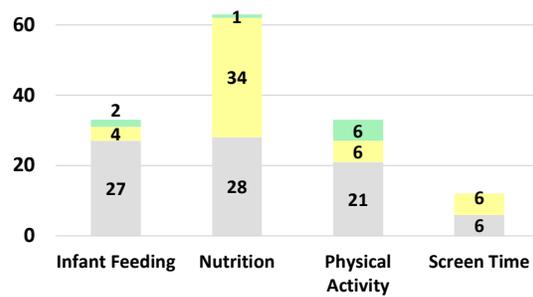
2010 Oklahoma Percentage of Ratings for All Healthy Weight Topic Areas



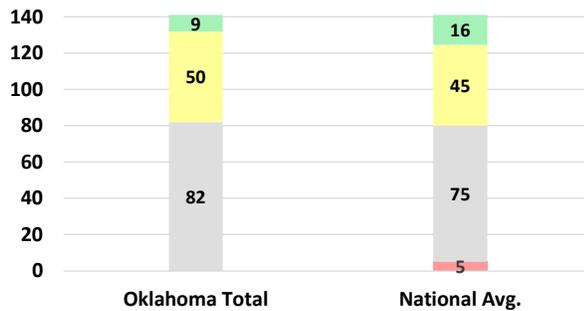
2010 Oklahoma Frequency of Each Ratings by Healthy Weight Practices Topic Area



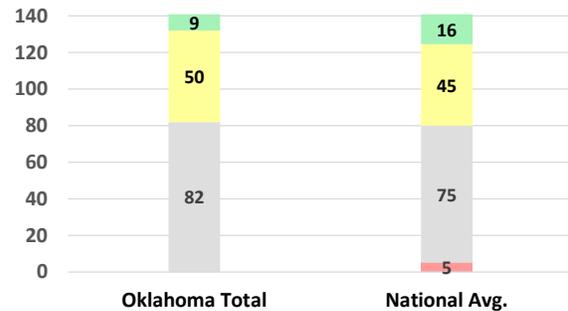
2010 Oklahoma Frequency of Each Rating by Healthy Weight Practices Topic Area



2010 Oklahoma and National Ratings for All Healthy Weight Topic Areas



2010 Oklahoma and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

**Oklahoma Regulation Rating History: 2010 (CTR, LRG, SML)**

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## OREGON

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2	3 / 3	3 / 3		
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	4 / 4	4 / 4		
	IB1	Feed infants on cue	4 / 4	4 / 4	4 / 4		
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3	3 / 3	3 / 3		
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	3 / 3	3 / 3		
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	3 / 3	3 / 3		
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	1 / 1	1 / 1	3 / 3		
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	3 / 3		
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2		
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	1 / 1		
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	1 / 1	1 / 1			
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2		
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3		
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	3 / 3		
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	2 / 2	2 / 2		
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2	+ 4 / 2	+ 4 / 2		
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	3 / 3	3 / 3		
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3		
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	3 / 3		
	NC1	Use only 100% juice with no added sweeteners	4 / 4	4 / 4	4 / 4		
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2		
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	3 / 3		
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	3 / 3		
	ND1	Make water available both inside and outside	+ 4 / 3	+ 4 / 3	+ 4 / 2		
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	2 / 2		
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2		
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4		
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3	3 / 3	3 / 3		
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	3 / 3	3 / 3	2 / 2		
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3 / 3	3 / 3	1 / 1		
	NH1	Do not force or bribe children to eat	3 / 3	3 / 3	2 / 2		
NH2	Do not use food as a reward or punishment	3 / 3	3 / 3	3 / 3			
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	2 / 2		
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2		
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2		
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2		
	PA5	Do not withhold active play from children who misbehave	2 / 2	2 / 2	2 / 2		
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2	3 / 3	3 / 3		
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2	3 / 3	3 / 3		
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	2 / 2		
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2		
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	3 / 3	3 / 3		
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	2 / 2		
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	2 / 2		
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	2 / 2		
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	2 / 2	2 / 2		
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2	2 / 2	2 / 2			

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

Regulation fully meets the standard  
 Regulation contradicts the standard

**Rating Code:**

1 = Regulation contradicts the standard  
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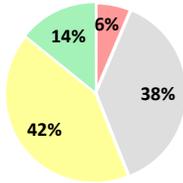
**Δ (Change) Code:**

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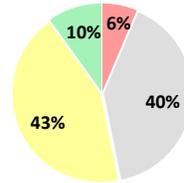
# STATE PROFILES

## OREGON

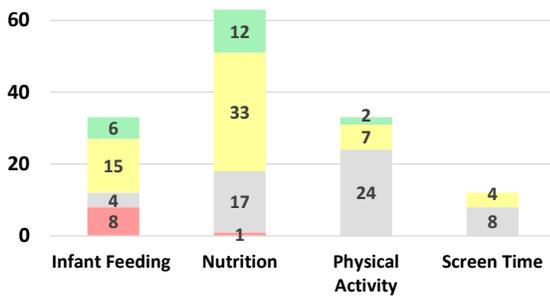
2012 Oregon Percentage of Ratings for All Healthy Weight Topic Areas



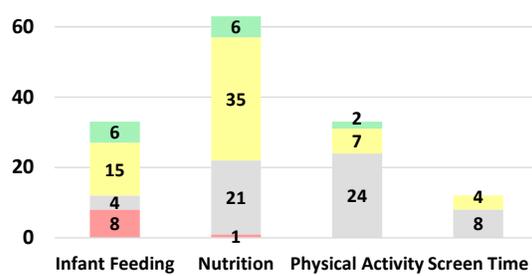
2010 Oregon Percentage of Ratings for All Healthy Weight Topic Areas



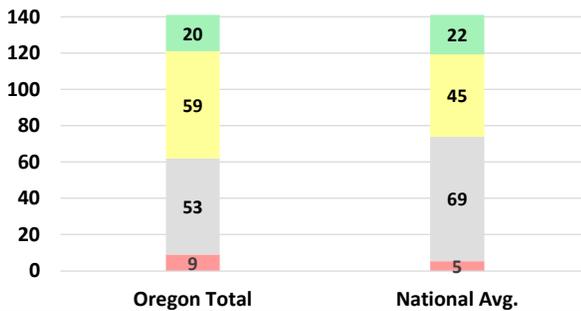
2012 Oregon Frequency of Each Ratings by Healthy Weight Practices Topic Area



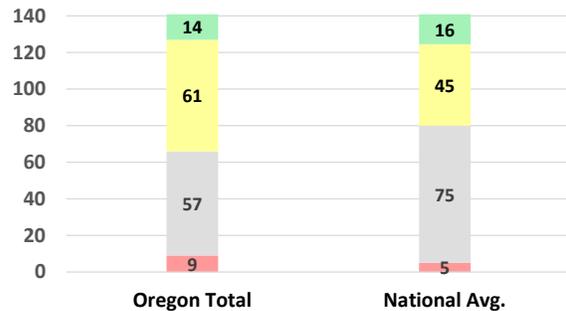
2010 Oregon Frequency of Each Rating by Healthy Weight Practices Topic Area



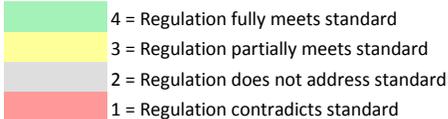
2012 Oregon and National Ratings for All Healthy Weight Topic Areas



2010 Oregon and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**



**Oregon Regulation Rating History: 2010 (CTR, LRG, SML); 2012\***

NOTE: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## PENNSYLVANIA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2010/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2		2 / 2		2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2 / 2		2 / 2		2 / 2
	IB1	Feed infants on cue	3 / 3		3 / 3		3 / 3
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2 / 2		2 / 2		2 / 2
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3		3 / 3		3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3		3 / 3		3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2 / 2		2 / 2		2 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2 / 2		2 / 2		2 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2 / 2		2 / 2		2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2		2 / 2		2 / 2	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3		3 / 3		3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3		3 / 3		3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2 / 2		2 / 2		2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3		3 / 3		3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4 / 4		4 / 4		4 / 4
	NB3	Serve fruits of several varieties, especially whole fruits	4 / 4		4 / 4		4 / 4
	NC1	Use only 100% juice with no added sweeteners	2 / 2		2 / 2		2 / 2
	NC2	Offer juice (100%) only during meal times	2 / 2		2 / 2		2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2 / 2		2 / 2		2 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2 / 2		2 / 2		2 / 2
	ND1	Make water available both inside and outside	4 / 4		4 / 4		4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2		2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4		4 / 4		4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3		3 / 3		3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2		2 / 2		2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2 / 2		2 / 2		2 / 2
	NH1	Do not force or bribe children to eat	2 / 2		2 / 2		2 / 2
NH2	Do not use food as a reward or punishment	2 / 2		2 / 2		2 / 2	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4		4 / 4		2 / 2
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2		2 / 2		2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2		2 / 2		2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2		2 / 2		2 / 2
	PA5	Do not withhold active play from children who misbehave	2 / 2		2 / 2		2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2		2 / 2		2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2		2 / 2		2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2		2 / 2		2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2		2 / 2		2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3		3 / 3		3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	2 / 2		2 / 2		2 / 2
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	2 / 2		2 / 2		2 / 2
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2		2 / 2		2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2		2 / 2		2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2		2 / 2		2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

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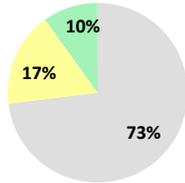
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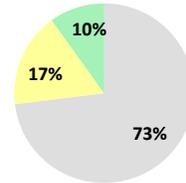
# STATE PROFILES

## PENNSYLVANIA

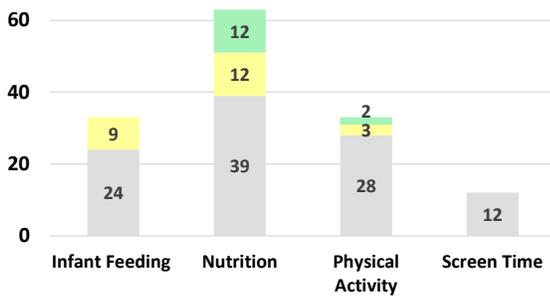
2010 Pennsylvania Percentage of Ratings for All Healthy Weight Topic Areas



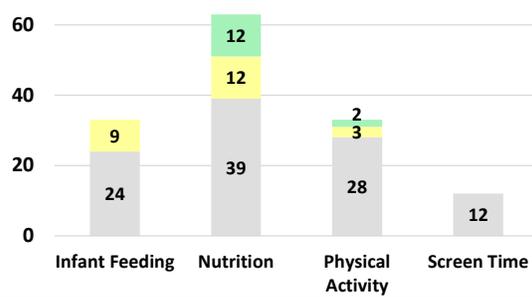
2010 Pennsylvania Percentage of Ratings for All Healthy Weight Topic Areas



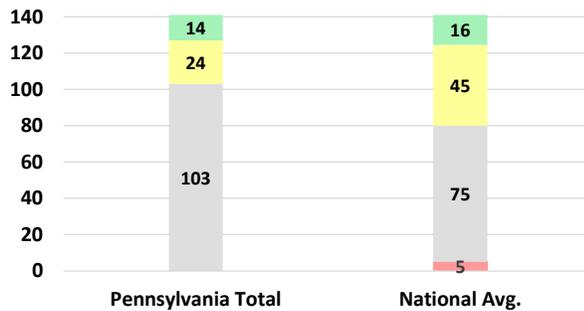
2010 Pennsylvania Frequency of Each Ratings by Healthy Weight Practices Topic Area



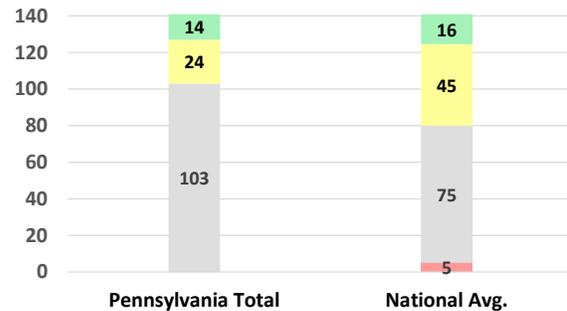
2010 Pennsylvania Frequency of Each Rating by Healthy Weight Practices Topic Area



2010 Pennsylvania and National Ratings for All Healthy Weight Topic Areas



2010 Pennsylvania and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

**Pennsylvania Regulation Rating History: 2010 (CTR, LRG, SML)**

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## RHODE ISLAND

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2013/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	+	3 / 2		3 / 3	3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	+	4 / 3		4 / 4	4 / 4
	IB1	Feed infants on cue	+	4 / 3		4 / 4	4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 2		3 / 3	3 / 3
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		3 / 3		2 / 2	2 / 2
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3		3 / 3	3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	3 / 2		3 / 3	3 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	3 / 2		3 / 3	3 / 3
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2 / 2		2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	-	1 / 2		1 / 1	1 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 2		1 / 1	1 / 1	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	+	3 / 2		2 / 2	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	+	3 / 2		3 / 3	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	+	3 / 2		3 / 3	3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	+	3 / 2		3 / 3	3 / 3
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 3	4 / 3
	NB1	Serve whole grain breads, cereals, and pastas	+	3 / 2		3 / 3	3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	+	3 / 2		3 / 3	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	+	3 / 2		3 / 3	3 / 3
	NC1	Use only 100% juice with no added sweeteners	+	4 / 2		4 / 4	4 / 4
	NC2	Offer juice (100%) only during meal times		2 / 2		4 / 4	4 / 4
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 2		4 / 4	4 / 4
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 2		4 / 4	4 / 4
	ND1	Make water available both inside and outside		4 / 4		4 / 4	4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	+	3 / 2		2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	+	4 / 2		4 / 4	4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	+	3 / 2		3 / 3	3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	+	4 / 2		2 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	4 / 2		3 / 3	3 / 3
	NH1	Do not force or bribe children to eat	+	3 / 2		2 / 2	2 / 2
NH2	Do not use food as a reward or punishment	+	4 / 3		3 / 3	3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4	4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	+	3 / 2		2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2		2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	+	4 / 2		2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave	+	4 / 2		4 / 4	4 / 4
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 2		3 / 3	3 / 3
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	+	3 / 2		3 / 3	3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2	2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	+	3 / 2		2 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	+	3 / 2		3 / 3	3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	+	4 / 3		3 / 3	3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3	3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	+	4 / 2		2 / 2	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	+	4 / 2		2 / 2	2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	+	3 / 2		2 / 2	2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

Regulation fully meets the standard  
 Regulation contradicts the standard

**Rating Code:**

1 = Regulation contradicts the standard  
 2 = Regulation does not address standard  
 3 = Regulation partially meets standard  
 4 = Regulation fully meets standard

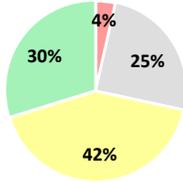
**Δ (Change) Code:**

+ = Improved Rating  
 - = Lowered Rating

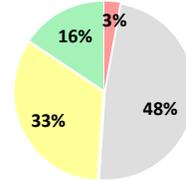
# STATE PROFILES

## RHODE ISLAND

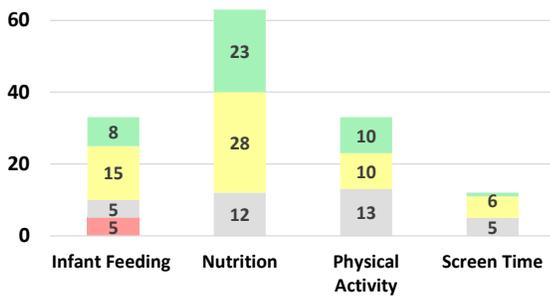
2013 Rhode Island Percentage of Ratings for All Healthy Weight Topic Areas



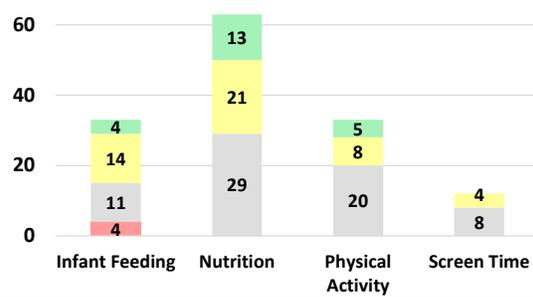
2010 Rhode Island Percentage of Ratings for All Healthy Weight Topic Areas



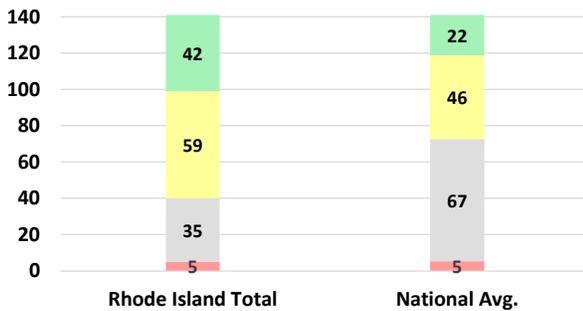
2013 Rhode Island Frequency of Each Ratings by Healthy Weight Practices Topic Area



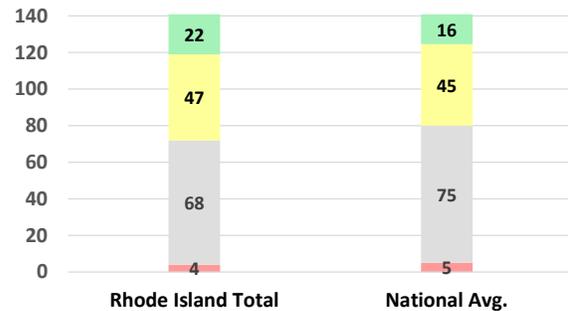
2010 Rhode Island Frequency of Each Rating by Healthy Weight Practices Topic Area



2013 Rhode Island and National Ratings for All Healthy Weight Topic Areas



2010 Rhode Island and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

Rhode Island Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## SOUTH CAROLINA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3 / 3	3 / 3	0 / 0		
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	4 / 4	0 / 0		
	IB1	Feed infants on cue	4 / 4	4 / 4	0 / 0		
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3	3 / 3	0 / 0		
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	3 / 3	0 / 0		
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	3 / 3	0 / 0		
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	3 / 3	0 / 0		
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	0 / 0		
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	0 / 0		
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	0 / 0		
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	1 / 1	0 / 0			
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	0 / 0		
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	0 / 0		
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	0 / 0		
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	2 / 2	0 / 0		
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2	+ 4 / 2	0 / 0		
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	3 / 3	0 / 0		
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	0 / 0		
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	0 / 0		
	NC1	Use only 100% juice with no added sweeteners	4 / 4	4 / 4	0 / 0		
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	0 / 0		
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	0 / 0		
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	0 / 0		
	ND1	Make water available both inside and outside	4 / 4	4 / 4	0 / 0		
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	0 / 0		
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	0 / 0		
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	0 / 0		
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3	3 / 3	0 / 0		
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	0 / 0		
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1	1 / 1	0 / 0		
	NH1	Do not force or bribe children to eat	3 / 3	3 / 3	0 / 0		
NH2	Do not use food as a reward or punishment	3 / 3	3 / 3	0 / 0			
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	3 / 3	0 / 0		
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	0 / 0		
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	0 / 0		
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	0 / 0		
	PA5	Do not withhold active play from children who misbehave	2 / 2	2 / 2	0 / 0		
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 / 3	3 / 3	0 / 0		
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3 / 3	3 / 3	0 / 0		
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	0 / 0		
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	0 / 0		
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	3 / 3	0 / 0		
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	2 / 2	2 / 2	0 / 0		
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	2 / 2	2 / 2	0 / 0		
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	0 / 0		
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	2 / 2	0 / 0		
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 / 3	3 / 3	0 / 0			

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

Regulation fully meets the standard  
 Regulation contradicts the standard

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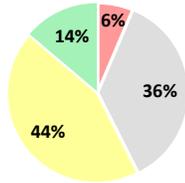
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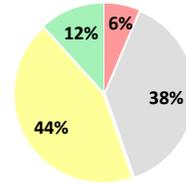
# STATE PROFILES

## SOUTH CAROLINA

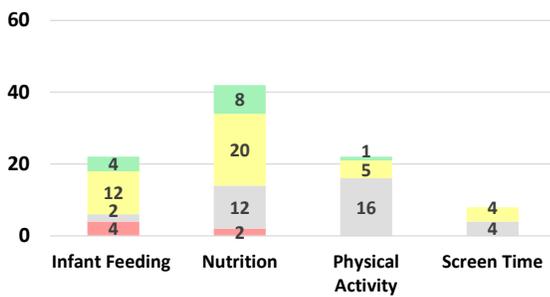
2012 South Carolina Percentage of Ratings for All Healthy Weight Topic Areas



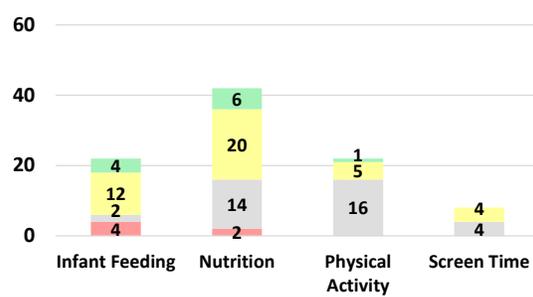
2010 South Carolina Percentage of Ratings for All Healthy Weight Topic Areas



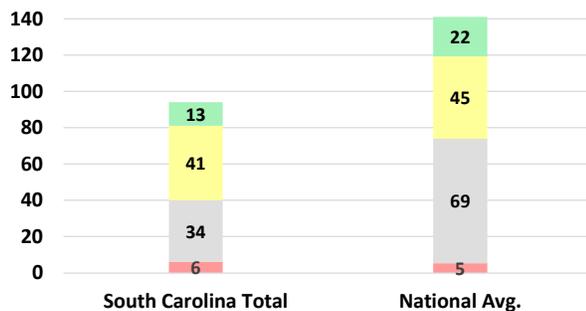
2012 South Carolina Frequency of Each Ratings by Healthy Weight Practices Topic Area



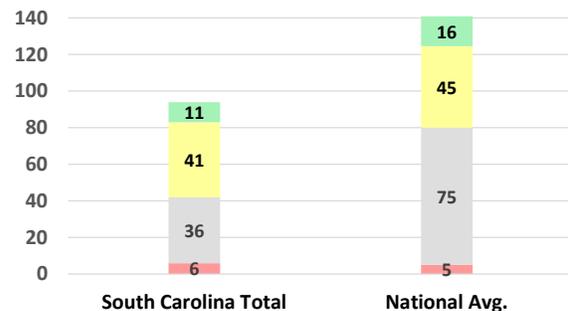
2010 South Carolina Frequency of Each Rating by Healthy Weight Practices Topic Area



2012 South Carolina and National Ratings for All Healthy Weight Topic Areas



2010 South Carolina and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

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- 1 = Regulation contradicts standard

**South Carolina Regulation Rating History: 2010 (CTR, LRG); 2012\***

NOTE: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## SOUTH DAKOTA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2010/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2		2 / 2		2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2 / 2		2 / 2		2 / 2
	IB1	Feed infants on cue	4 / 4		4 / 4		4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2 / 2		2 / 2		2 / 2
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4 / 4		4 / 4		4 / 4
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2 / 2		2 / 2		2 / 2
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2 / 2		2 / 2		2 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2 / 2		2 / 2		2 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2 / 2		2 / 2		2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2		2 / 2		2 / 2	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2 / 2		2 / 2		2 / 2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2 / 2		2 / 2		2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2 / 2		2 / 2		2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	2 / 2		2 / 2		2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2 / 2		2 / 2		2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	2 / 2		2 / 2		2 / 2
	NC1	Use only 100% juice with no added sweeteners	2 / 2		2 / 2		2 / 2
	NC2	Offer juice (100%) only during meal times	2 / 2		2 / 2		2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2 / 2		2 / 2		2 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2 / 2		2 / 2		2 / 2
	ND1	Make water available both inside and outside	2 / 2		2 / 2		2 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2		2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions	2 / 2		2 / 2		2 / 2
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	2 / 2		2 / 2		2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2		2 / 2		2 / 2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2 / 2		2 / 2		2 / 2	
NH1	Do not force or bribe children to eat	3 / 3		3 / 3		3 / 3	
NH2	Do not use food as a reward or punishment	3 / 3		3 / 3		3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4		4 / 4		2 / 2
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2		2 / 2		2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2		2 / 2		2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2		2 / 2		2 / 2
	PA5	Do not withhold active play from children who misbehave	2 / 2		2 / 2		2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2		2 / 2		2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2		2 / 2		2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2		2 / 2		2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2		2 / 2		2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3		2 / 2		2 / 2
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3		2 / 2		2 / 2
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3		2 / 2		2 / 2
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2		2 / 2		2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2		2 / 2		2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2		2 / 2		2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

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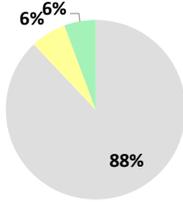
**Δ (Change) Code:**

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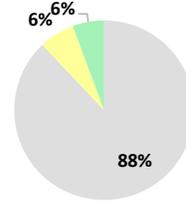
# STATE PROFILES

## SOUTH DAKOTA

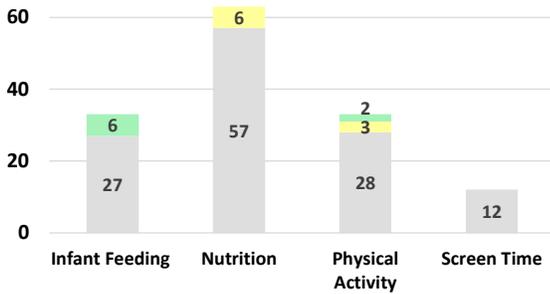
2010 South Dakota Percentage of Ratings for All Healthy Weight Topic Areas



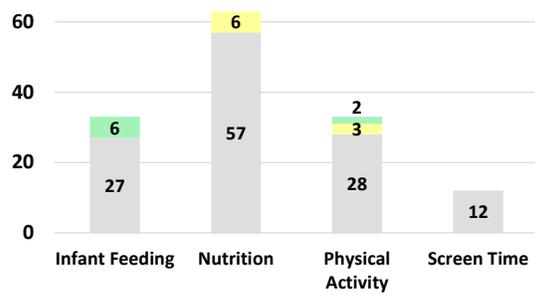
2010 South Dakota Percentage of Ratings for All Healthy Weight Topic Areas



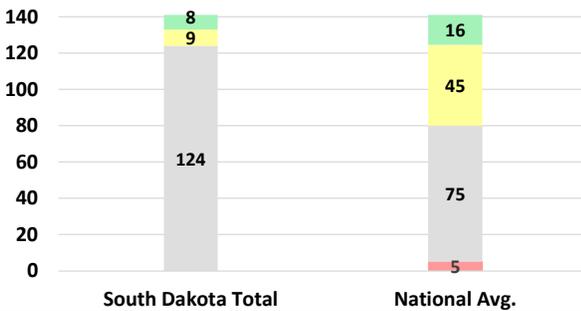
2010 South Dakota Frequency of Each Ratings by Healthy Weight Practices Topic Area



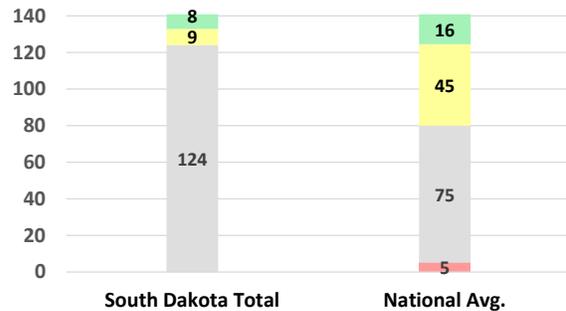
2010 South Dakota Frequency of Each Rating by Healthy Weight Practices Topic Area



2010 South Dakota and National Ratings for All Healthy Weight Topic Areas



2010 South Dakota and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

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- 1 = Regulation contradicts standard

**South Dakota Regulation Rating History: 2010 (CTR, LRG, SML)**

NOTE: In 2013, 2010 ratings adjusted due to retirement of MyPyramid.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## TENNESSEE

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2010/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IB1	Feed infants on cue	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	2 / 2	2 / 2	3 / 3	3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	3 / 3	3 / 3	2 / 2	2 / 2
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2 / 2	1 / 1	1 / 1	1 / 1	1 / 1
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	4 / 4	4 / 4	3 / 3	3 / 3
	NC1	Use only 100% juice with no added sweeteners	2 / 2	4 / 4	4 / 4	4 / 4	4 / 4
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	ND1	Make water available both inside and outside	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	2 / 2	4 / 4	4 / 4	4 / 4	4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	4 / 4	3 / 3	3 / 3	3 / 3	3 / 3
	NH1	Do not force or bribe children to eat	4 / 4	3 / 3	3 / 3	3 / 3	3 / 3
NH2	Do not use food as a reward or punishment	4 / 4	3 / 3	3 / 3	3 / 3	3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	4 / 4	3 / 3	3 / 3
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave	4 / 4	2 / 2	2 / 2	2 / 2	2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

Regulation fully meets the standard  
 Regulation contradicts the standard

**Rating Code:**

1 = Regulation contradicts the standard  
 2 = Regulation does not address standard  
 3 = Regulation partially meets standard  
 4 = Regulation fully meets standard

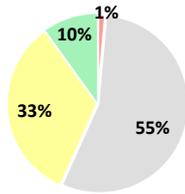
**Δ (Change) Code:**

+ = Improved Rating  
 - = Lowered Rating

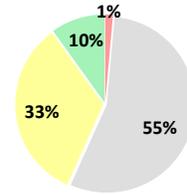
# STATE PROFILES

## TENNESSEE

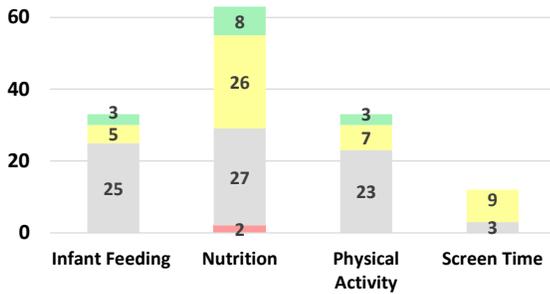
2010 Tennessee Percentage of Ratings for All Healthy Weight Topic Areas



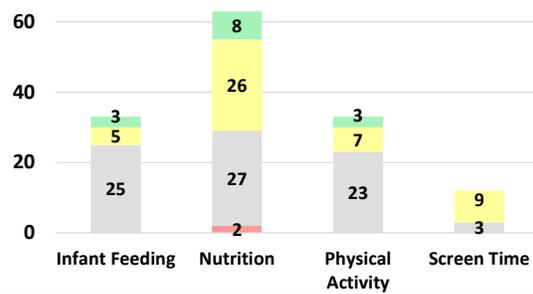
2010 Tennessee Percentage of Ratings for All Healthy Weight Topic Areas



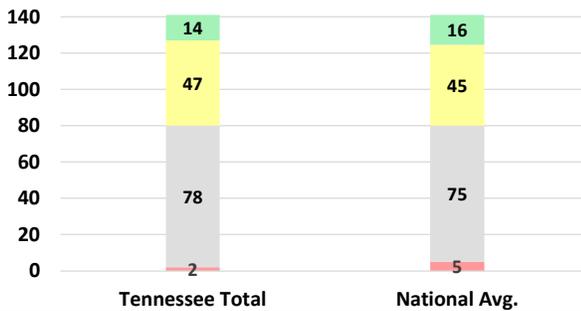
2010 Tennessee Name Frequency of Each Ratings by Healthy Weight Practices Topic Area



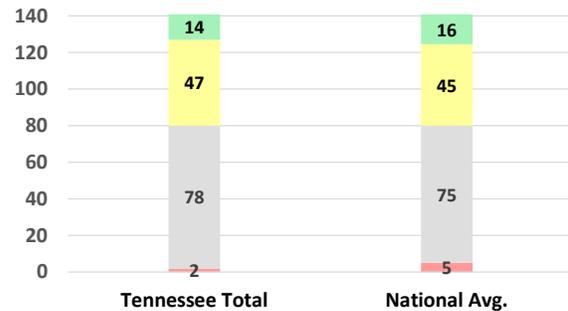
2010 Tennessee Frequency of Each Rating by Healthy Weight Practices Topic Area



2010 Tennessee and National Ratings for All Healthy Weight Topic Areas



2010 Tennessee and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

**Tennessee Regulation Rating History: 2010 (CTR, LRG, SML)**

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## TEXAS

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2014/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	+	4 / 2	+	4 / 2	+	4 / 2
	IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		2 / 2		2 / 2		2 / 2
	IB1 Feed infants on cue		3 / 3		3 / 3		3 / 3
	IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2		2 / 2
	IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		3 / 3		3 / 3		3 / 3
	IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		2 / 2		2 / 2		2 / 2
	IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		2 / 2		2 / 2		2 / 2
	IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		2 / 2		2 / 2		2 / 2
	ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2 / 2		2 / 2		2 / 2
	ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		2 / 2		2 / 2		2 / 2
ID3 Serve no fruit juice to children younger than 12 months of age	+	4 / 2	+	4 / 2	+	4 / 2	
Nutrition	NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		2 / 2		2 / 2
	NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3		3 / 3
	NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		2 / 2		2 / 2		2 / 2
	NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 2		2 / 2		2 / 2
	NA5 Serve skim or 1% pasteurized milk to children two years of age and older		2 / 2		2 / 2		2 / 2
	NB1 Serve whole grain breads, cereals, and pastas	+	4 / 3	+	4 / 3	+	4 / 3
	NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3		3 / 3		3 / 3
	NB3 Serve fruits of several varieties, especially whole fruits		3 / 3		3 / 3		3 / 3
	NC1 Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
	NC2 Offer juice (100%) only during meal times		3 / 3		3 / 3		3 / 3
	NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	+	4 / 3
	NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	4 / 3	+	4 / 3
	ND1 Make water available both inside and outside		4 / 4		4 / 4		4 / 4
	NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2		2 / 2
	NE2 Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2		2 / 2
	NF1 Serve small-sized, age-appropriate portions		4 / 4		4 / 4		4 / 4
	NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their		3 / 3		3 / 3		3 / 3
	NG1 Limit salt by avoiding salty foods such as chips and pretzels		2 / 2		2 / 2		2 / 2
	NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 2	+	3 / 2	+	3 / 2
	NH1 Do not force or bribe children to eat		3 / 3		3 / 3		3 / 3
NH2 Do not use food as a reward or punishment		4 / 4		4 / 4		4 / 4	
Physical Activity and Screen Time	PA1 Provide children with adequate space for both inside and outside play		4 / 4		4 / 4		4 / 4
	PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2 / 2		2 / 2		2 / 2
	PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2		2 / 2		2 / 2
	PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2		2 / 2		2 / 2
	PA5 Do not withhold active play from children who misbehave		4 / 4		4 / 4		4 / 4
	PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 3		3 / 3		3 / 3
	PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly		3 / 3		3 / 3		3 / 3
	PB3 Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
	PB4 Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		2 / 2
	PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	+	4 / 3	+	4 / 3	+	4 / 3
	PC2 Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3		3 / 3
	PC3 Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity		3 / 3		3 / 3		3 / 3
	PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor		2 / 2		2 / 2		2 / 2
	PE1 Ensure that infants have supervised tummy time every day when they are awake		4 / 4		4 / 4		4 / 4
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3		3 / 3		3 / 3	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

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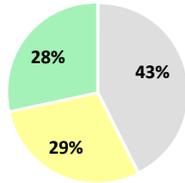
**Δ (Change) Code:**

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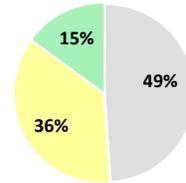
# STATE PROFILES

## TEXAS

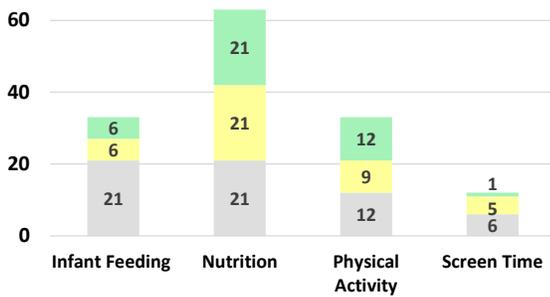
2014 Texas Percentage of Ratings for All Healthy Weight Topic Areas



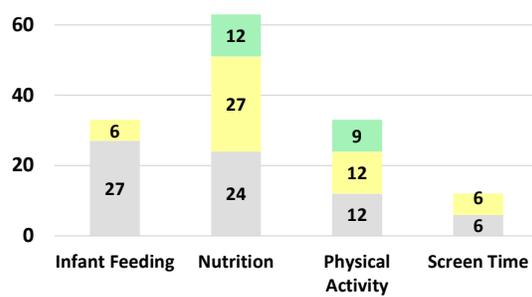
2010 Texas Percentage of Ratings for All Healthy Weight Topic Areas



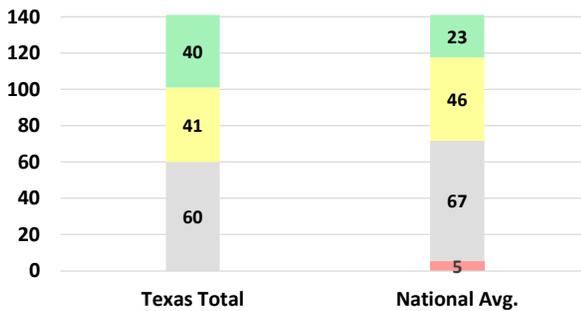
2014 Texas Frequency of Each Ratings by Healthy Weight Practices Topic Area



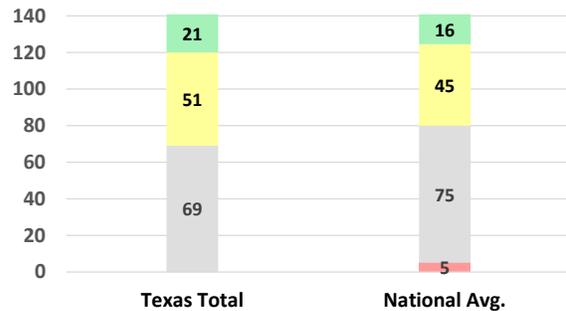
2010 Texas Frequency of Each Rating by Healthy Weight Practices Topic Area



2014 Texas and National Ratings for All Healthy Weight Topic Areas



2010 Texas and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
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- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

Texas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## UTAH

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3 / 3	3 / 3	2 / 2		
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	4 / 4	3 / 3		
	IB1	Feed infants on cue	4 / 4	4 / 4	2 / 2		
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3	3 / 3	2 / 2		
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	3 / 3	3 / 3		
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	3 / 3	2 / 2		
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	3 / 3	2 / 2		
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	2 / 2		
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2		
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	2 / 2		
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	1 / 1	2 / 2			
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2		
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	2 / 2		
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	2 / 2		
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	2 / 2	2 / 2		
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2	+ 4 / 2	2 / 2		
	NB1	Serve whole grain breads, cereals, and pastas	2 / 2	2 / 2	2 / 2		
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	2 / 2		
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	2 / 2		
	NC1	Use only 100% juice with no added sweeteners	4 / 4	4 / 4	2 / 2		
	NC2	Offer juice (100%) only during meal times	3 / 3	3 / 3	2 / 2		
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	2 / 2		
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	2 / 2		
	ND1	Make water available both inside and outside	+ 4 / 3	+ 4 / 3	3 / 3		
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	2 / 2		
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2		
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	2 / 2		
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3	3 / 3	2 / 2		
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2		
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1	1 / 1	2 / 2		
	NH1	Do not force or bribe children to eat	3 / 3	3 / 3	3 / 3		
NH2	Do not use food as a reward or punishment	3 / 3	3 / 3	3 / 3			
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	2 / 2	2 / 2		
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2		
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2		
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2		
	PA5	Do not withhold active play from children who misbehave	2 / 2	2 / 2	2 / 2		
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2	2 / 2	2 / 2		
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2	2 / 2	2 / 2		
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	2 / 2		
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2		
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	2 / 2	2 / 2		
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	2 / 2	2 / 2	3 / 3		
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	2 / 2	2 / 2	2 / 2		
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	2 / 2		
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2	2 / 2	2 / 2		
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 / 3	2 / 2	2 / 2			

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

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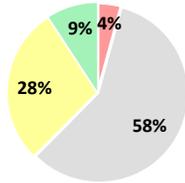
**Δ (Change) Code:**

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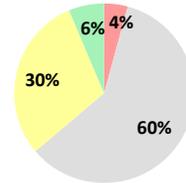
# STATE PROFILES

## UTAH

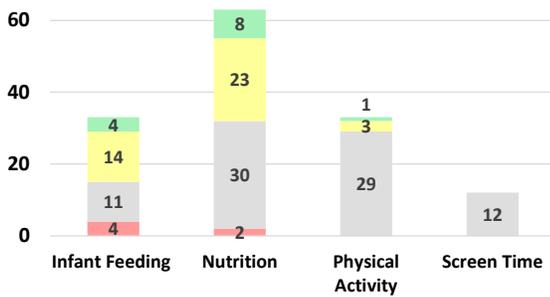
2012 Utah Percentage of Ratings for All Healthy Weight Topic Areas



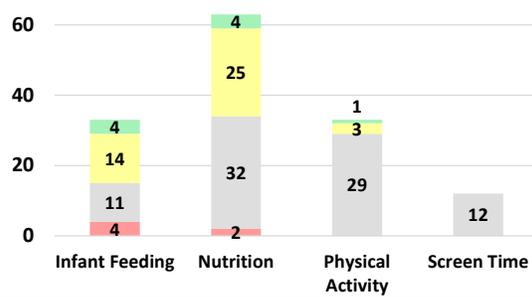
2010 Utah Percentage of Ratings for All Healthy Weight Topic Areas



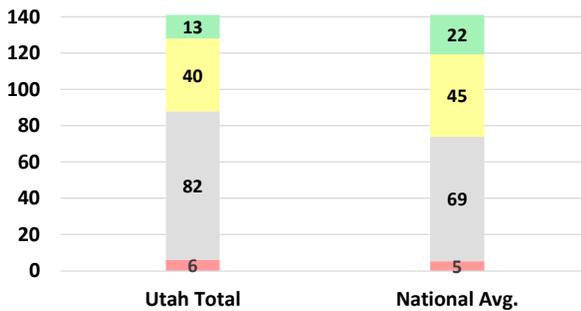
2012 Utah Frequency of Each Rating by Healthy Weight Practices Topic Area



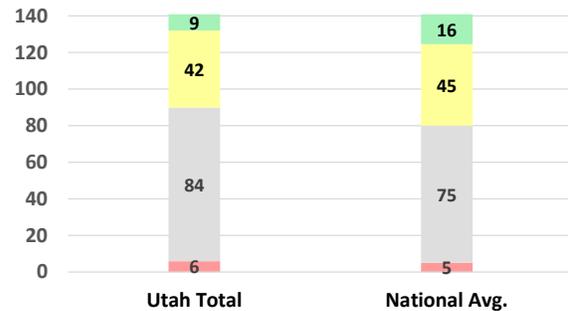
2010 Utah Frequency of Each Rating by Healthy Weight Practices Topic Area



2012 Utah and National Ratings for All Healthy Weight Topic Areas



2010 Utah and National Ratings for All Healthy Weight Topic Areas



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**Utah Regulation Rating History: 2010 (CTR, LRG, SML); 2012\***

NOTE: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## VERMONT

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2010/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		4 / 4		4 / 4		4 / 4
	IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		3 / 3		3 / 3		3 / 3
	IB1 Feed infants on cue		4 / 4		4 / 4		4 / 4
	IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2		2 / 2
	IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		3 / 3		3 / 3		3 / 3
	IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		2 / 2		2 / 2		2 / 2
	IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		3 / 3		2 / 2		2 / 2
	IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		2 / 2		2 / 2		2 / 2
	ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2 / 2		2 / 2		2 / 2
	ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		2 / 2		2 / 2		2 / 2
ID3 Serve no fruit juice to children younger than 12 months of age		3 / 3		2 / 2		2 / 2	
Nutrition	NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		2 / 2		2 / 2
	NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		2 / 2		2 / 2		2 / 2
	NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		2 / 2		2 / 2		2 / 2
	NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 2		2 / 2		2 / 2
	NA5 Serve skim or 1% pasteurized milk to children two years of age and older		2 / 2		2 / 2		2 / 2
	NB1 Serve whole grain breads, cereals, and pastas		2 / 2		2 / 2		2 / 2
	NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		2 / 2		2 / 2		2 / 2
	NB3 Serve fruits of several varieties, especially whole fruits		3 / 3		3 / 3		3 / 3
	NC1 Use only 100% juice with no added sweeteners		2 / 2		2 / 2		2 / 2
	NC2 Offer juice (100%) only during meal times		2 / 2		2 / 2		2 / 2
	NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		2 / 2		2 / 2		2 / 2
	NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		2 / 2		2 / 2		2 / 2
	ND1 Make water available both inside and outside		3 / 3		3 / 3		3 / 3
	NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2		2 / 2
	NE2 Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2		2 / 2
	NF1 Serve small-sized, age-appropriate portions		2 / 2		2 / 2		2 / 2
	NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their		2 / 2		2 / 2		2 / 2
	NG1 Limit salt by avoiding salty foods such as chips and pretzels		2 / 2		2 / 2		4 / 4
	NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		2 / 2		2 / 2		3 / 3
	NH1 Do not force or bribe children to eat		3 / 3		3 / 3		3 / 3
NH2 Do not use food as a reward or punishment		3 / 3		3 / 3		3 / 3	
Physical Activity and Screen Time	PA1 Provide children with adequate space for both inside and outside play		4 / 4		2 / 2		3 / 3
	PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2 / 2		2 / 2		2 / 2
	PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		4 / 4		4 / 4		4 / 4
	PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2		2 / 2		2 / 2
	PA5 Do not withhold active play from children who misbehave		2 / 2		2 / 2		2 / 2
	PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		3 / 3		3 / 3		3 / 3
	PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly		3 / 3		3 / 3		3 / 3
	PB3 Use screen media with children age two years and older only for educational purposes or physical activity		4 / 4		4 / 4		4 / 4
	PB4 Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		2 / 2
	PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3		2 / 2		3 / 3
	PC2 Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity		3 / 3		2 / 2		2 / 2
	PC3 Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity		3 / 3		2 / 2		2 / 2
	PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor		2 / 2		2 / 2		2 / 2
	PE1 Ensure that infants have supervised tummy time every day when they are awake		2 / 2		2 / 2		2 / 2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3		2 / 2		2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
- 4 = Regulation fully meets standard

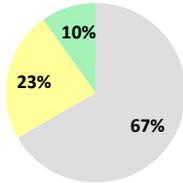
**Δ (Change) Code:**

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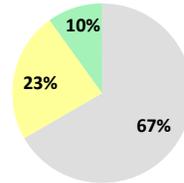
# STATE PROFILES

## VERMONT

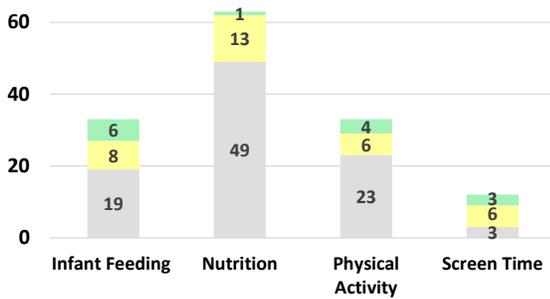
2010 Vermont Percentage of Ratings for All Healthy Weight Topic Areas



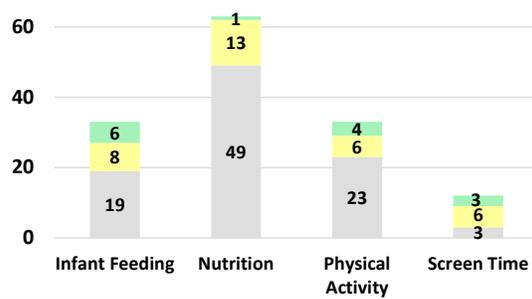
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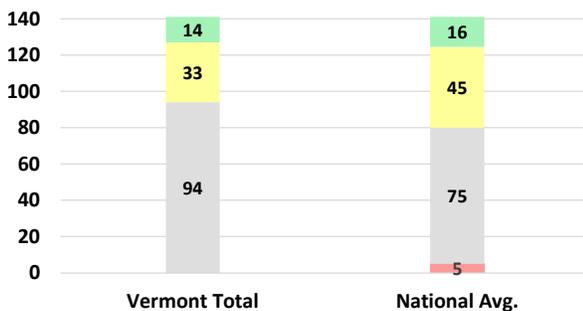
2010 Vermont Frequency of Each Ratings by Healthy Weight Practices Topic Area



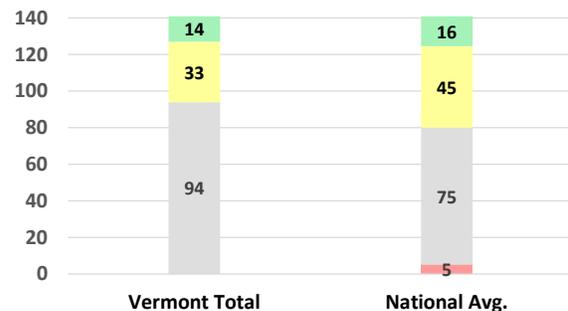
2010 Vermont Frequency of Each Rating by Healthy Weight Practices Topic Area



2010 Vermont and National Ratings for All Healthy Weight Topic Areas



2010 Vermont and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

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**Vermont Regulation Rating History: 2010 (CTR, LRG, SML)**

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## VIRGINIA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB1	Feed infants on cue	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2 / 2	4 / 4	4 / 4	4 / 4	4 / 4
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	4 / 4	4 / 4	4 / 4	4 / 4
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	4 / 4	4 / 4	4 / 4	4 / 4
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC1	Use only 100% juice with no added sweeteners	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ND1	Make water available both inside and outside	4 / 4	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1
	NH1	Do not force or bribe children to eat	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
NH2	Do not use food as a reward or punishment	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave	2 / 2	4 / 4	4 / 4	4 / 4	4 / 4
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	4 / 4	4 / 4	4 / 4	4 / 4
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	4 / 4	4 / 4	4 / 4	4 / 4
	PE1	Ensure that infants have supervised tummy time every day when they are awake	4 / 4	3 / 3	3 / 3	3 / 3	3 / 3
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2	3 / 3	3 / 3	3 / 3	3 / 3	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

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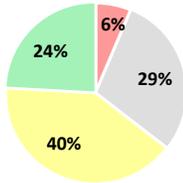
**Δ (Change) Code:**

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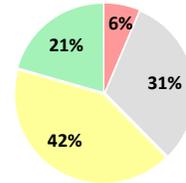
# STATE PROFILES

## VIRGINIA

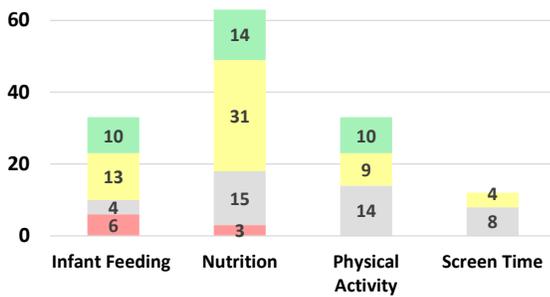
2012 Virginia Percentage of Ratings for All Healthy Weight Topic Areas



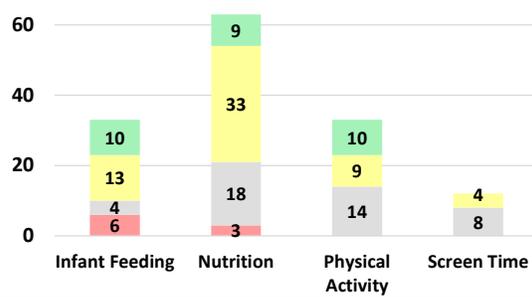
2010 Virginia Percentage of Ratings for All Healthy Weight Topic Areas



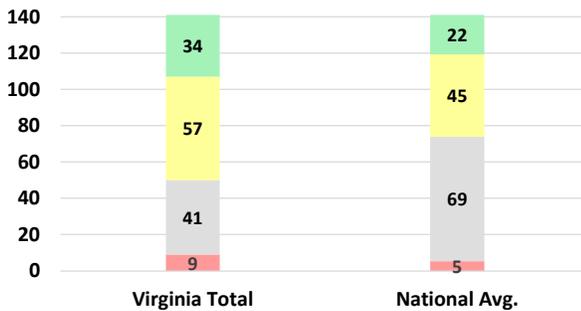
2012 Virginia Frequency of Each Ratings by Healthy Weight Practices Topic Area



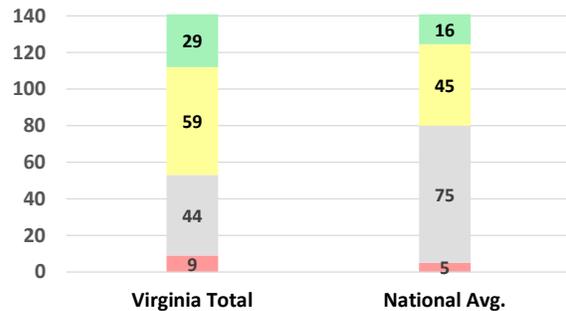
2010 Virginia Frequency of Each Rating by Healthy Weight Practices Topic Area



2012 Virginia and National Ratings for All Healthy Weight Topic Areas



2010 Virginia and National Ratings for All Healthy Weight Topic Areas



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Virginia Regulation Rating History: 2010 (CTR);2011 (LRG, SML); 2012\*

NOTES: 1) 2011 baseline correction added family child care; 2) Asterisk after 2012 (2012\*) means better ratings in 2 indicators due to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## WASHINGTON

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML	
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2	+	3 / 2	+	3 / 2	
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4		4 / 4		4 / 4	
	IB1	Feed infants on cue	4 / 4		4 / 4		4 / 4	
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2 / 2	+	4 / 3	+	4 / 3	
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4 / 4		4 / 4		4 / 4	
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4 / 4		3 / 3		3 / 3	
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3		3 / 3		3 / 3	
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	4 / 4		3 / 3		3 / 3	
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	+	3 / 2	+	3 / 2	
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1		1 / 1		1 / 1	
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1		1 / 1		1 / 1		
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2		2 / 2		2 / 2	
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3		3 / 3		3 / 3	
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3		3 / 3		3 / 3	
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3 / 3		3 / 3		3 / 3	
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	-	1 / 2	+	4 / 2	+	4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	2 / 2		3 / 3		3 / 3	
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3		3 / 3		3 / 3	
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3		3 / 3		3 / 3	
	NC1	Use only 100% juice with no added sweeteners	4 / 4		4 / 4		4 / 4	
	NC2	Offer juice (100%) only during meal times	2 / 2		2 / 2		2 / 2	
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2 / 2		3 / 3		3 / 3	
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2 / 2		3 / 3		3 / 3	
	ND1	Make water available both inside and outside	+	4 / 2		4 / 4		4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2		2 / 2		2 / 2	
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2		2 / 2		2 / 2	
	NF1	Serve small-sized, age-appropriate portions	2 / 2		4 / 4		4 / 4	
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	2 / 2		3 / 3		3 / 3	
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2		2 / 2		2 / 2	
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3 / 3		1 / 1		1 / 1	
	NH1	Do not force or bribe children to eat	2 / 2	+	3 / 2	+	3 / 2	
NH2	Do not use food as a reward or punishment	3 / 3		3 / 3		3 / 3		
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4		4 / 4		4 / 4	
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2		2 / 2		2 / 2	
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2		2 / 2		2 / 2	
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2		2 / 2		2 / 2	
	PA5	Do not withhold active play from children who misbehave	2 / 2	+	4 / 2	+	4 / 2	
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2		3 / 3		3 / 3	
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2		3 / 3		3 / 3	
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2		4 / 4		4 / 4	
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2		2 / 2		2 / 2	
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3		3 / 3		3 / 3	
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3		3 / 3		3 / 3	
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3		3 / 3		3 / 3	
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2		2 / 2		2 / 2	
	PE1	Ensure that infants have supervised tummy time every day when they are awake	4 / 4	+	4 / 2	+	4 / 2	
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 / 3		2 / 2		2 / 2		

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

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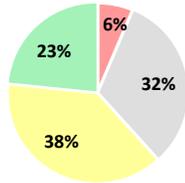
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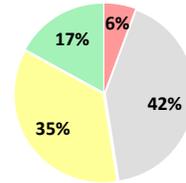
# STATE PROFILES

## WASHINGTON

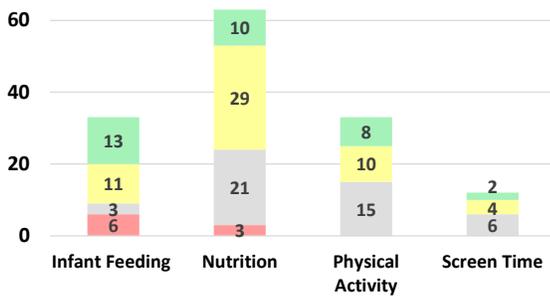
2012 State Name Percentage of Ratings for All Healthy Weight Topic Areas



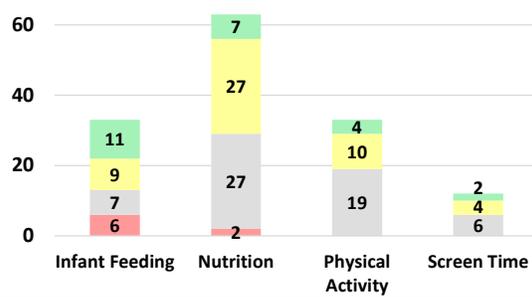
2010 State Name Percentage of Ratings for All Healthy Weight Topic Areas



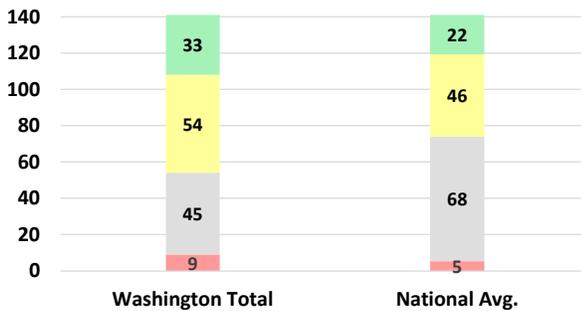
2012 State Name Frequency of Each Ratings by Healthy Weight Practices Topic Area



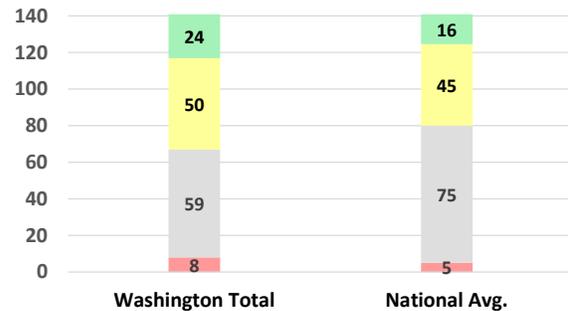
2010 State Name Frequency of Each Rating by Healthy Weight Practices Topic Area



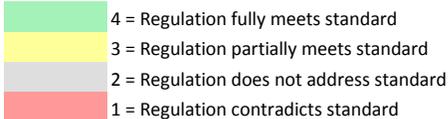
2012 State Name and National Ratings for All Healthy Weight Topic Areas



2010 State Name and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**



Washington Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## WEST VIRGINIA

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2014/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3 / 3	3 / 3	3 / 3	4 / 4	4 / 4
	IB1	Feed infants on cue	4 / 4	2 / 2	4 / 4	4 / 4	4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4 / 4	3 / 3	3 / 3	3 / 3	3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2	+ 3 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC1	Use only 100% juice with no added sweeteners	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NC2	Offer juice (100%) only during meal times	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ND1	Make water available both inside and outside	4 / 4	+ 4 / 2	4 / 4	4 / 4	4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	4 / 4	2 / 2	2 / 2	2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	4 / 4	4 / 4	2 / 2	2 / 2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1	4 / 4	4 / 4	1 / 1	1 / 1	
NH1	Do not force or bribe children to eat	+ 4 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
NH2	Do not use food as a reward or punishment	+ 4 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 / 3	3 / 3	3 / 3	2 / 2	2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3 / 3	3 / 3	3 / 3	2 / 2	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	+ 4 / 2	2 / 2	2 / 2	2 / 2	2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	+ 4 / 2	1 / 1	1 / 1	2 / 2	2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
- 4 = Regulation fully meets standard

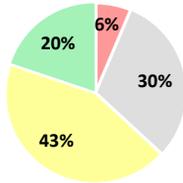
**Δ (Change) Code:**

- + = Improved Rating
- = Lowered Rating

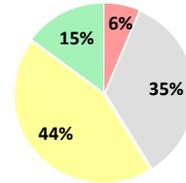
# STATE PROFILES

## WEST VIRGINIA

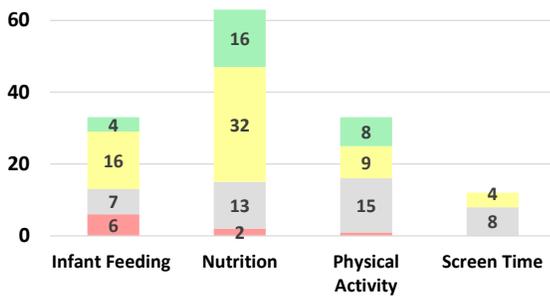
2014 West Virginia Percentage of Ratings for All Healthy Weight Topic Areas



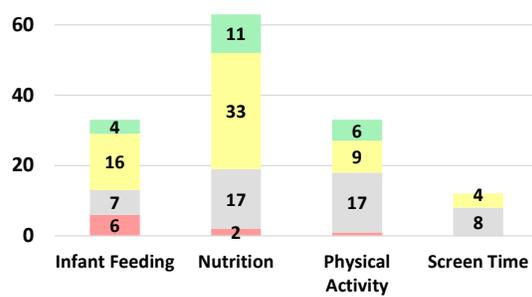
2010 West Virginia Percentage of Ratings for All Healthy Weight Topic Areas



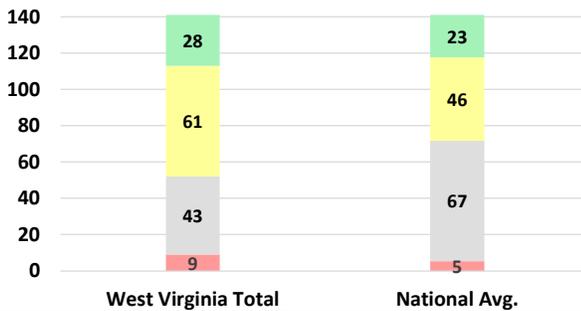
2014 West Virginia Frequency of Each Ratings by Healthy Weight Practices Topic Area



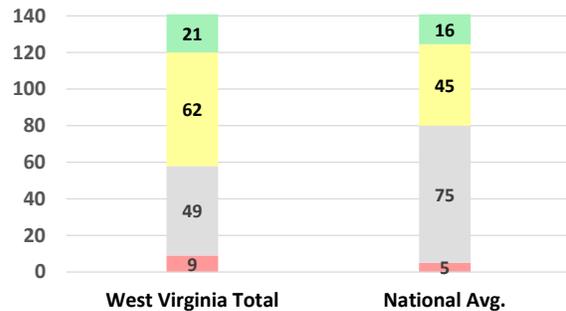
2010 West Virginia Frequency of Each Rating by Healthy Weight Practices Topic Area



2014 West Virginia and National Ratings for All Healthy Weight Topic Areas



2010 West Virginia and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

West Virginia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## WISCONSIN

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2012/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB1	Feed infants on cue	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	3 / 3	3 / 3	4 / 4	4 / 4
	NC1	Use only 100% juice with no added sweeteners	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NC2	Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	ND1	Make water available both inside and outside	4 / 4	4 / 4	4 / 4	+ 4 / 2	+ 4 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1	1 / 1	1 / 1	1 / 1	1 / 1
	NH1	Do not force or bribe children to eat	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
NH2	Do not use food as a reward or punishment	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PA5	Do not withhold active play from children who misbehave	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
- 4 = Regulation fully meets standard

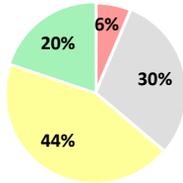
**Δ (Change) Code:**

- + = Improved Rating
- = Lowered Rating

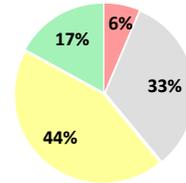
# STATE PROFILES

## WISCONSIN

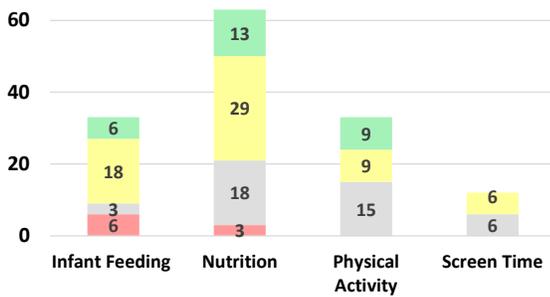
2012 Wisconsin Percentage of Ratings for All Healthy Weight Topic Areas



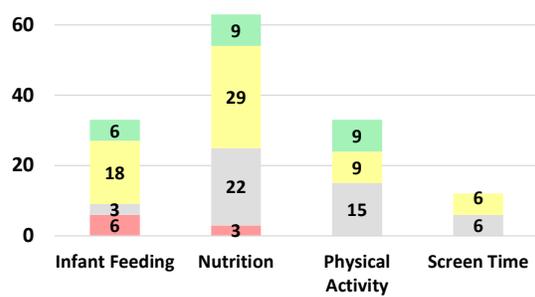
2010 Wisconsin Percentage of Ratings for All Healthy Weight Topic Areas



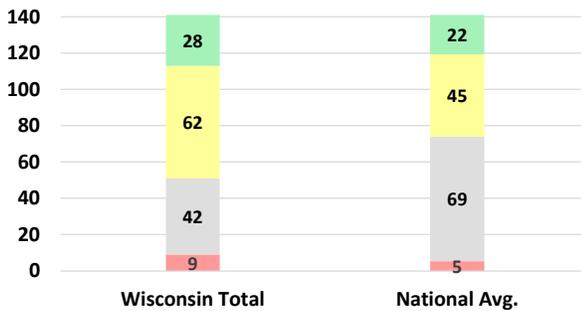
2012 Wisconsin Frequency of Each Ratings by Healthy Weight Practices Topic Area



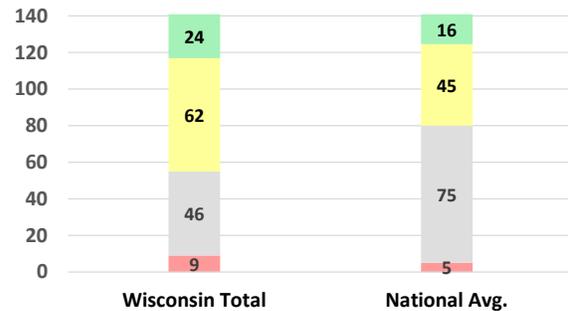
2010 Wisconsin Frequency of Each Rating by Healthy Weight Practices Topic Area



2012 Wisconsin and National Ratings for All Healthy Weight Topic Areas



2010 Wisconsin and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

**Wisconsin Regulation Rating History: 2010 (CTR, LRG, SML); 2012\***

NOTE: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# STATE PROFILES

## WYOMING

### Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2013/2010

		Δ	CTR	Δ	LRG	Δ	SML
Infant Feeding	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2 / 2		2 / 2		2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2 / 2		2 / 2		2 / 2
	IB1	Feed infants on cue	4 / 4		4 / 4		4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2 / 2		2 / 2		2 / 2
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	+ 3 / 2		+ 3 / 2		+ 3 / 2
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3 / 3		3 / 3		3 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2 / 2		2 / 2		2 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2 / 2		2 / 2		2 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 / 2		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2 / 2		2 / 2		2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2		2 / 2		2 / 2	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2 / 2		2 / 2		2 / 2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2 / 2		2 / 2		2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2 / 2		2 / 2		2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	2 / 2		2 / 2		2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2 / 2		2 / 2		2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	2 / 2		2 / 2		2 / 2
	NC1	Use only 100% juice with no added sweeteners	2 / 2		2 / 2		2 / 2
	NC2	Offer juice (100%) only during meal times	2 / 2		2 / 2		2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2 / 2		2 / 2		2 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2 / 2		2 / 2		2 / 2
	ND1	Make water available both inside and outside	2 / 2		2 / 2		2 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	+ 3 / 2		+ 3 / 2		+ 3 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions	+ 4 / 2		+ 4 / 2		+ 4 / 2
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their	+ 3 / 2		+ 3 / 2		+ 3 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2		2 / 2		2 / 2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2 / 2		2 / 2		2 / 2	
NH1	Do not force or bribe children to eat	- 3 / 4		- 3 / 4		- 3 / 4	
NH2	Do not use food as a reward or punishment	3 / 3		3 / 3		3 / 3	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4		4 / 4		4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	3 / 3		3 / 3		3 / 3
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 / 2		2 / 2		2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 / 2		2 / 2		2 / 2
	PA5	Do not withhold active play from children who misbehave	3 / 3		3 / 3		3 / 3
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2		2 / 2		2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2 / 2		2 / 2		2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2		2 / 2		2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2		2 / 2		2 / 2
	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	+ 3 / 2		+ 3 / 2		+ 3 / 2
	PC2	Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity	2 / 2		2 / 2		2 / 2
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for vigorous physical activity	2 / 2		2 / 2		2 / 2
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2		2 / 2		2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	2 / 2		2 / 2		2 / 2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 / 3		3 / 3		3 / 3	

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

**Color Code:**

- Regulation fully meets the standard
- Regulation contradicts the standard

**Rating Code:**

- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
- 4 = Regulation fully meets standard

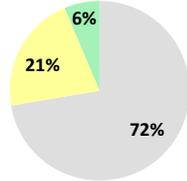
**Δ (Change) Code:**

- + = Improved Rating
- = Lowered Rating

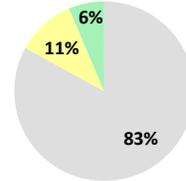
# STATE PROFILES

## WYOMING

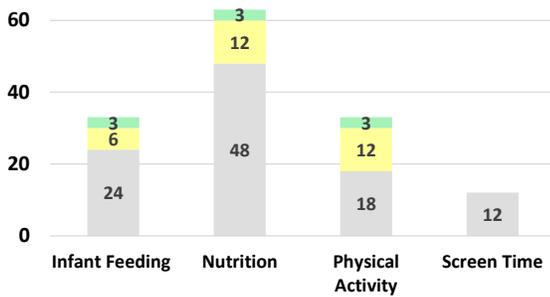
2013 Wyoming Percentage of Ratings for All Healthy Weight Topic Areas



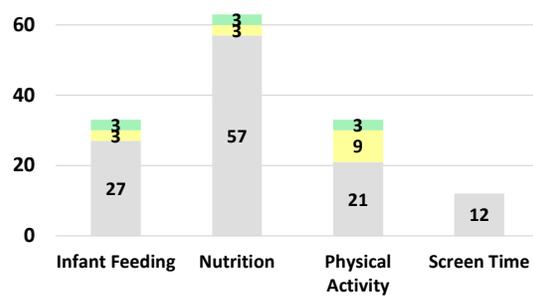
2010 Wyoming Percentage of Ratings for All Healthy Weight Topic Areas



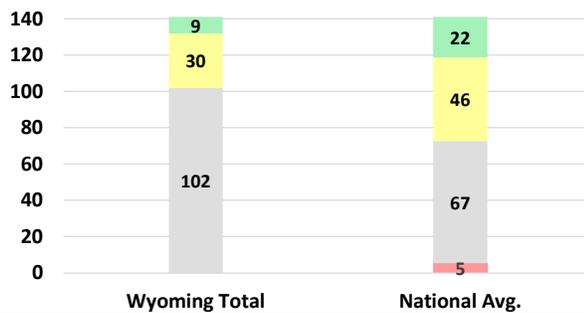
2013 Wyoming Frequency of Each Ratings by Healthy Weight Practices Topic Area



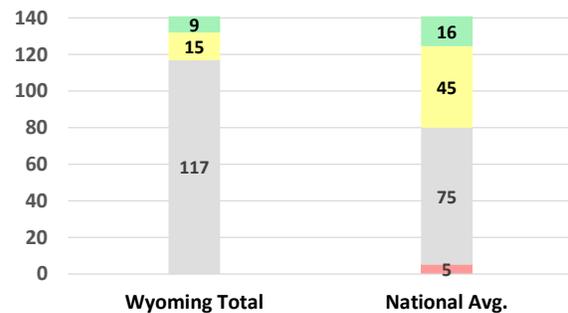
2010 Wyoming Frequency of Each Rating by Healthy Weight Practices Topic Area



2013 Wyoming and National Ratings for All Healthy Weight Topic Areas



2010 Wyoming and National Ratings for All Healthy Weight Topic Areas



**Color and Rating Codes:**

- 4 = Regulation fully meets standard
- 3 = Regulation partially meets standard
- 2 = Regulation does not address standard
- 1 = Regulation contradicts standard

Wyoming Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/State%20Documents%20Assessed%20for%20ASHW-4-28-16-16.pdf>

# TABLE 1: Assessment Years for Each State

**Assessment Years for Each State (all states at baseline, and updated ratings when states made pertinent changes to their licensing regulations)**

State	Year Rated						State	Year Rated					
	2010	2011	2012	2013	2014	2015		2010	2011	2012	2013	2014	2015
Alabama	X		X				Montana	X		X			
Alaska	X		X				Nebraska	X		X	X		
Arizona	X	X					Nevada	X		X			
Arkansas	X	X				X	New Hampshire	X					
California	X		X				New Jersey	X			X		
Colorado	X		X			X	New Mexico	X		X		X	
Connecticut	X		X				New York	X				X	X
Delaware	X		X			X	North Carolina	X		X	X		
District of Columbia	X						North Dakota	X	X	X	X		
Florida	X		X	X			Ohio	X		X			
Georgia	X		X		X		Oklahoma	X					
Hawaii	X		X				Oregon	X		X			
Idaho	X						Pennsylvania	X					
Illinois	X				X		Rhode Island	X		X	X		
Indiana	X						South Carolina	X		X			
Iowa	X		X				South Dakota	X					
Kansas	X		X	X			Tennessee	X					
Kentucky	X			X			Texas	X		X		X	
Louisiana	X		X			X	Utah	X		X			
Maine	X		X				Vermont	X					
Maryland	X		X			X	Virginia	X		X			
Massachusetts	X		X				Washington	X		X			
Michigan	X		X		X		West Virginia	X		X		X	
Minnesota	X		X				Wisconsin	X		X			
Mississippi	X		X	X			Wyoming	X		X	X		
Missouri	X												

**Legend:**

- X Baseline Rating in 2010 (all states, all regulated child care types, all variables)
- X Assessed new or changed rules in year indicated
- X Changed ratings due ONLY to automatic application of CACFP changes
- X Assessed new or changed rules and revised 2010 baseline ratings due to retirement of MyPyramid
- Revised 2010 baseline ratings only due only to retirement of MyPyramid

**TABLE 2: State Documents Assessed for ASHW: 2010 to Date**

State	Regulation Document Title <small>For links to states' documents, click <a href="#">here</a></small>	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
				CTR	LRG	SML
<b>AL</b>	<b>Alabama</b>					
	Minimum Standards for Family Day Care Homes, Family Nighttime Homes, Group Day Care Homes, and Group Nighttime Homes Regulations and Procedures	1/22/2001	2010		X	X
	Minimum Standards for Day Care Centers and Nighttime Centers	1/22/2001	2010	X		
<b>AK</b>	<b>Alaska</b>					
	Title 7 AAC 57- Child Care Facilities Licensing	6/23/2006	2010	X	X	X
<b>AZ</b>	<b>Arizona</b>					
	9 A.A.C. 3, Arizona Dept. of Health Services, Child Care Group Homes	9/1/2004	2010		X	
	9 A.A.C. 5, Arizona Dept. of Health Services, Child Care Facilities	9/30/2010	2010	X	X	
	6 A.A.C.5, Article 52: Arizona Dept. of Economic Security, Certification and Supervision of Family Child Care Home Providers ( <i>document and associated ratings removed from ASHW assessment in 2015, retroactive to 2010</i> )	5/19/1999	2010			
	Arizona Bureau of Child Care Licensing for Child Care Group Homes	9/2011	2011		X	
<b>AR</b>	<b>Arkansas</b>					
	Minimum Licensing Requirements for Child Care Centers	3/2010	2010	X		
	Minimum Licensing Requirements for Child Care Family Homes	3/2010	2010		X	
	Minimum Licensing Requirements for Voluntary Registered Child Care Family Homes	3/2010	2010			X
	Minimum Licensing Requirements for Child Care Centers	11/1/2011	2011	X		
	Minimum Licensing Requirements for Child Care Family Homes	11/1/2011	2011		X	
	Minimum Licensing Requirements for Registered Child Care Family Homes	11/1/2011	2011			X
	Minimum Licensing Requirements for Child Care Centers	1/1/2015	2015	X		
	Minimum Licensing Requirements for Child Care Family Homes	1/1/2015	2015		X	
	Minimum Licensing Requirements for Registered Child Care Family Homes	1/1/2015	2015			X

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Color Code: Update years highlighted to match report theme colors:



## TABLE 2: State Documents Assessed for ASHW: 2010 to Date

State	Regulation Document Title <small>For links to states' documents, click <a href="#">here</a></small>	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
				CTR	LRG	SML
<b>CA</b>	<b>California</b>					
	Title 22, Division 12, Chapter 1, Articles 1, 2 - Child Care Centers General Licensing Requirements	6/15/2005	2010	X		
	Title 22, Division 12, Chapter 1, Article 6 - Child Care Centers Continuing Requirements (continued)	6/8/2005	2010	X		
	Title 22, Division 12, Chapter 1, Article 7 - Child Care Physical Environment	11/1/2008	2010	X		
	Title 22, Division 12, Chapter 1 Subchapters 2, 3 - Child Care Infant Centers and School Age Day Care	11/1/1998	2010	X		
	Community Care Licensing Division Child Care Update - Winter/Spring 2011	Winter/Spring 2011	2012	X	X	X
<b>CO</b>	<b>Colorado</b>					
	Volume of Child Care Facility Licensing	5/1/2010	2010	X	X	X
	Rules and Regulations Governing the Health and Sanitation of Child Care Facilities	5/30/2005	2010		X	
	Rules Regulating Family Child Care Homes	6/1/2012	2012		X	X
	Rules Regulating Child Care Centers (Less than 24 hrs)	7/1/2012	2012	X	X	
	General Rules for Child Care Facilities	10/1/2015	2015	X	X	X
<b>CT</b>	<b>Connecticut</b>					
	Statutes and Regulations for Licensing Child Day Care Centers and Group Day Care Homes	7/2009	2010	X	X	
	Statutes and Regulations for Licensing Family Day Care Homes	7/2009	2010			X
<b>DE</b>	<b>Delaware</b>					
	Rules for Early Care and Education and School-Age Centers	1/1/2007	2010	X		
	Rules for Large Family Child Care Homes	1/1/2009	2010		X	
	Rules for Family Child Care Homes	1/1/2009	2010			X
	Regulations for Early Care and Education and School-Age Centers	7/1/2015	2015	X		

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## TABLE 2: State Documents Assessed for ASHW: 2010 to Date

State	Regulation Document Title <small>For links to states' documents, click <a href="#">here</a></small>	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
				CTR	LRG	SML
<b>DC</b>	<b>Washington DC</b>					
	DCMR 29 Public Welfare Chapter 3 Child Development Facilities	4/27/2007	2010	X		X
<b>FL</b>	<b>Florida</b>					
	Chapter 65C-20 Family Day Care Standards and Large Family Child Care Homes <i>(ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)</i>	1/13/2010	2010		X	X
	Chapter 65C-22 Child Care Standards <i>(ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)</i>	1/13/2010	2010	X		
	2012 Florida Child Care Statutes Section 402	2012	2012	X	X	X
	Chapter 65C-22 Florida Administrative Code Child Care Standards	8/2013	2013	X		
<b>GA</b>	<b>Georgia</b>					
	Rules and Regulations for Child Care Learning Centers	1/1/2010	2010	X		
	Rules and Regulations for Group Day Care Homes	1/1/2010	2010		X	
	Rules and Regulations for Family Day Care Homes	1/1/2010	2010			X
	Chapter 591-1-1 Rules for Child Care Learning Centers	3/2014	2014	X		
	Chapter 290-2-1 Rules and Regulations Group Day Care Homes	3/2014	2014		X	
	Chapter 290-2-3 Rules and Regulations Family Day Care Homes	3/2014	2014			X
<b>HI</b>	<b>Hawaii</b>					
	Title 17: Chapter 891.1 Registration of Family Child Care Homes	12/19/2002	2010			X
	Title 17: Chapter 892.1 Licensing of Group Child Care Centers and Group Child Care Homes	12/19/2002	2010	X	X	
	Title 17: Chapter 895 Licensing of Infant and Toddler Child Care Centers	12/19/2002	2010	X		
	Title 17: Chapter 896 Licensing of Before and After School Child Care Facilities	12/19/2002	2010	X		
<b>ID</b>	<b>Idaho</b>					
	16.06.02 Rules Governing Standards for Child Care Licensing	7/1/2010	2010	X	X	X

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## TABLE 2: State Documents Assessed for ASHW: 2010 to Date

State	Regulation Document Title <small>For links to states' documents, click <a href="#">here</a></small>	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
				CTR	LRG	SML
<b>IL</b>	<b>Illinois</b>					
	Part 406: Licensing Standards for Day Care Homes	7/1/2008	2010			X
	Part 407: Licensing Standards for Day Care Centers	4/1/2010	2010	X		
	Part 408: Licensing Standards for Group Day Care Homes	7/1/2008	2010		X	
	Part 407 Licensing Standards for Day Care Centers	9/2014	2014	X		
<b>IN</b>	<b>Indiana</b>					
	Rule 1.1 Child Care Homes (470 IAC 3-1.1)	7/3/1996	2010			X
	Rule 1.2 Infant and Toddler Services in a Child Care Home (470 IAC 3-1.2-1 - 470 IAC 3-1.2-3)	7/3/1996	2010		X	X
	Rule 1.3 Class II Child Care Homes (470 IAC 3-1.3.1)	9/27/1996	2010		X	
	Rule 4.7 Child Care Centers; Licensing (470 IAC 3-4.7)	11/7/2003	2010	X		
<b>IA</b>	<b>Iowa</b>					
	Chapter 109: Child Care Centers	6/1/2010	2010	X		
	Chapter 110: Child Development Homes	11/1/2009	2010		X	X
	Chapter 109: Child Care Centers	5/1/2012	2012	X	X	
<b>KS</b>	<b>Kansas</b>					
	Regulations for Licensing Preschools and Child Care Centers	7/11/2008	2010	X		
	Regulations for Licensing Day Care Homes and Group Day Care Homes	7/2008	2010		X	X
	Regulations for Licensing Preschools and Child Care Centers	2/3/2012	2012	X		
	Regulations for Licensing Day Care Homes and Group Day Care Homes	2/3/2012	2012		X	X
	Kansas Laws and Regulations for Licensing Day Care Homes and Group Day Care Homes for Children	2/2012	2013		X	X
<b>KY</b>	<b>Kentucky</b>					
	922 KAR 2:100 Certification of Family Child Care Homes	3/19/2008	2010			X
	922 KAR 2:120 Child Care Facility Health and Safety Standards	3/19/2008	2010	X	X	
	922 KAR 2:120. Child-care Center Health and Safety Standards	9/2013	2013	X	X	

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2010	2011	2012	2013	2014	2015
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## TABLE 2: State Documents Assessed for ASHW: 2010 to Date

State	Regulation Document Title <small>For links to states' documents, click <a href="#">here</a></small>	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
				CTR	LRG	SML
<b>LA</b>	<b>Louisiana</b>					
	Child Day Care Center Class A Minimum Standards	11/1/2003	2010	X		
	Child Day Care Center Class B Minimum Standards	10/1/2000	2010	X		
	Bulletin 137—Louisiana Early Learning Center Licensing Regulations	7/1/2015	2015	X	X	
<b>ME</b>	<b>Maine</b>					
	Rules for the Licensing of Child Care Facilities	8/27/2008	2010	X	X	
	Rules for Family Child Care Providers	09/1/2009	2010		X	X
<b>MD</b>	<b>Maryland</b>					
	COMAR 13A. 15. 01 - Family Child Care	4/19/2010	2010			X
	COMAR 13A. 16. 01 - Child Care Centers	4/19/2010	2010	X	X	
	COMAR 13A. 18.- Large Family Child Care Homes	2/6/2012	2012		X	
	Title 13A State Board of Education Subtitle 15 Family Child Care	7/20/2015	2015			X
	Title 13A State Board of Education Subtitle 16 Child Care Centers	7/20/2015	2015	X		
	Title 13A State Board of Education Subtitle 18 Large Family Child Care Homes	7/20/2015	2015		X	
<b>MA</b>	<b>Massachusetts</b>					
	Standards for the Licensure of Child Care Programs	10/2010	2010	X	X	X
<b>MI</b>	<b>Michigan</b>					
	Licensing Rules for Child Care Centers	6/4/2008	2010	X		
	Licensing Rules for Family and Group Child Care Homes	6/3/2009	2010		X	X
	Licensing Rules for Child Care Centers	1/2014	2014	X		
<b>MN</b>	<b>Minnesota</b>					
	Chapter 9502 Licensing of Day Care Facilities	10/8/2007	2010		X	X
	Chapter 9503 Licensing Requirements for Child Care Centers	10/8/2007	2010	X		
<b>MS</b>	<b>Mississippi</b>					
	Regulations Governing Licensure of Child Care Facilities	7/1/2009	2010	X		

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2010	2011	2012	2013	2014	2015
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## TABLE 2: State Documents Assessed for ASHW: 2010 to Date

State	Regulation Document Title <small>For links to states' documents, click <a href="#">here</a></small>	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
				CTR	LRG	SML
	Regulations Governing Licensure of Child Care Facilities for 12 or Fewer Children in the Operators Home	7/1/2009	2010		X	X
	Regulations Governing Licensure of Child Care Facilities for 12 or Fewer Children in the Operator's Home	8/2013	2013		X	X
	Regulations Governing Licensure of Child Care Facilities	8/2013	2013	X		
<b>MO</b>	<b>Missouri</b>					
	Licensing Rules for Group Child Care Homes and Child Care Centers	1/2002	2010	X	X	
	Licensing Rules for Family Child Care Homes	5/2002	2010		X	X
<b>MT</b>	<b>Montana</b>					
	Licensing Requirements for Child Day Care Centers	9/1/2006	2010	X		
	Requirements for Registration of Family and Group Day Care Homes	9/1/2006	2010		X	X
<b>NE</b>	<b>Nebraska</b>					
	Family Child Care Home Standards Chapter 6	3/1998	2010		X	X
	Child Care Center Standards Chapter 8	3/1998	2010	X		
	Chapter 1 Family Child Care Home I	2/2013	2013			X
	Chapter 2 Family Child Care Home II	2/2013	2013		X	
<b>NV</b>	<b>Nevada</b>					
	Chapter 432A Services and Facilities for Care of Children	10/31/2007	2010	X	X	X
	Regulation R112-06	1/2010	2010	X	X	X
	Chapter 432A Services and Facilities for Care of Children	8/1/2012	2012	X	X	X
<b>NH</b>	<b>New Hampshire</b>					
	Child Care Program Licensing Rules	2008-2016	2010	X	X	X
<b>NJ</b>	<b>New Jersey</b>					
	Chapter 122 - Manual of Requirements for Child Care Centers	8/25/2009	2010	X	X	
	Chapter 126 - Manual of Requirements for Family Child Care Registration	8/25/2009	2010			X
	Chapter 122 Manual of Requirements for Child Care Centers	9/2013	2013	X	X	

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State	Regulation Document Title <small>For links to states' documents, click <a href="#">here</a></small>	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
				CTR	LRG	SML
<b>NM</b>	<b>New Mexico</b>					
	Title 8 Social Services Chapter 16 Part 2 Child Care Centers, Before and After School Programs, Family Child Care Homes and Other Early Care and Education Programs	6/30/2010	2010	X	X	X
	Title 8 Social Services Chapter 16 Part 2- Child Care Centers, Before and After School Programs Family Child Care Homes and Other Early Care and Education Programs	11/20/2012	2012	X	X	X
	Title 8 Chapter 16 Child Care Licensing: Child Care Centers, Out of School Time Programs, Family Child Care Homes, and Other Early Care and Education Programs	7/2014	2014	X	X	X
<b>NY</b>	<b>New York</b>					
	Part 416: Group Family Day Care Homes	1/31/2005	2010		X	
	Part 417: Family Day Care Homes	1/31/2005	2010			X
	Part 418_1: Day Care Centers	1/31/2005	2010	X		
	Part 418_2: Small Day Care Centers	1/31/2005	2010	X		
	Section 416 Group Family Day Care Homes	5/2014	2014		X	
	Section 417 Family Day Care Homes	5/2014	2014			X
	Part 418-1: Day Care Centers	6/2015	2015	X		
	Part 418-2: Small Day Care Centers	6/2015	2015		X	
<b>NC</b>	<b>North Carolina</b>					
	Chapter 9 - Child Care Rules	8/1/2010	2010	X	X	X
	Chapter 110- Article 7	8/1/2012	2012	X	X	X
	Requirements for Family Child Care Homes	12/1/2012	2012		X	X
	Family Child Care Home Requirements	5/2013	2013		X	X
	Chapter 9- Child Care Rules	1/2013	2013	X	X	X
<b>ND</b>	<b>North Dakota</b>					
	Family Child Care Homes Early Childhood Services Chapter 75-03-08	1/1/1999	2010			X

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Color Code: Update years highlighted to match report theme colors:

2010	2011	2012	2013	2014	2015
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## TABLE 2: State Documents Assessed for ASHW: 2010 to Date

State	Regulation Document Title <small>For links to states' documents, click <a href="#">here</a></small>	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
				CTR	LRG	SML
	Group Child Care Homes Early Childhood Services Chapter 75-03-09	1/1/1999	2010		X	
	Child Care Center Early Childhood Services Chapter 75-03-10	1/1/1999	2010	X		
	Family Child Care Homes Early Childhood Services Chapter 75-03-08	4/2011	2011			X
	Group Child Care Homes Early Childhood Services Chapter 75-03-09	4/2011	2011		X	
	Child Care Center Early Childhood Services Chapter 75-03-10	4/2011	2011	X		
	Early Childhood Services Policies and Procedures Service Chapter 620-01	09/2013	2013	X	X	X
<b>OH</b>	<b>Ohio</b>					
	Child Care Center Manual	6/21/2010	2010	X		
	Child Care Type A Home Manual	6/8/2010	2010		X	
	Child Care Type B Home Manual	2/16/2010	2010			X
<b>OK</b>	<b>Oklahoma</b>					
	Licensing Requirements for Child Care Centers	10/1/2009	2010	X		
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	7/1/2010	2010		X	X
<b>OR</b>	<b>Oregon</b>					
	Rules For Certified Child Care Centers	1/1/2010	2010	X		
	Rules For Certified Family Child Care Homes	1/1/2010	2010		X	
	Rules for Registered Family Child Care Homes	1/1/2010	2010			X
<b>PA</b>	<b>Pennsylvania</b>					
	Chapter 3270 - Child Day Care Centers	5/2009	2010	X		
	Chapter 3280 - Group Child Day Care Homes	7/2009	2010		X	
	Chapter 3290 - Family Child Day Care Homes	7/2009	2010			X
<b>RI</b>	<b>Rhode Island</b>					
	Child Day Care Center Regulations for Licensure	1993	2010	X		
	Family Child Care Home Regulations for Licensure	10/1/2007	2010			X
	Group Family Child Care Home Regulations for Licensure	10/1/2007	2010		X	

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State	Regulation Document Title <small>For links to states' documents, click <a href="#">here</a></small>	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
				CTR	LRG	SML
	Child Care Program Regulations for Licensure	11/2013	2013	X		
<b>SC</b>	<b>South Carolina</b>					
	Regulations for the Licensing of Group Child Care Homes	5/19/2005	2010		X	
	Regulations for the Licensing of Child Care Centers	5/16/2005	2010	X		
<b>SD</b>	<b>South Dakota</b>					
	Chapter 67:42:03 Family Day Care Homes <i>(ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)</i>	9/29/2004	2010			X
	Chapter 67:42:04 Group Family Day Care Homes <i>(ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)</i>	9/29/2004	2010		X	
	Chapter 67:42:10 Day Care Centers <i>(ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)</i>	9/29/2004	2010	X		
<b>TN</b>	<b>Tennessee</b>					
	Chapter 1240-4-1 Standards for Group Child Care Homes	3/14/2009	2010		X	
	Chapter 1240-4-3 Licensure Rules for Child Care Centers	3/14/2009	2010	X		
	Chapter 1240-4-4 Standards for Family Child Care Homes	3/14/2009	2010			X
	Chapter 1240-4-12 Registration of Family Day Care Homes	12/13/1990	2010			X
<b>TX</b>	<b>Texas</b>					
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers	3/1/2008	2010	X		
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes	6/1/2008	2010		X	X
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers (replacement pages)	3/1/2012	2012	X		
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes (replacement pages)	3/1/2012	2012		X	X

Key to Abbreviations: CTR - Child Care Center, LRG = Large Family Child Care Home, SML = Small Family Child Care Home

Color Code: Update years highlighted to match report theme colors:



## TABLE 2: State Documents Assessed for ASHW: 2010 to Date

State	Regulation Document Title <small>For links to states' documents, click <a href="#">here</a></small>	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
				CTR	LRG	SML
	Chapter 746: Minimum Standards for Child-Care Centers	6/2014	2014	X		
	Chapter 747: Minimum Standards for Child-Care Homes	6/2014	2014		X	X
<b>UT</b>	<b>Utah</b>					
	R430-50 Residential Certificate Child Care Standards	9/1/2008	2010			X
	R430-90 Licensed Family Child Care	9/1/2008	2010		X	
	R430-100 Child Care Centers	7/1/2009	2010	X		
<b>VT</b>	<b>Vermont</b>					
	Early Childhood Programs Licensing Regulations	2/12/2001	2010	X		
	Family Child Care Licensing Regulations	2/12/2001	2010		X	X
	Regulations for Family Day Care Homes	9/17/2009	2010			X
<b>VA</b>	<b>Virginia</b>					
	Standards for Licensed Child Day Centers	3/6/2008	2010	X		
	Standards for Licensed Family Day Homes	3/2011	2011		X	X
<b>WA</b>	<b>Washington</b>					
	Chapter 170-295 Minimum Licensing Requirements for Child Day Care Centers	5/31/2008	2010	X		
	Chapter 170-296 Child Care Business Regulations for Family Home Child Care	5/31/2008	2010		X	X
	Chapter 170-296A Licensed Family Home Child Care Standards	5/8/2012	2012		X	X
<b>WV</b>	<b>West Virginia</b>					
	Title 78, Series 1, Child Care Centers Licensing	5/20/2009	2010	X		
	Title 78, Series 18, Family Child Care Facility Licensing Requirements	7/1/2007	2010		X	
	Title 78, Series 19, Family Child Care Home Registration Requirements	7/1/2007	2010			X
	Title 78 Child Care Centers Licensing	7/2014	2014	X		
<b>WI</b>	<b>Wisconsin</b>					
	DCF 202 - Child Care Certification	11/2008	2010			X
	DCF 250 - Licensing Rules for Family Child Care Centers	1/1/2009	2010			X
	DCF 251 - Licensing Rules for Group Child Care Centers	1/1/2009	2010	X	X	

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2010	2011	2012	2013	2014	2015
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**TABLE 2: State Documents Assessed for ASHW: 2010 to Date**

State	Regulation Document Title <small>For links to states' documents, click <a href="#">here</a></small>	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
				CTR	LRG	SML
<b>WY</b>	<b>Wyoming</b>					
	Administrative Rules For Certification of Child Care Facilities	9/1/2008	2010	X	X	X
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	4/1/2012	2012	X	X	X
	Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers	4/1/2012	2012	X	X	X
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	12/2013	2013			X
	Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers	12/2013	2013		X	
	Chapter 8- Administrative Rules for Certification of Child Care facilities Rules relating specifically to Child Care Centers	12/2013	2013	X		

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