

# ACHIEVING A STATE OF HEALTHY WEIGHT 2017 Supplement STATE PROFILES



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







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

#### **ACKNOWLEDGEMENTS**

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#### **Photo Credit**

Community Partnership for Child Development El Paso County, Colorado

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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.

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Note: The full <u>ASHW 2017 Report</u> (released July 2018) contains the introduction, methods, and results of the 2017 assessment.

# **INTRODUCTION**

Achieving a State of Healthy Weight 2017 Supplement: State Profiles is a compilation of supporting information and state-specific results of the ASHW 2017 assessment, the seventh 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 (2011-2017),2 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 (<i>PCO*), now available in a 2012 revision *PCO2*.<sup>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: (HWP = healthy weight practices)

- 0 = State does not regulate child care type
- 1 = Regulation contradicts the HWP
- 2 = Regulation does not address the HWP
- 3 = Regulation partially supports the HWP
- 4 = Regulation fully supports the HWP

Use of the ASHW 2017 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 2017. 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.

See the ASHW 2017 Report, Appendix C, for information on changes made to state histories in 2017.

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

Table 1. Assessment Years for Each State

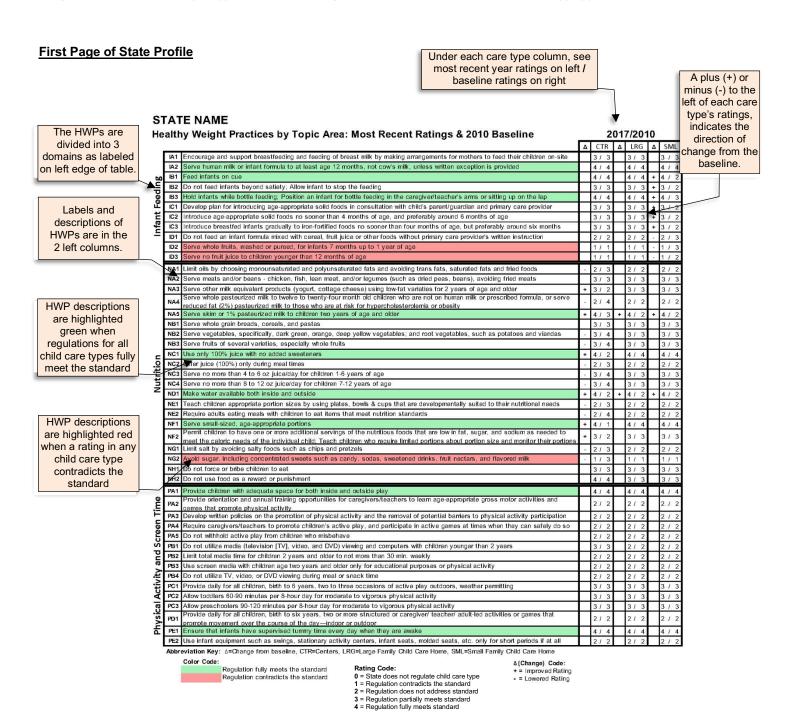
Table 2. State Documents Assessed for ASHW: 2010 to Date

#### NOTES:

- National Resource Center for Health and Safety in Child Care and Early Education. (2018). Achieving a state of healthy weight: 2017 update. Aurora, CO: University of Colorado Denver. <a href="http://nrckids.org/files/ASHW.2017">http://nrckids.org/files/ASHW.2017</a> 7.23.18.pdf
- 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 (2011-2017) may be accessed @ <a href="http://cfoc.nrckids.org/files/regulations">http://cfoc.nrckids.org/files/regulations</a> report 2010.pdf
- 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: <a href="http://cfoc.nrckids.org/">http://cfoc.nrckids.org/</a>
- <sup>4</sup> 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: <a href="http://cfoc.nrckids.org/">http://cfoc.nrckids.org/</a>
- <sup>5</sup> The 2010 baseline study report describes the procedures for selecting and scaling the 47 healthy weight practices selected as ASHW indicators

## **Guide to State Profiles**

In the following state profiles, *ASHW* results for each state through 2017 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 tables to further demonstrate the state's strengths and areas for improvement. The following annotated illustrations explain the layout and features of the state profiles. The state ratings included in this supplement are for child care regulations in effect through December 31, 2017. Each state profile page includes a legend that identifies the year(s) that the state's regulations were rated and the child care type(s) addressed.

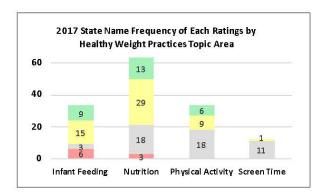


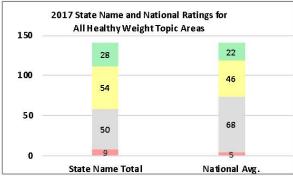
# **Guide to State Profiles (cont.)**

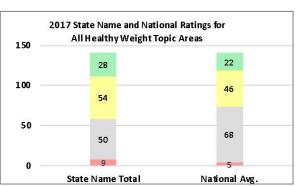
#### Second Page of State Profile

#### STATE NAME











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

at bottom of page. Sum of % may ≠ 100 due to rounding. 2010 State Name Percentage of Ratings for All

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

> The two stacked bar charts show the number (frequency) of the state's ratings for each domain/subdomain (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

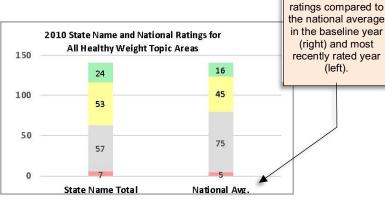
(left).

60 11 40 6 20 20 18 8 Nutrition Physical Activity Screen Time

Healthy Weight Topic Areas

38%

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



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

"State Name" Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link: http://nrckids.org/files/ASHWDocumentsAssessed.pdf

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

## **ALABAMA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
Г	104	Facusage and support broadfooding and feeding of broat will by making arrangements for mathems to food their oblides on site	-					
ŀ	_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	⊢	3 / 3	Н	3 / 3	$\vdash$	3 / 3
ŀ		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	Н	4 / 4
ω.		Feed infants on cue	⊢	4 / 4	Н	4 / 4		4 / 4
Feeding	_	Do not feed infants beyond satiety; Allow infant to stop the feeding	╙	4 / 4	$\vdash$	4 / 4	-	4 / 4
ä	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	Ш	4 / 4		4 / 4
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	L	3 / 3		3 / 3		3 / 3
ä	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	ᆫ	3 / 3		3 / 3		3 / 3
Infant	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
I.	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	匚	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
L	ID3	Serve no fruit juice to children younger than 12 months of age		1 / 1		1 / 1		1 / 1
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		2 / 2		2 / 2
ſ	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	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	Γ	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
ľ	NB3	Serve fruits of several varieties, especially whole fruits	Г	3 / 3		3 / 3		3 / 3
_[	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
<u></u>	NC2	Offer juice (100%) only during meal times	Т	2/2		2 / 2		2/2
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	Т	3 / 3	T	3 / 3		3 / 3
되	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
ŀ	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	Т	2/2	H	2 / 2		2 / 2
ŀ	NE2	Require adults eating meals with children to eat items that meet nutrition standards	Н	2/2	H	2 / 2		2 / 2
ŀ	_	Serve small-sized, age-appropriate portions	Н	4 / 4	H	4 / 4		4 / 4
ŀ		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	Н		H			
Ŀ	NF2	caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions		3 / 3		3 / 3		3 / 3
-	NG1	Limit salt by avoiding salty foods such as chips and pretzels	上	2 / 2	Ш	2 / 2		2/2
L	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	L	1 / 1		1 / 1		1 / 1
L	NH1	Do not force or bribe children to eat	L	3 / 3		3 / 3		3 / 3
Ĺ	NH2	Do not use food as a reward or punishment	L	4 / 4	Ш	3 / 3	Ш	3 / 3
	PA1	Provide children with adequate space for both inside and outside play	L	4 / 4	Ш	4 / 4		4 / 4
اع	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	L	2 / 2		2 / 2	ш	2 / 2
Time	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	L	2 / 2	Ш	2 / 2		2 / 2
되		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	L	2 / 2		2 / 2		2 / 2
ē	PA5	Do not withhold active play from children who misbehave	L	2 / 2	$\Box$	2 / 2		2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	L	3 / 3		2 / 2		2 / 2
and	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	L	2 / 2		2 / 2		2 / 2
₹	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	Ĺ	2 / 2		2 / 2		2 / 2
ਝ	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	Ĺ	3 / 3		3 / 3		3 / 3
اٍٍ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3		3 / 3		3 / 3
<u>[2</u>	РС3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3		3 / 3		3 / 3
Physical Activity	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
Ī	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: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

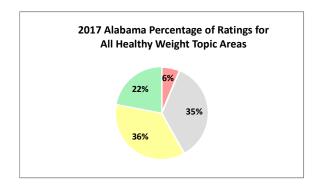
Regulation fully meets the standard Regulation contradicts the standard

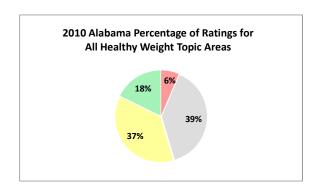
#### Rating Code:

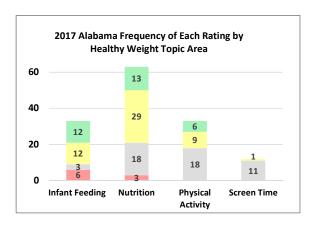
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

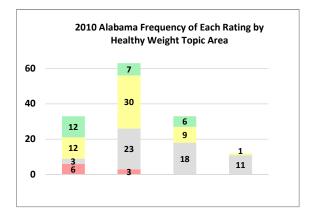
- + = Improved Rating
- = Lowered Rating

#### **ALABAMA**

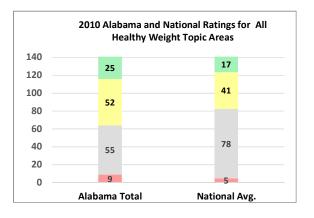




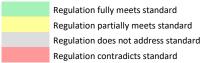








#### **Color and Rating Codes:**



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:

## **ALASKA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
Г	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
-	_		Н	4 / 4	+	4 / 4	┢	4 / 4
-	IB1	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  Feed infants on cue	⊢	4 / 4	+	4 / 4	⊢	4 / 4
		Do not feed infants beyond satiety; Allow infant to stop the feeding	⊢	4 / 4	+	<del>                                     </del>	┢	4 / 4
≒ह⊩	IB2		┞		+	<u> </u>	⊢	
9	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
壯	_	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
ـا ق	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 / 3
<u>=</u>  -		Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 3	+	4 / 3
L		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	L	2 / 2
L	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	+-	3 / 1	+	3 / 1
L	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 1	+	4 / 1
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	L	2 / 2		2 / 2	L	2 / 2
<u> </u>	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	L	3 / 3		3 / 3		3 / 3
L	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	L	3 / 3		3 / 3	L	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
<u>L</u>	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	+	4 / 2
L	NB1	Serve whole grain breads, cereals, and pastas		3 / 3		3 / 3		3 / 3
L	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	Π	4 / 4
Nutrition	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
#[	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	+	4 / 3
ᆌ	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 / 2	+	4 / 2	+	4 / 2
_ [ī	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
_ [ī	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2/2		2 / 2	Г	2/2
	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4	T	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 portions		3 / 3		3 / 3		3 / 3
Ī	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2/2		2 / 2	T	2/2
Ī	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 1	+	3 / 1	+	3 / 1
_ lī	NH1	Do not force or bribe children to eat	T	3 / 3		3 / 3	T	3 / 3
ļ,	NH2	Do not use food as a reward or punishment	Τ	2 / 2		2 / 2	Τ	2 / 2
Į,	PA1	Provide children with adequate space for both inside and outside play	Г	4 / 4	T	4 / 4	Г	4 / 4
اَهِ	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
Time	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	Г	2 / 2		2 / 2	Γ	2 / 2
יו ב	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	Г	2 / 2		2 / 2	Г	2 / 2
9	PA5	Do not withhold active play from children who misbehave	Г	3 / 3		3 / 3	Γ	3 / 3
Scr		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	Γ	3 / 3		3 / 3	Γ	3 / 3
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	Γ	3 / 3		3 / 3	Γ	3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	Γ	2 / 2		2 / 2	Γ	2 / 2
	. 50			2/2		2 / 2	Π	2 / 2
₹Ì		Do not utilize TV, video, or DVD viewing during meal or snack time		- / -		2 / 2		
ctivity	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	H	4 / 4	+	4 / 4	H	4 / 4
Activity	PB4 PC1			_		<del>                                     </del>		_
ical Activity	PB4 PC1 PC2	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
Physical Activity	PB4 PC1 PC2 PC3	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		4 / 4 3 / 3		4 / 4 3 / 3		4 / 4 3 / 3
Physical Activ	PB4 PC1 PC2 PC3	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote		4 / 4 3 / 3 3 / 3		4 / 4 3 / 3 3 / 3		4 / 4 3 / 3 3 / 3

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

Color Code:

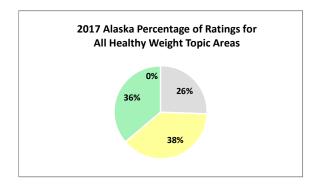
Regulation fully meets the standard Regulation contradicts the standard

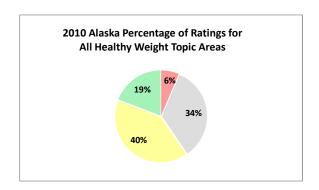
#### Rating Code:

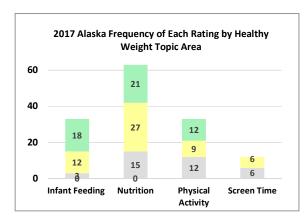
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
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  4 = Regulation fully meets standard

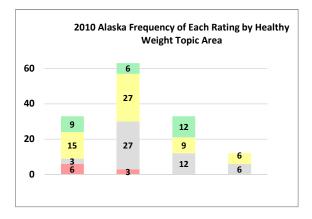
- + = Improved Rating
- = Lowered Rating

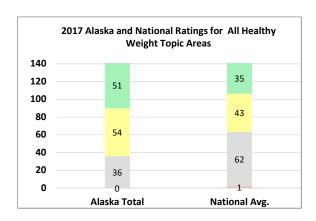
#### **ALASKA**

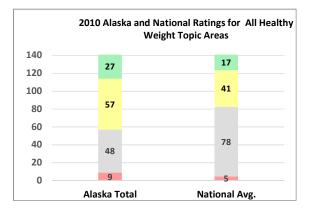




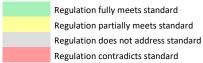








#### **Color and Rating Codes:**



Alaska Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*; 2017\*

NOTES: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes. An asterisk after 2017 (2017\*) signifies improved ratings in the indicators related to 2017 CACFP changes.

## **ARIZONA**

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

2017/2010

			Δ	CTF	ΙΔ	LRG	Δ	SML
ı	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Н	4 /	_	4 / 4	T	0 / 0
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	3 /	3 +	4 / 3	T	0 / 0
ı	IB1	Feed infants on cue	⇈	2 / :	2 +	4 / 2	T	0 / 0
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	T	2 / :	2 +	4 / 2		0 / 0
ë	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 / 4	T	0 / 0
Fe	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	Г	4 / -	1	4 / 4	╅	0 / 0
뒫	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
Infant Feedin	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	Т	2 / :	2	2 / 2	$\top$	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
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	T	2 / :	2	2 / 2		0 / 0
ı	ID3	Serve no fruit juice to children younger than 12 months of age	T	2 / :	2	2 / 2		0 / 0
ı	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	T	2 / :	2	3 / 3	$\top$	0/0
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Т	3 /	3	3 / 3	T	0 / 0
ı	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	$\top$	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	Ĺ	3 /	3	3 / 3	L	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
اے	NC1	Use only 100% juice with no added sweeteners		4 /	4	4 / 4	L	0 / 0
Nutrition	NC2	Offer juice (100%) only during meal times	L	2 / :	2	2 / 2	<u> </u>	0 / 0
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		4 / -	4	4 / 4	_	0 / 0
퀽	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	L	4 /	1	4 / 4	_	0 / 0
	ND1	Make water available both inside and outside		4 /	4	4 / 4	<u>L</u>	0 / 0
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	L	2 / :	2	2 / 2	<u> </u>	0 / 0
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	L	3 / 3	3	3 / 3	<u> </u>	0 / 0
	NF1	Serve small-sized, age-appropriate portions	L	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 portions	l	1 /	1	1 / 1	1	0 / 0
ı	NG1	Limit salt by avoiding salty foods such as chips and pretzels	┢	2 / :	2	2 / 2	1	0 / 0
ı	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	T	3 /	3	3 / 3	T	0 / 0
ı	NH1	Do not force or bribe children to eat	Г	3 /	3	3 / 3	$\top$	0 / 0
ı	NH2	Do not use food as a reward or punishment	T	3 /	_	3 / 3	—	0 / 0
		Provide children with adequate space for both inside and outside play	T	4 /	+	4 / 4	-	0 / 0
او	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
Time	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	Ĺ	2 / :	2 +	3 / 2	L	0 / 0
⊆I	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
ē	PA5	Do not withhold active play from children who misbehave		3 /	3 -	3 / 4	L	0 / 0
Sc	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	L	2 / :	2	2 / 2	L	0 / 0
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	$oxed{oxed}$	2 / :	2	2 / 2		0 / 0
S S	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	L	2 / :	2	2 / 2	L	0 / 0
딓	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	L	2 / :	2	2 / 2	1	0 / 0
텡	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	L	3 /	3	3 / 3	上	0 / 0
<u>ا</u> ڇ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	L	3 /	3	3 / 3	1	0 / 0
ٳؾۣ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	L	3 /	3	3 / 3	1	0 / 0
Physical Activity	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	L	3 /	+	3 / 3	╄	0 / 0
ļ		Ensure that infants have supervised tummy time every day when they are awake	L	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: △=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

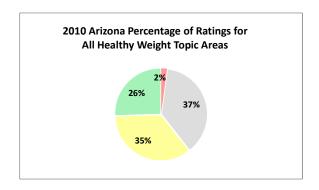
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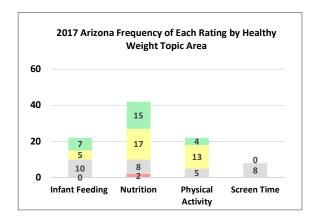
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard 4 = Regulation fully meets standard

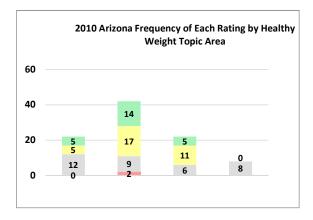
- + = Improved Rating
- = Lowered Rating

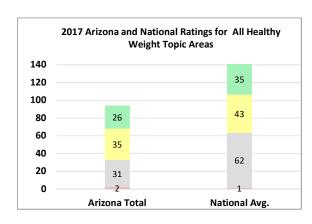
#### **ARIZONA**













## Color and Rating Codes:

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts standard

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

## **ARKANSAS**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ſ	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Г	3 / 2	+	3 / 2	+	3 / 2
Ì	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	4 / 4		4 / 4		4 / 4
ľ	IB1	Feed infants on cue	Г	4 / 4		4 / 4	Г	4 / 4
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 3	+	4 / 3	+	4 / 3
Feeding	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Т	3 / 3		3 / 3	Г	3 / 3
<u>ē</u>	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	T	3 / 3		3 / 3	T	3 / 3
텔	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	Г	4 / 3	+	4 / 3	+	4 / 3
Infant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	Г	4 / 3	+	4 / 3	+	4 / 3
- I	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	Т	2 / 2		2 / 2	T	2 / 2
Ì	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	Г	3 / 1	+	3 / 1	+	3 / 1
ŀ	ID3	Serve no fruit juice to children younger than 12 months of age	г	4 / 1	+	4 / 1	+	4 / 1
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Н	2/2		2 / 2	T	2 / 2
ľ	_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	H	3 / 3		3 / 3	H	3 / 3
ľ		Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	H	3 / 3		3 / 3	H	3 / 3
ľ	ΝΔ4	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	T	3 / 2	+	3 / 2	+	3 / 2
İ		Serve skim or 1% pasteurized milk to children two years of age and older	Γ	2/2		2 / 2	Г	2/2
İ	NB1	Serve whole grain breads, cereals, and pastas	Π	3 / 3		3 / 3	Γ	3 / 3
ı	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	T	3 / 3		3 / 3		3 / 3
- 1	NB3	Serve fruits of several varieties, especially whole fruits	Г	3 / 3		3 / 3	Г	3 / 3
İ	NC1	Use only 100% juice with no added sweeteners	Г	4 / 4		4 / 4	Г	4 / 4
<u></u>	NC2	Offer juice (100%) only during meal times	Г	4 / 2	+	4 / 2	+	4 / 2
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	Г	4 / 3	+	4 / 3	+	4 / 3
뒭	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	Г	4 / 3	+	4 / 3	+	4 / 3
	ND1	Make water available both inside and outside	Т	3 / 3	+	4 / 3	r	4 / 4
l	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	Г	2 / 2		2 / 2	T	2 / 2
ľ	NE2	Require adults eating meals with children to eat items that meet nutrition standards	T	3 / 2		2 / 2	Г	2 / 2
ľ	NF1	Serve small-sized, age-appropriate portions	Г	4 / 4		4 / 4	r	4 / 4
İ	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 portions	Г	3 / 3		3 / 3	Г	3 / 3
ľ	NG1	Limit salt by avoiding salty foods such as chips and pretzels	Г	2 / 2		2 / 2	T	2 / 2
ľ	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	Г	3 / 1	+	3 / 1	+	3 / 1
Ì		Do not force or bribe children to eat	г	4 / 2	+	4 / 3	+	4 / 3
Ì	NH2	Do not use food as a reward or punishment	Т	3 / 3		3 / 3	T	3 / 3
ľ	_	Provide children with adequate space for both inside and outside play	T	4 / 4		4 / 4	Г	2 / 2
أو	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	Г	2 / 2		2 / 2	Г	2 / 2
ij	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
⊆I	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
8	PA5	Do not withhold active play from children who misbehave	Γ	4 / 4	П	4 / 4	Γ	4 / 4
Scr	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	Π	3 / 2		2 / 2	Γ	2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	Γ	3 / 2	+	3 / 2	+	3 / 2
ā	РВ3	Use screen media with children age two years and older only for educational purposes or physical activity	Γ	4 / 2	+	4 / 2	+	4 / 2
딁	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	Π	2 / 2		2 / 2	Γ	2 / 2
ij	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	Γ	3 / 3		3 / 3	Γ	3 / 3
ا≥	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	Π	3 / 3		3 / 3	Γ	3 / 3
<u>e</u>	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	Γ	3 / 3		3 / 3	Γ	3 / 3
Physical Activity	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
ľ	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: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

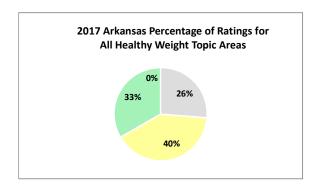
Regulation fully meets the standard Regulation contradicts the standard

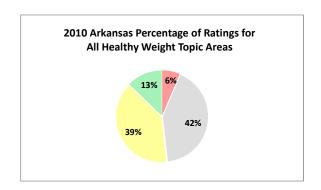
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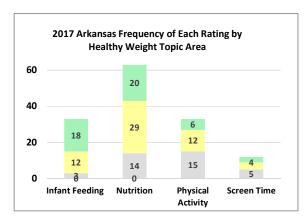
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

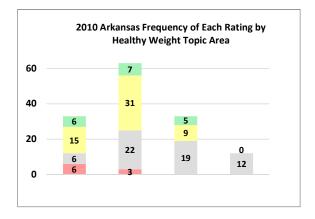
- + = Improved Rating
- = Lowered Rating

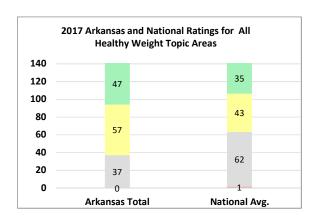
#### **ARKANSAS**

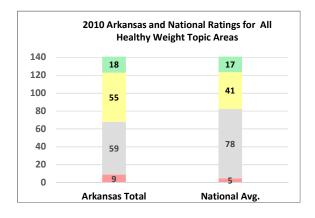




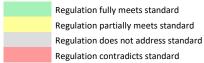








#### **Color and Rating Codes:**



Arkansas Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2017\* NOTE: An asterisk after 2017 (2017\*) signifies improved ratings in the indicators related to 2017 CACFP changes.

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

## **CALIFORNIA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ľ	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Г	4 / 4	İ	2 / 2	Г	2 / 2
Ī	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	4 / 4		2 / 2	Г	2 / 2
	IB1	Feed infants on cue	Г	4 / 4		2 / 2	Г	2 / 2
ng.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		2 / 2		2 / 2
Feeding	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3		2 / 2	Г	2 / 2
F	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3		2 / 2	Г	2 / 2
텔	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 3		2 / 2	Г	2 / 2
Infant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3		2 / 2	Г	2 / 2
-1	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
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1		2 / 2	Г	2 / 2
ı	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1		2 / 2	Г	2 / 2
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2/2		2 / 2	Г	2/2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	3 / 3		2 / 2	Г	2/2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		2 / 2		2 / 2
ĺ	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		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		2 / 2	L	2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	<u>L</u>	3 / 3		2 / 2	L	2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	L	4 / 4		2 / 2	L	2 / 2
اے	NC1	Use only 100% juice with no added sweeteners	L	4 / 4	+	4 / 2	+	4 / 2
Nutrition	NC2	Offer juice (100%) only during meal times	+	4 / 2		2 / 2	L	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	3 / 2	+	3 / 2
퀽	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	3 / 2	+	3 / 2
_[	ND1	Make water available both inside and outside	L	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	L	2 / 2		2 / 2	L	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	匚	2 / 2		2 / 2	L	2 / 2
	NF1	Serve small-sized, age-appropriate portions		4 / 4		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 portions	L	3 / 3		2 / 2		2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	L	2 / 2		2 / 2	L	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 1	+	3 / 2	+	3 / 2
	NH1	Do not force or bribe children to eat	L	2 / 2		3 / 3	L	3 / 3
ļ	_	Do not use food as a reward or punishment	L	3 / 3		3 / 3	L	3 / 3
ļ	PA1	Provide children with adequate space for both inside and outside play	┡	4 / 4		2 / 2	<u> </u>	2 / 2
e l	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	L	2 / 2		2 / 2	L	2 / 2
Ĕ		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
딞		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	⊢	2 / 2	$\vdash$	2 / 2	$\vdash$	2 / 2
ωI		Do not withhold active play from children who misbehave	⊢	2 / 2	L	2 / 2	⊢	2 / 2
Scr	_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	⊢	2 / 2	$\vdash$	2 / 2	$\vdash$	2 / 2
⊨ŀ		Limit total media time for children 2 years and older to not more than 30 min. weekly	⊢	2 / 2	$\vdash$	2/2	$\vdash$	2 / 2
ξ.		Use screen media with children age two years and older only for educational purposes or physical activity	⊢	2 / 2	_	2 / 2	$\vdash$	2 / 2
اِ≲ِ		Do not utilize TV, video, or DVD viewing during meal or snack time	⊢	2 / 2	$\vdash$	2 / 2	$\vdash$	2 / 2
٩d		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	⊢	3 / 3	H	2 / 2	$\vdash$	2 / 2
ल	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	⊢	3 / 3	$\vdash$	2 / 2	$\vdash$	2 / 2
Šić	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	⊢	3 / 3	$\vdash$	2 / 2	$\vdash$	2 / 2
Physical Activity	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	L	3 / 3		2 / 2	L	2 / 2
ŀ		Ensure that infants have supervised tummy time every day when they are awake	⊢	2 / 2	$\vdash$	2 / 2	⊢	2 / 2
L	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	ட	2 / 2		2 / 2		2 / 2

Abbreviation Key: △=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

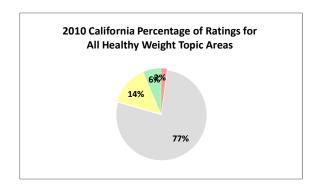
2 = Regulation does not address standard

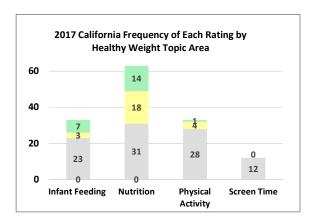
3 = Regulation partially meets standard
4 = Regulation fully meets standard

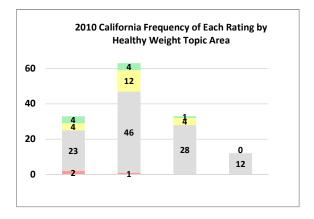
- + = Improved Rating
- = Lowered Rating

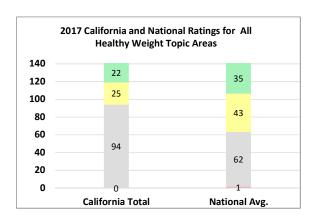
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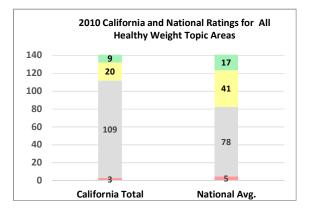












#### **Color and Rating Codes:**

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts standard

California Regulation Rating History: 2010 (CTR,); 2012 (CTR, LRG, SML); 2017\*

 $NOTE: An \ asterisk \ after \ 2017 \ (2017*) \ signifies \ improved \ ratings \ in \ the \ indicators \ related \ to \ 2017 \ CACFP \ changes.$ 

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

## **COLORADO**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ſ	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	+	3 / 2		4 / 4		4 / 4
ı	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 / 4	Г	4 / 4
ı	IB1	Feed infants on cue		4 / 4		4 / 4	Г	4 / 4
пg	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 2	-	3 / 4	-	3 / 4
凉	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Т	3 / 3		3 / 3	Г	3 / 3
Feedin	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	+	3 / 2	+	4 / 3	+	4 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 2	+	4 / 3	+	4 / 3
Infant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 2	+	4 / 3	+	4 / 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	Г	2 / 2
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 2	+	3 / 1	+	3 / 1
ı	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 2	+	4 / 1	+	4 / 1
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2/2		3 / 3	Г	3 / 3
ı	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	Г	3 / 3
ı	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
ĺ	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 / 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	L	3 / 3
اے	NC1	Use only 100% juice with no added sweeteners	+	4 / 2		4 / 4	L	4 / 4
اةِ.	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 2		4 / 4		4 / 4
劃	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 2		4 / 4	L	4 / 4
	ND1	Make water available both inside and outside	+	4 / 2		4 / 4	L	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	L	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2	L	2 / 2
ļ	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4	L	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 portions	+	3 / 2		3 / 3	l	3 / 3
ľ	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2		2 / 2	Г	2 / 2
ľ	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 2		3 / 3	Г	3 / 3
ı	NH1	Do not force or bribe children to eat		3 / 3		3 / 3	Г	3 / 3
ı	NH2	Do not use food as a reward or punishment		3 / 3		3 / 3	Г	3 / 3
ľ	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4		4 / 4
او	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
Ë	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
اء	$\overline{}$	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	L	2 / 2
ree	PA5	Do not withhold active play from children who misbehave		3 / 3		3 / 3	L	3 / 3
Scr	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 3		3 / 3	L	3 / 3
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	+	3 / 2		2 / 2	L	2 / 2
ر ج	_	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2	<u> </u>	2 / 2
ΞĮ	-	Do not utilize TV, video, or DVD viewing during meal or snack time	+	4 / 2		2 / 2	L	2 / 2
Activity	-	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3		3 / 3	<u> </u>	3 / 3
<del>=</del>	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	+	4 / 3	Щ	3 / 3	<u> </u>	3 / 3
Ši	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	_	3 / 3		3 / 3	<u> </u>	3 / 3
Physical	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
ļ	_	Ensure that infants have supervised tummy time every day when they are awake	+	4 / 2	+	4 / 2	+	4 / 2
L	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

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

### Color Code:

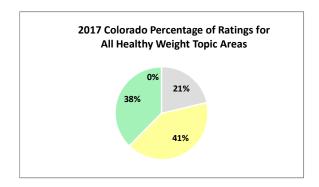
Regulation fully meets the standard Regulation contradicts the standard

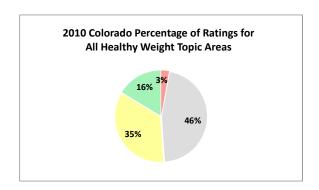
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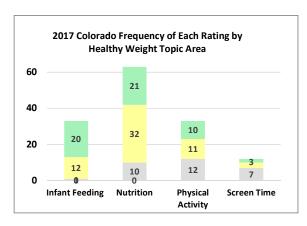
- **1** = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

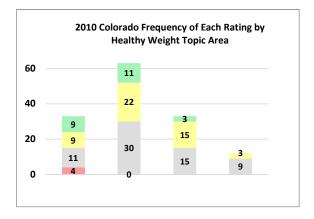
- + = Improved Rating
- = Lowered Rating

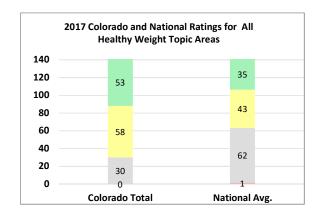
## **COLORADO**

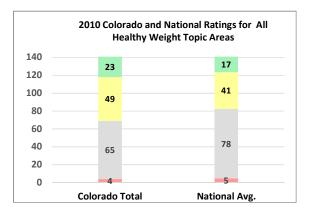




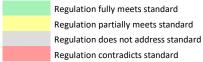








## Color and Rating Codes:



COLORADO Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2016 (CTR); 2017\* NOTE: An asterisk after 2017 (2017\*) signifies improved ratings in the indicators related to 2017 CACFP changes.

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

## CONNECTICUT

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

2017/2010

			Δ	CTR	Δ	LRG	Δ SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Г	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	2 / 2
	IB1	Feed infants on cue	Г	4 / 4		4 / 4	2 / 2
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4	2 / 2
Feeding	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	4 / 4		4 / 4	2 / 2
Fe	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	Г	3 / 3		3 / 3	2 / 2
걸	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 3	+	4 / 3	2 / 2
Infant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 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	+	3 / 1	+	3 / 1	2 / 2
	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 1	2 / 2
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	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	+	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 / 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	$ldsymbol{ld}}}}}}$	3 / 3		3 / 3	2 / 2
ے	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4	2 / 2
Nutrition	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	2 / 2
ij	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	2 / 2
Ž	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	4 / 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	L	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 portions		3 / 3		3 / 3	2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	ᆫ	2 / 2	Ш	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	2 / 2
	NH1	Do not force or bribe children to eat	$oxed{oxed}$	2 / 2	Ц	2 / 2	2 / 2
	NH2	Do not use food as a reward or punishment	$ldsymbol{ldsymbol{ldsymbol{eta}}}$	2 / 2	Щ	2 / 2	2 / 2
	PA1	Provide children with adequate space for both inside and outside play	<u> </u>	4 / 4	Ц	4 / 4	4 / 4
ц	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
Tim	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	$\vdash$	2 / 2	$\vdash$	2 / 2	2 / 2
딞	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	$\vdash$	2 / 2	Н	2 / 2	2 / 2
a) l	_	Do not withhold active play from children who misbehave	$\vdash$	2 / 2	$\vdash$	2/2	2 / 2
J Scr	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	$\vdash$	2 / 2	Н	2 / 2	2 / 2
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	$\vdash$	2 / 2	$\vdash$	2/2	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	$\vdash$	2 / 2	$\vdash$	2 / 2	2 / 2
. <u>≥</u>	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	$\vdash$	2 / 2	$\vdash$	2/2	2 / 2
Acı		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	$\vdash$	3 / 3	H	3 / 3	2 / 2
ē	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	$\vdash$	3 / 3	$\vdash$	3 / 3	3 / 3
Physical Activity	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote	$\vdash$	3 / 3		3 / 3	3 / 3
Ph	PD1	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	$\vdash$	3 / 3	$\vdash$	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	ı	2 / 2		2 / 2	2 / 2

 $\textbf{Abbreviation Key:} \ \ \Delta = \text{Change from baseline, CTR} = \text{Centers, LRG} = \text{Large Family Child Care Home, SML} = \text{Small Family Child Care Home}$ 

Color Code:

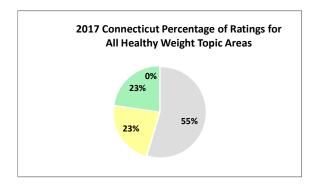
Regulation fully meets the standard Regulation contradicts the standard

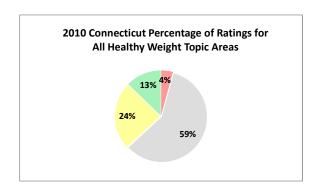
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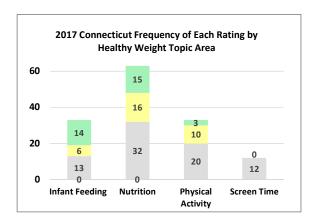
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  4 = Regulation fully meets standard

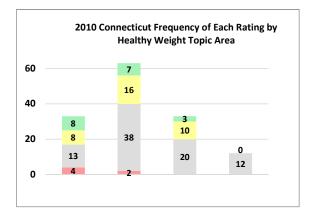
- + = Improved Rating
- = Lowered Rating

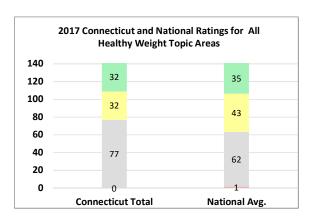
#### CONNECTICUT

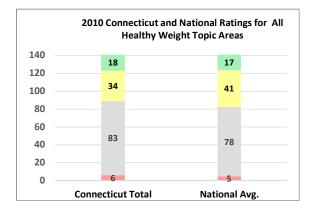




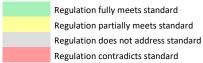








#### **Color and Rating Codes:**



Connecticut Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*; 2017\*

NOTES: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes. An asterisk after 2017 (2017\*) signifies improved ratings in the indicators related to 2017 CACFP changes.

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

## **DELAWARE**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
Γ	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Г	4 / 4	İ	4 / 4	Г	4 / 4
Ī	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	4 / 4		4 / 4	Г	4 / 4
ŀ	IB1	Feed infants on cue	T	4 / 4		4 / 4	Г	4 / 4
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	Г	4 / 4		4 / 4	Г	4 / 4
Infant Feedin	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Т	4 / 4	1 -	3 / 4	Ι-	3 / 4
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	Г	3 / 3		3 / 3	Г	3 / 3
뉟	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	Г	4 / 4		4 / 4	Г	4 / 4
重	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	Т	3 / 3	1-	2 / 3	<u> </u>	2 / 3
<u>-</u>		Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	H	4 / 4	Ħ	4 / 4	H	4 / 4
ŀ	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	Н	1 / 1	T	1 / 1	Н	1 / 1
ŀ	ID3	Serve no fruit juice to children younger than 12 months of age	Н	3 / 3	T	3 / 3	Н	3 / 3
ŀ	_	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Н	2 / 2	Ħ	2 / 2	┢	2 / 2
ŀ	-	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	┢	3 / 3	H	3 / 3	┢	3 / 3
ŀ	_	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	H	3 / 3	t	3 / 3	H	3 / 3
ŀ	ΝΔ4	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	T	3 / 3	+	3 / 2	+	3 / 2
Ī	$\overline{}$	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	3 / 2	+	3 / 2
İ	NB1	Serve whole grain breads, cereals, and pastas	Π	3 / 3	+	4 / 3	+	4 / 3
Ī	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	Г	4 / 4		4 / 4	+	4 / 3
ı	NB3	Serve fruits of several varieties, especially whole fruits	Г	4 / 4		4 / 4	Г	4 / 4
Ī	NC1	Use only 100% juice with no added sweeteners	Г	4 / 4		4 / 4	Г	4 / 4
. <u>5</u>	NC2	Offer juice (100%) only during meal times	Г	2 / 2		2 / 2	Г	2 / 2
핕	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	Г	3 / 3	-	2 / 3	ļ -	2 / 3
Nutrition	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	T	3 / 3	-	2 / 3	ļ -	2 / 3
	ND1	Make water available both inside and outside	Г	4 / 4	+	4 / 2	+	4 / 2
Ī	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	Г	3 / 3		3 / 3	Г	3 / 3
Ī	NE2	Require adults eating meals with children to eat items that meet nutrition standards	+	4 / 2	+	4 / 2	+	4 / 2
Ī	NF1	Serve small-sized, age-appropriate portions	Г	4 / 4		4 / 4	Г	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 portions		3 / 3	-	2 / 3	-	2 / 3
ŀ	NG1	Limit salt by avoiding salty foods such as chips and pretzels	Г	2 / 2	T	2 / 2	Г	2 / 2
ŀ	_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 1	+	3 / 1	+	3 / 1
ŀ	NH1	Do not force or bribe children to eat	Г	3 / 3	T	3 / 3	Г	3 / 3
ŀ	-	Do not use food as a reward or punishment	⇈	3 / 3	T	3 / 3	Г	3 / 3
ŀ		Provide children with adequate space for both inside and outside play	Г	4 / 4	f	4 / 4	+	4 / 3
أير	DA2	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
ij	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
ו⊇	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	-	2 / 3	[-	2 / 3
F	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	$\Box$	3 / 3		3 / 3		3 / 3
	РВ3	Use screen media with children age two years and older only for educational purposes or physical activity		4 / 4	Ŀ	3 / 4	Ŀ	3 / 4
Ħ	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		2 / 2
ਝ	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	Ĺ	4 / 4		3 / 3	Ĺ	3 / 3
اٍٍ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3		3 / 3		3 / 3
<u>iğ</u> [	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	Ĺ	3 / 3		3 / 3		3 / 3
Physical Activity	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	Ĺ	4 / 4	Ŀ	2 / 3	Ŀ	2 / 3
	PE1	Ensure that infants have supervised tummy time every day when they are awake	+	4 / 2		2 / 2	Ĺ	2 / 2
ſ	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:

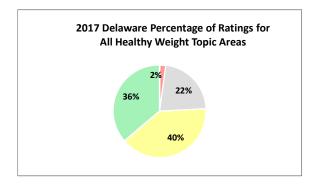
Regulation fully meets the standard Regulation contradicts the standard

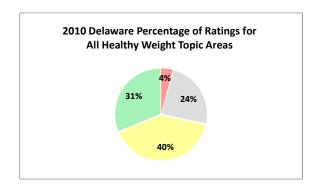
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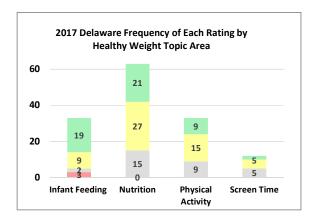
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

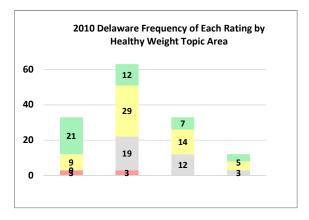
- + = Improved Rating
- = Lowered Rating

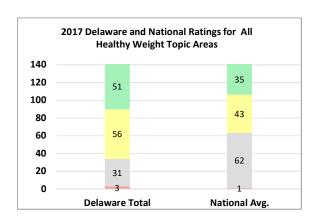
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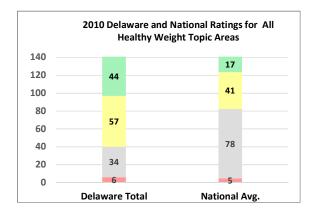












## Color and Rating Codes:

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts standard

Delaware Regulation Rating History: 2010 (CTR, LRG, SML); 2015(CTR); 2017 (LRG, SML) A listing of all documents rated for ASHW, 2010 to date, is available at the following link: <a href="http://nrckids.org/files/ASHWDocumentsAssessed.pdf">http://nrckids.org/files/ASHWDocumentsAssessed.pdf</a>

## **DISTRICT OF COLUMBIA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	+ 4	4 / 2	+	4 / 0	+	4 / 2
- 1	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	+	4 / 0	+	4 / 2
	IB1	Feed infants on cue	+ 4	4 / 2	+	4 / 0	+	4 / 2
<u>_</u>	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+ 4	4 / 2	+	4 / 0	+	4 / 2
Feedin	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	+	3 / 0	+	3 / 2
F	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	+ 3	3 / 2	+	3 / 0	+	3 / 2
텔	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+ 4	4 / 2	+	4 / 0	+	4 / 2
Infant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+ 4	4 / 2	+	4 / 0	+	4 / 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 / 0	П	2 / 2
- 1	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+ 3	3 / 2	+	3 / 0	+	3 / 2
	ID3	Serve no fruit juice to children younger than 12 months of age	+ 4	4 / 2	+	4 / 0	+	4 / 2
- [	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2 / 2	+	2 / 0	П	2 / 2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	+ 3	3 / 2	+	3 / 0	+	3 / 2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	+ 3	3 / 2	+	3 / 0	+	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	+ 3	3 / 2	+	3 / 0	+	3 / 2
Į	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4	4 / 2	+	4 / 0	+	4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	+ 3	3 / 2	+	3 / 0	+	3 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	+ 3	3 / 2	+	3 / 0	+	3 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	+ 3	3 / 2	+	3 / 0	+	3 / 2
اء	NC1	Use only 100% juice with no added sweeteners	+ 4	4 / 2	+	4 / 0	+	4 / 2
اقِ	NC2	Offer juice (100%) only during meal times	+ 4	4 / 2	+	4 / 0	+	4 / 2
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	-	4 / 2	-	4 / 0	+	4 / 2
劃	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4	4 / 2	+	4 / 0	+	4 / 2
	ND1	Make water available both inside and outside	-	4 / 2	$\rightarrow$	4 / 0	+	4 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	-	2 / 2	$\rightarrow$	2 / 0	Ш	2 / 2
		Require adults eating meals with children to eat items that meet nutrition standards	-	2 / 2	$\rightarrow$	2 / 0	Ш	2 / 2
	NF1	Serve small-sized, age-appropriate portions	+ 4	4 / 2	+	4 / 0	+	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 portions	+ 3	3 / 2	+	3 / 0	+	3 / 2
ı	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	+	2 / 0	П	2 / 2
ı	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+ 3	3 / 2	+	3 / 0	+	3 / 2
ı	NH1	Do not force or bribe children to eat	+ 3	3 / 2	+	3 / 0	+	3 / 2
l	NH2	Do not use food as a reward or punishment	+ 3	3 / 2	+	3 / 0	+	3 / 2
l	PA1	Provide children with adequate space for both inside and outside play	4	4 / 4	+	4 / 0	Г	4 / 4
<sub>e</sub>	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		2 / 2
Ë	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2	+	2 / 0	Ш	2 / 2
ē		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	-	2 / 2	$\rightarrow$	2 / 0	_	2 / 2
ωI		Do not withhold active play from children who misbehave	-	4 / 2	-	4 / 0	-	4 / 2
Scr		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+ 3	3 / 2	+	3 / 0	+	3 / 2
and	_	Limit total media time for children 2 years and older to not more than 30 min. weekly	-	3 / 2	$\rightarrow$	3 / 0	-	3 / 2
		Use screen media with children age two years and older only for educational purposes or physical activity	-	4 / 2	-	4 / 0	-	4 / 2
Ξ		Do not utilize TV, video, or DVD viewing during meal or snack time	-	2 / 2	$\rightarrow$	2 / 0	-	2 / 2
뒿		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	-	3 / 4	-	3 / 0	┢╝	3 / 4
<del> </del>	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	-	3 / 3	$\rightarrow$	3 / 0	$\sqcup$	3 / 3
Sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	+	3 / 0	Ш	3 / 3
Physical Activity	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	$\vdash$	3 / 2	_	3 / 0	Н	3 / 2
ļ	PE1	Ensure that infants have supervised tummy time every day when they are awake	-	4 / 2	-	4 / 0	-	4 / 2
ı	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	+	3 / 0	+	3 / 2

Abbreviation Key: △=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:

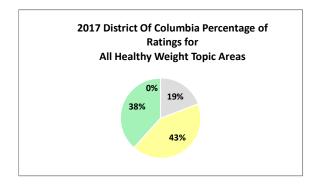
**1** = Regulation contradicts the standard

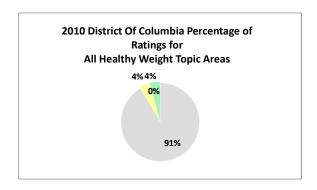
2 = Regulation does not address standard

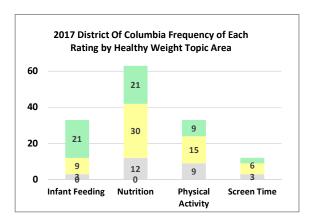
3 = Regulation partially meets standard
4 = Regulation fully meets standard

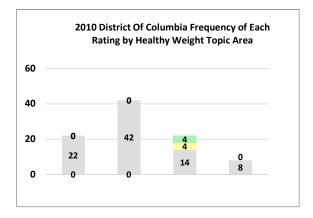
- + = Improved Rating
- = Lowered Rating

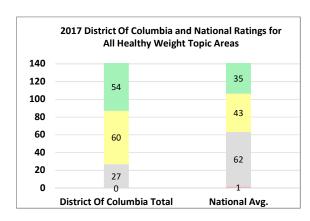
#### **DISTRICT OF COLUMBIA**

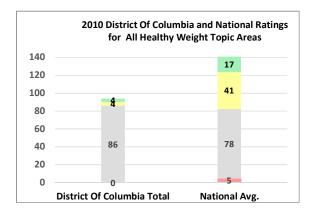




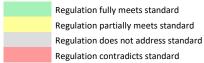








#### **Color and Rating Codes:**



District of Columbia Regulation Rating History: 2010 (CTR, SML); 2016 (CTR, LRG, SML); 2017\*

NOTE: An asterisk after 2017 (2017\*) signifies improved ratings in the indicators related to 2017 CACFP changes.

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

## **FLORIDA**

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

2017/2010

			Δ		TR	Δ	LRG	Δ	SML
ı	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	+	-	/ 2	+	3 / 2	+	_
ı	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	+	4 / 2
ı	IB1	Feed infants on cue	+	4	/ 2	$\overline{}$	4 / 2	—	_
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4	/ 2	+	4 / 2	+	4 / 2
G	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
Fe	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	+	-	/ 2	-	3 / 2	—	
뒫	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4	/ 2	+	4 / 2	+	4 / 2
Infant Feedin	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4	/ 2	+	4 / 2	+	4 / 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	T	2 / 2
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3	/ 2	+	3 / 2	+	3 / 2
ı	ID3	Serve no fruit juice to children younger than 12 months of age	+	4	/ 2	+	4 / 2	+	4 / 2
- 1	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Т	2	/ 2	T	2 / 2	Τ	2 / 2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	+	3	/ 2	+	3 / 2	+	3 / 2
ı	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	+	3	/ 2	+	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	+	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	/ 2	+	3 / 2	+	3 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	+	3	/ 2	+	3 / 2	+	3 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	+	3	/ 2	+	3 / 2	+	3 / 2
اے	NC1	Use only 100% juice with no added sweeteners	+	4	/ 2	+	4 / 2	+	4 / 2
اةِ.	NC2	Offer juice (100%) only during meal times	+	4	/ 2	+	4 / 2	+	4 / 2
Nutritio	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4	/ 2	+	4 / 2	+	4 / 2
劃	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4	/ 2	+	4 / 2	+	4 / 2
	ND1	Make water available both inside and outside		4	/ 4		4 / 4	L	4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	L	2	/ 2	$\sqcup$	2 / 2	┖	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	L	-	/ 2	$\rightarrow$	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 portions	ı	3	/ 3		3 / 3	ı	3 / 3
ı	NG1	Limit salt by avoiding salty foods such as chips and pretzels	┢	2	/ 2	$\dashv$	2 / 2	$^{+}$	2 / 2
ı	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	-	/ 2	$\dashv$	3 / 2	┰	+
ı	NH1	Do not force or bribe children to eat	+	-	/ 2	$\rightarrow$	3 / 2	┰	_
ı		Do not use food as a reward or punishment	Τ	-	/ 3	$\dashv$	3 / 3	┰	3 / 3
		Provide children with adequate space for both inside and outside play	Г	-	/ 4		4 / 4	-	4 / 4
او	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	I	2 / 2
ij	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2	/ 2		2 / 2	Ĺ	2 / 2
ו⊇	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	$\rightarrow$	2 / 2	_	2 / 2
ē	PA5	Do not withhold active play from children who misbehave	+	4	/ 2	+	4 / 2	+	4 / 2
Sci	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
and	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
<u>اځ</u>	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	ot	2	/ 2	Ц	2 / 2	L	2 / 2
텡	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	+	4	/ 3		3 / 3	L	3 / 3
اڇ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	Ŀ	2	/ 3	-	2 / 3	Ŀ	2 / 3
ٳؾۣٚ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	Ŀ	2	/ 3	-	2 / 3	Ŀ	2 / 3
Physical Activity	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	L	⊢	/ 2	Ц	2 / 2	┺	2 / 2
		Ensure that infants have supervised tummy time every day when they are awake	_	-	/ 2	-	2 / 2	—	2 / 2
- 1	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	L	2 / 2

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

Color Code:

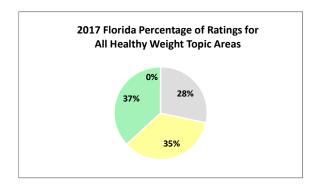
Regulation fully meets the standard Regulation contradicts the standard

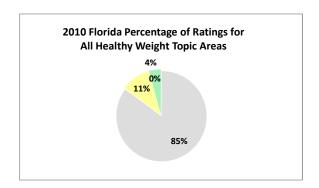
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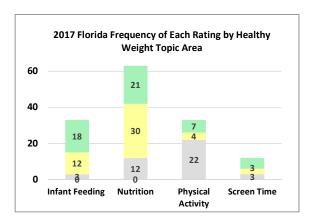
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

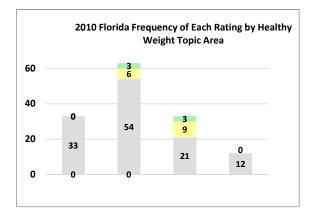
- + = Improved Rating
- = Lowered Rating

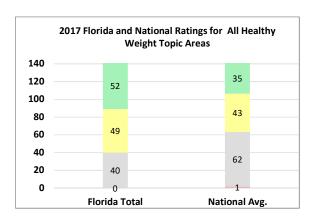
#### **FLORIDA**

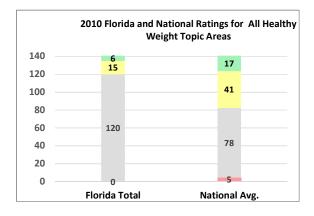




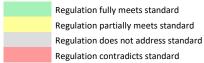








#### **Color and Rating Codes:**



Florida Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR); 2017 (CTR, LRG, SML) 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:

## **GEORGIA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Г	4 / 4	-	0/3	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	-	0 / 4	2 / 2
	IB1	Feed infants on cue	Г	4 / 4	-	0 / 4	2 / 2
Feeding	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4	-	0 / 4	2 / 2
edi	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3	-	0/3	3 / 3
Fe	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	Г	3 / 3	-	0/3	2 / 2
Ħ	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 3	-	0/3	2 / 2
Infant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	-	0/3	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	-	0 / 2	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	-	0 / 1	2 / 2
	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	-	0 / 1	2 / 2
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	2/2	-	0 / 2	2/2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Т	3 / 3	-	0/3	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3	-	0/3	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	-	0 / 2	2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	Ŀ	0 / 2	2 / 2
	NB1	Serve whole grain breads, cereals, and pastas		3 / 3	<u>-</u>	0 / 3	2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	-	0 / 3	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3	-	0 / 3	3 / 3
اے	NC1	Use only 100% juice with no added sweeteners		4 / 4	-	0 / 4	2 / 2
ö	NC2	Offer juice (100%) only during meal times	+	4 / 2	-	0 / 2	2 / 2
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	-	0 / 3	2 / 2
Ž	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	-	0 / 3	2 / 2
	ND1	Make water available both inside and outside	+	4 / 3	-	0 / 3	2 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2	-	0 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	L	2 / 2	-	0 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	L	4 / 4	-	0 / 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 portions		3 / 3	-	0 / 3	2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	ᆫ	2 / 2	-	0 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	┖	3 / 3	-	0 / 3	2 / 2
	NH1	Do not force or bribe children to eat	<u> </u>	3 / 3	Ŀ	0 / 3	3 / 3
	_	Do not use food as a reward or punishment	L	4 / 4	Ŀ	0 / 4	4 / 4
	PA1	Provide children with adequate space for both inside and outside play	L	4 / 4	ŀ	0 / 4	3 / 3
ы	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	Ŀ	0 / 2	2 / 2
Ţ	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	┡	2 / 2	ŀ	0 / 2	2 / 2
딞	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	$\vdash$	2 / 2	-	0 / 2	2 / 2
a) l		Do not withhold active play from children who misbehave	┡	2 / 2	-	0 / 2	
Scr	_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	$\vdash$	2 / 2	Ŀ	0 / 2	2 / 2
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	$\vdash$	3 / 3	Ŀ	0 / 3	3 / 3
		Use screen media with children age two years and older only for educational purposes or physical activity	┡	2 / 2	Ŀ	0 / 2	2 / 2
Ξ	_	Do not utilize TV, video, or DVD viewing during meal or snack time	$\vdash$	2 / 2	_	0 / 2	2 / 2
βţ		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	┡	3 / 3	-	0 / 3	3 / 3
<u>_</u>	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	⊢	3 / 3	Ŀ	0 / 3	3 / 3
sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	$\vdash$	3 / 3	Ŀ	0 / 3	3 / 3
Physical Activity	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	$oxed{oxed}$	2 / 2	-	0 / 2	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	+	4 / 2	Ŀ	0 / 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	1	3 / 3	1 -	0 / 3	+ 3 / 2

 $\textbf{Abbreviation Key:} \ \ \Delta = \text{Change from baseline, CTR} = \text{Centers, LRG} = \text{Large Family Child Care Home, SML} = \text{Small Family Child Care Home}$ 

Color Code:

Regulation fully meets the standard Regulation contradicts the standard

#### Rating Code:

1 = Regulation contradicts the standard

2 = Regulation does not address standard

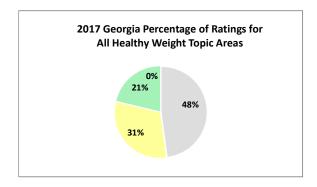
3 = Regulation partially meets standard
4 = Regulation fully meets standard

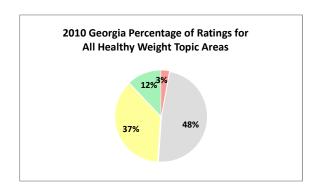
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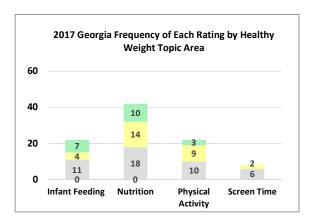
+ = Improved Rating

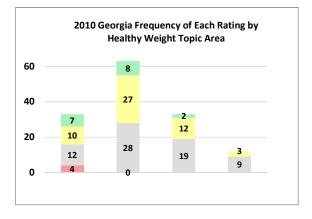
- = Lowered Rating

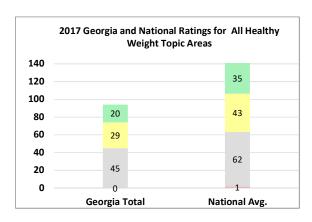
#### **GEORGIA**





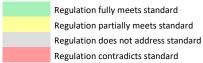








#### **Color and Rating Codes:**



Georgia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017\*

NOTES: An asterisk after 2017 (2017\*) signifies improved ratings in the indicators related to 2017 CACFP changes.

In 2017, Georgia Center rules were modified to include programs previously licensed as Large Group Care.

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

## **HAWAII**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
Γ	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Т	3 / 3	İ	3 / 3	T	3 / 3
ı	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	Г	4 / 4
İ	IB1	Feed infants on cue	Г	4 / 4		4 / 4	r	4 / 4
ng B	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	Г	4 / 4		4 / 4	T	4 / 4
듛	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Т	4 / 4		2 / 2	r	3 / 3
ĕ	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	Т	3 / 3		3 / 3	T	3 / 3
뒫	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 / 3
Infant Feedin	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 3	+	4 / 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	T	2 / 2
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	4 / 1	+	4 / 1	+	4 / 1
ı	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 1	+	4 / 1
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Т	2/2		2 / 2	T	2 / 2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	T	3 / 3		3 / 3	r	3 / 3
ı	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	T	3 / 3		3 / 3	T	3 / 3
İ	ΝΔ4	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
Ī	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	+	4 / 2
Ī	NB1	Serve whole grain breads, cereals, and pastas	Γ	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
آ۔	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4	Г	4 / 4
.⊵[	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
불[	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	+	4 / 3
Nutritio	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 / 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 portions		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	L	4 / 4		4 / 4	Ĺ	4 / 4
	PA1	Provide children with adequate space for both inside and outside play	L	4 / 4		4 / 4	L	4 / 4
e l		Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2 / 2	Ц	2 / 2		2 / 2
⊢ŀ	_	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	ot	2 / 2	Щ	2 / 2	$ldsymbol{f eta}$	2 / 2
賩	_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	$\vdash$	2 / 2	_	2 / 2	L	2 / 2
e l	_	Do not withhold active play from children who misbehave	┖	2 / 2	Ш	2 / 2	L	2 / 2
Scr	_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	$\vdash$	2 / 2	Ш	2 / 2	L	2 / 2
≒ŀ		Limit total media time for children 2 years and older to not more than 30 min. weekly	$\vdash$	2 / 2	$\sqcup$	2 / 2	L	2 / 2
اج		Use screen media with children age two years and older only for educational purposes or physical activity	┡	2 / 2	$\vdash$	2 / 2	$\vdash$	2 / 2
ΣΙ	_	Do not utilize TV, video, or DVD viewing during meal or snack time	⊢	2 / 2	$\vdash$	2 / 2	$\vdash$	2 / 2
뒿		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	┡	3 / 3	$\vdash$	3 / 3	$\vdash$	3 / 3
اڇ	_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	$\vdash$	3 / 3	$\vdash$	3 / 3	$\vdash$	3 / 3
ŝ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	⊢	3 / 3	$\vdash$	3 / 3	$\vdash$	3 / 3
Physical Activity	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	lacksquare	2 / 2	$\Box$	2 / 2	L	2 / 2
ļ		Ensure that infants have supervised tummy time every day when they are awake	$\vdash$	2 / 2	$\vdash$	2 / 2	⊢	2 / 2
L	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	<u> </u>	2 / 2	ட	2 / 2	L	2 / 2

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

Color Code:

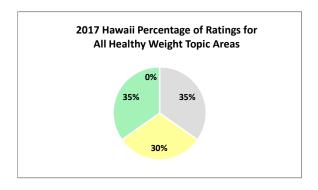
Regulation fully meets the standard Regulation contradicts the standard

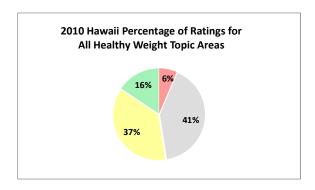
#### Rating Code:

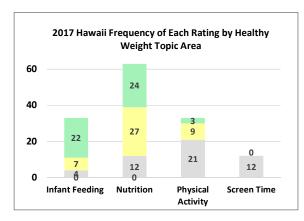
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

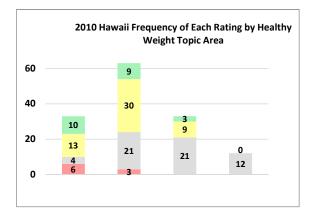
- + = Improved Rating
- = Lowered Rating

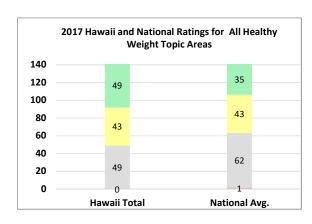
#### **HAWAII**

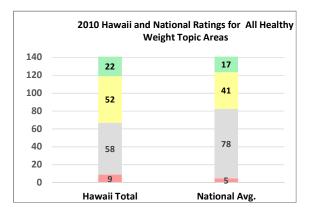




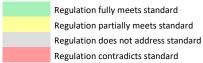








#### **Color and Rating Codes:**



Hawaii Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*; 2017\*

NOTES: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes. An asterisk after 2017 (2017\*) signifies improved ratings in the indicators related to 2017 CACFP changes.

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

## **IDAHO**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
	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	П	2 / 2
ij.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2		2 / 2
Feedin	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	П	2 / 2
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	П	2 / 2		2 / 2	П	2 / 2
其	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	П	2 / 2		2 / 2	П	2 / 2
Infant	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	П	2 / 2
-1	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	П	2 / 2
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		2 / 2		2 / 2	П	2 / 2
ı	ID3	Serve no fruit juice to children younger than 12 months of age	П	2 / 2		2 / 2	П	2 / 2
ı	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	П	2 / 2		2 / 2	П	2 / 2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	П	2 / 2		2 / 2	П	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	П	2 / 2
ĺ	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
اء	NC1	Use only 100% juice with no added sweeteners		2 / 2		2 / 2		2 / 2
Nutrition	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2		2 / 2
탪	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		2 / 2		2 / 2		2 / 2
Ĭ	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 portions		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
	PA1	Provide children with adequate space for both inside and outside play		2 / 2		4 / 4		4 / 4
e e	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	$\bigsqcup$	2 / 2
Ĕ	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	Ц	2 / 2		3 / 3	Ш	3 / 3
een	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	Ц	2 / 2		2 / 2	$\rightarrow$	2 / 2
	PA5	Do not withhold active play from children who misbehave		2 / 2		2 / 2		2 / 2
S	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	Ш	2 / 2		2 / 2	-	2 / 2
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	Ш	2 / 2		2 / 2	Ш	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	Ш	2 / 2		2 / 2	Ш	2 / 2
ا≩	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	Ш	2 / 2		2 / 2	Ш	2 / 2
팅	_	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	Щ	2 / 2		2 / 2	$\vdash$	2 / 2
اڇ	_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	Ц	2 / 2		2 / 2	$\rightarrow$	2 / 2
ٳؾۣ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	Ц	2 / 2		2 / 2	Ш	2 / 2
Physical Activity	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	$\vdash$	2 / 2
_	PE1	Ensure that infants have supervised tummy time every day when they are awake	Ц	2 / 2		2 / 2	Ш	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: △=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

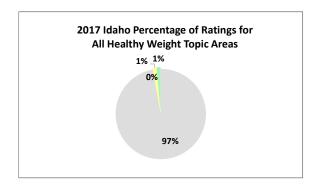
3 = Regulation partially meets standard
4 = Regulation fully meets standard

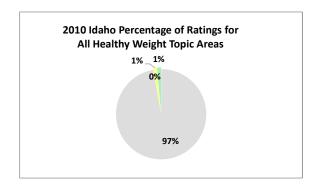
Δ (Change) Code:

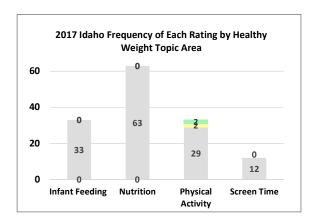
+ = Improved Rating

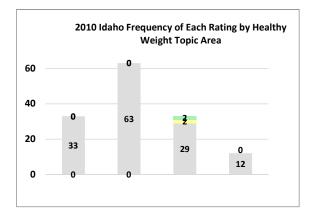
- = Lowered Rating

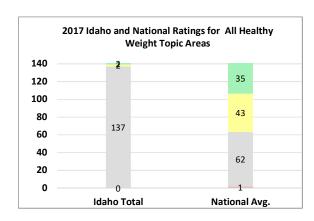
## **IDAHO**

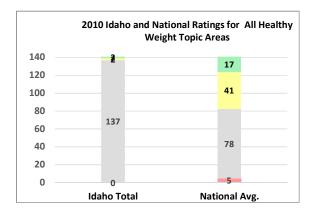




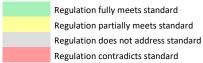








## Color and Rating Codes:



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:

## **ILLINOIS**

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

2017/2010

		<del>-</del>	Δ	CTR	Δ	LRG	Δ SML
Г	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	-	3 / 2	H	2 / 2	2 / 2
ŀ			Ť	1 / 1	Н		1 / 1
ŀ		Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  Feed infants on cue	┞	3 / 2	Н	1 / 1	4 / 4
20	_	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	3 / 2	_	2 / 2	2 / 2
Feeding	-		⊢		_		-
8	_	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
	_	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
Infant	-	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
틸	_	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	L	3 / 3		3 / 3	3 / 3
-  -		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
ŀ		Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	╙	1 / 1		1 / 1	1 / 1
ļ.	ID3	Serve no fruit juice to children younger than 12 months of age	+	3 / 1		1 / 1	1 / 1
ı.	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	+	4 / 2		2 / 2	2 / 2
L	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	L	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	匚	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	$oldsymbol{ol}}}}}}}}}}}}}}}}}}$	2 / 2	2 / 2
L	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	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
Nutrition	NC2	Offer juice (100%) only during meal times	+	4 / 2		2 / 2	2 / 2
鸉	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3		4 / 4	4 / 4
뒭	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	Г	4 / 4		4 / 4	4 / 4
_	ND1	Make water available both inside and outside	+	4 / 3		3 / 3	3 / 3
Ī	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	Г	3 / 3		2 / 2	2/2
Ī	NE2	Require adults eating meals with children to eat items that meet nutrition standards	Г	2 / 2		2 / 2	2/2
Ī	NF1	Serve small-sized, age-appropriate portions	Г	4 / 4		4 / 4	4 / 4
Ī	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 portions		3 / 3		2 / 2	2 / 2
ľ	NG1	Limit salt by avoiding salty foods such as chips and pretzels	+	4 / 2		2 / 2	2/2
ŀ	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	4 / 3	T	2 / 2	2 / 2
ŀ	-	Do not force or bribe children to eat	Н	4 / 4	T	3 / 3	3 / 3
ŀ	NH2	Do not use food as a reward or punishment	Г	4 / 4	T	3 / 3	3 / 3
ŀ		Provide children with adequate space for both inside and outside play	Г	4 / 4	Ħ	4 / 4	4 / 4
اه	РД2	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
Time	-	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	П	2 / 2	Π	2 / 2	2 / 2
⊆I	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	П	2 / 2		2 / 2	2 / 2
8	PA5	Do not withhold active play from children who misbehave	+	4 / 3	П	3 / 3	3 / 3
- h		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 3	_	2 / 2	2 / 2
I	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	Г	3 / 3	П	2 / 2	2 / 2
	РВ3	Use screen media with children age two years and older only for educational purposes or physical activity	+	4 / 2	П	2 / 2	2 / 2
€	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	+	4 / 2		2 / 2	2 / 2
뉡	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
إ≱	_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	Г	3 / 3	-	3 / 3	3 / 3
g	_	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	г	3 / 3	П	3 / 3	3 / 3
Physical Activity	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	Г	3 / 3	T	3 / 3	3 / 3
	-	Ensure that infants have supervised tummy time every day when they are awake	г	4 / 4	П	4 / 4	4 / 4
ŀ		Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	П	2 / 2	Ħ	2 / 2	2 / 2
L		, , , , , , , , , , , , , , , , , , ,					

Abbreviation Key: △=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

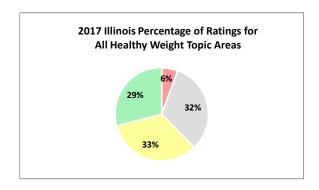
3 = Regulation partially meets standard
4 = Regulation fully meets standard

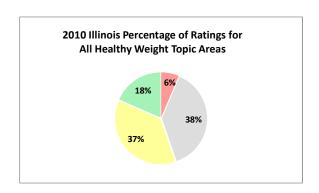
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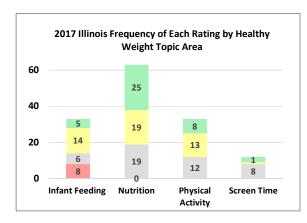
+ = Improved Rating

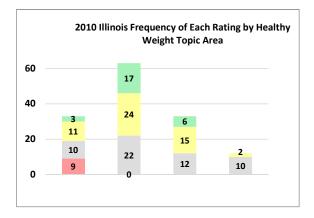
- = Lowered Rating

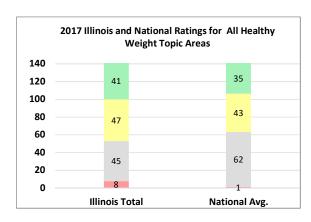
#### **ILLINOIS**

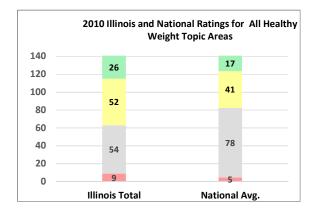




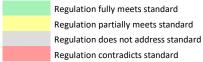








## Color and Rating Codes:



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:

## **INDIANA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ı	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Н	3 / 3	t	2 / 2		2 / 2
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	2 / 2	T	2 / 2	П	2 / 2
ı	IB1	Feed infants on cue	Г	3 / 3	T	2 / 2	П	2 / 2
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2	П	2 / 2
폏	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	4 / 4	T	3 / 3	П	3 / 3
E.	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	Г	2 / 2	T	2 / 2	П	2 / 2
뒫	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		2 / 2	Ħ	2 / 2	П	2 / 2
Infant Feedin	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	Г	2 / 2	T	2 / 2	П	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
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	Г	2 / 2	T	2 / 2	П	2 / 2
ı	ID3	Serve no fruit juice to children younger than 12 months of age		2 / 2		2 / 2	П	2 / 2
- 1	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	2/2		2 / 2	П	2/2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	2 / 2		2 / 2	П	2/2
ı	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 / 3		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
	NB1	Serve whole grain breads, cereals, and pastas		2 / 2		2 / 2		2 / 2
l	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	$ldsymbol{ld}}}}}}$	2 / 2		2 / 2		2 / 2
اے	NC1	Use only 100% juice with no added sweeteners	L	4 / 4		2 / 2		2 / 2
اقِ.	NC2	Offer juice (100%) only during meal times	L	2 / 2		2 / 2	Ш	2 / 2
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	L	2 / 2		2 / 2		2 / 2
劃	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	L	2 / 2	Ш	2 / 2	Ш	2 / 2
	ND1	Make water available both inside and outside		3 / 3		2 / 2		4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	匚	3 / 3		2 / 2	Ш	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	L	2 / 2	-	2 / 2	Ш	2 / 2
	NF1	Serve small-sized, age-appropriate portions		2 / 2		2 / 2		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 portions		1 / 1		2 / 2	l	2 / 2
ı	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	T	2 / 2	П	2 / 2
ı	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	Г	3 / 3		2 / 2	П	2 / 2
ı	NH1	Do not force or bribe children to eat	Г	2 / 2	Ħ	2 / 2	П	2 / 2
ı	-	Do not use food as a reward or punishment	Г	4 / 4		2 / 2	П	3 / 3
1	PA1	Provide children with adequate space for both inside and outside play	Г	4 / 4		2 / 2	П	3 / 3
و	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
Ĕ	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	$ldsymbol{ld}}}}}}$	2 / 2		2 / 2		2 / 2
⊂I		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	$oxed{oxed}$	2 / 2	_	2 / 2		2 / 2
ree	PA5	Do not withhold active play from children who misbehave	L	3 / 3		2 / 2		2 / 2
Scr	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		4 / 4	Ш	2 / 2	Ш	2 / 2
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	$ldsymbol{ld}}}}}}$	2 / 2		2 / 2	Ш	2 / 2
S .	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		4 / 4		2 / 2		2 / 2
Activity	-	Do not utilize TV, video, or DVD viewing during meal or snack time	$oxed{oxed}$	2 / 2		2 / 2	Ц	2 / 2
팅		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	L	3 / 3	$oldsymbol{\perp}$	2 / 2	Щ	3 / 3
اڀ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	L	3 / 3		2 / 2	Ц	3 / 3
اێ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	L	3 / 3	Ш	2 / 2	Щ	3 / 3
Physical	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	L	2 / 2
I		Ensure that infants have supervised tummy time every day when they are awake	$\vdash$	2 / 2	-	2 / 2	Ц	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: △=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:

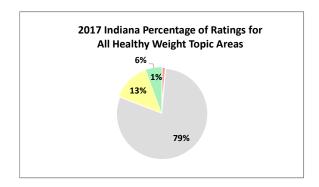
1 = Regulation contradicts the standard

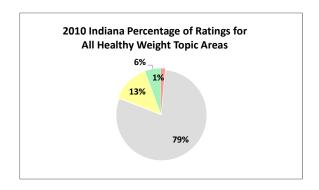
2 = Regulation does not address standard

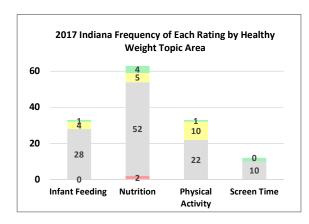
3 = Regulation partially meets standard
4 = Regulation fully meets standard

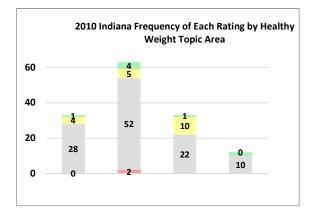
- + = Improved Rating
- = Lowered Rating

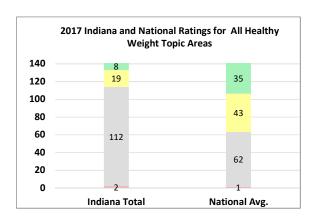
#### **INDIANA**

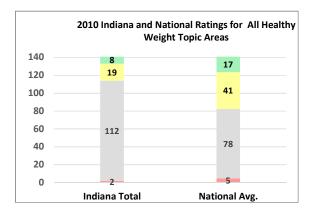




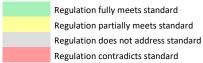








## Color and Rating Codes:



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:

## **IOWA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
Γ	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Т	3 / 3	П	3 / 3	T	3 / 3
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	4 / 4	П	4 / 4		4 / 4
ı	IB1	Feed infants on cue	Г	4 / 4	П	4 / 4		4 / 4
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	Г	4 / 4		4 / 4		4 / 4
Infant Feedin	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Т	3 / 3	П	2 / 2		2 / 2
Ē.	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	Г	3 / 3		3 / 3		3 / 3
빔	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 / 3
뒫	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 3	+	4 / 3
-i	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	Т	2/2		2 / 2		2 / 2
Ì	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	4 / 1	+	4 / 1	+	4 / 1
ı	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 1	+	4 / 1
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Н	2/2	П	2 / 2		2/2
Ì	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	3 / 3	П	3 / 3		3 / 3
ı	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	Г	3 / 3		3 / 3		3 / 3
İ	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	Γ	3 / 3	+	3 / 2	+	3 / 2
Ī	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
آ۔	NC1	Use only 100% juice with no added sweeteners	Г	4 / 4		4 / 4		4 / 4
.⊵[	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
Nutritio	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 / 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 portions		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		2 / 2		2 / 2		2 / 2
	NH2	Do not use food as a reward or punishment		3 / 3		3 / 3		3 / 3
	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4		4 / 4
e		Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	L	2 / 2	Ц	2 / 2		2 / 2
Ĕ	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	L	2 / 2	Ш	2 / 2		2 / 2
賩	_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	$ldsymbol{f eta}$	2 / 2	Ц	2 / 2	_	2 / 2
e l	_	Do not withhold active play from children who misbehave	L	2 / 2	Ц	2 / 2		2 / 2
Scr	_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	$\vdash$	2 / 2	Ш	2 / 2	_	2 / 2
≒ŀ		Limit total media time for children 2 years and older to not more than 30 min. weekly	lacksquare	2 / 2	Ш	2 / 2		2 / 2
		Use screen media with children age two years and older only for educational purposes or physical activity	<u> </u>	2 / 2	Ш	2 / 2	_	2 / 2
ΞĮ	_	Do not utilize TV, video, or DVD viewing during meal or snack time	<u> </u>	2 / 2	Ш	2 / 2	<u> </u>	2 / 2
뒭		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	$\vdash$	3 / 3	Ц	2 / 2		2 / 2
اچ	_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	$\vdash$	3 / 3	Н	3 / 3	_	3 / 3
ŝ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	$\vdash$	3 / 3	Ц	3 / 3	_	3 / 3
Physical Activity	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	L	3 / 3	Ц	3 / 3		3 / 3
ļ		Ensure that infants have supervised tummy time every day when they are awake	<u> </u>	2 / 2	Ш	2 / 2	_	2 / 2
L	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	乚	2 / 2		2 / 2		2 / 2

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

Color Code:

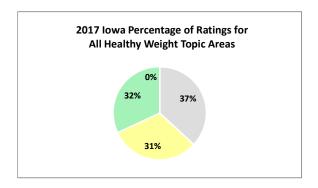
Regulation fully meets the standard Regulation contradicts the standard

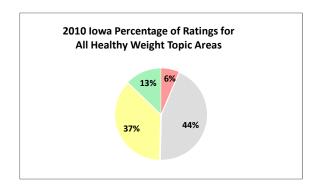
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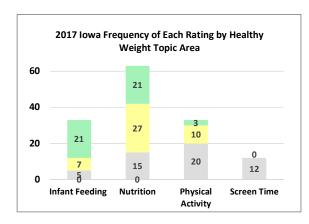
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

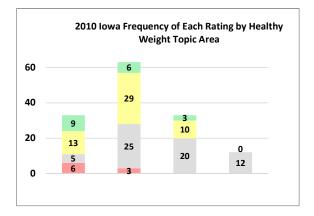
- + = Improved Rating
- = Lowered Rating

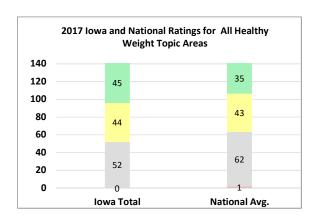
### **IOWA**

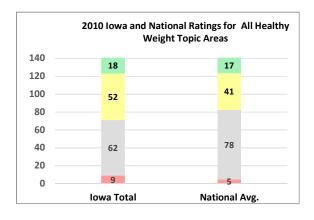




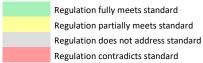








### **Color and Rating Codes:**



Iowa Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG); 2017\*

 $NOTE: An \ asterisk \ after \ 2017 \ (2017^*) \ signifies \ improved \ ratings \ in \ the \ indicators \ related \ to \ 2017 \ CACFP \ changes.$ 

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

### **KANSAS**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Г	2/2	İ	2 / 2	T :	2 / 2
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	2/2		2 / 2		2 / 2
	IB1	Feed infants on cue		2 / 2		2 / 2		2 / 2
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2		2 / 2
Infant Feedin	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3		3 / 3		3 / 3
F	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
틸	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	Г	2/2		2 / 2		2 / 2
쀨	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
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		2/2		2 / 2		2 / 2
ı	ID3	Serve no fruit juice to children younger than 12 months of age	Г	2 / 2		2 / 2		2 / 2
ı	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	2 / 2		2 / 2		2 / 2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	3 / 3		3 / 3	П	3 / 3
ı	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
ı	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	L	2 / 2	+	4 / 2	+	4 / 2
	NB1	Serve whole grain breads, cereals, and pastas		2 / 2		2 / 2		2 / 2
l	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	L	3 / 3		3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	L	3 / 3		3 / 3		3 / 3
اے	NC1	Use only 100% juice with no added sweeteners	L	4 / 4		4 / 4		4 / 4
Nutrition	NC2	Offer juice (100%) only during meal times	L	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
劃	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	L	2 / 2		2 / 2	Ш	2 / 2
	ND1	Make water available both inside and outside	L	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	L	2 / 2		2 / 2	Щ	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	L	2 / 2		2 / 2	Ш	2 / 2
	NF1	Serve small-sized, age-appropriate portions	L	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 portions	l	1 / 1		1 / 1		1 / 1
ı	NG1	Limit salt by avoiding salty foods such as chips and pretzels	Г	2 / 2		2 / 2	Ħ	2 / 2
ı	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	Г	2 / 2		2 / 2	$\Box$	2 / 2
ı	NH1	Do not force or bribe children to eat	Г	3 / 3	+	3 / 2	+	3 / 2
l	NH2	Do not use food as a reward or punishment	Г	3 / 3	+	3 / 2	+	3 / 2
	PA1	Provide children with adequate space for both inside and outside play	Г	4 / 4	П	3 / 3	Ħ.	3 / 3
او	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
Time	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	Ĺ	2 / 2		2 / 2		2 / 2
⊆I	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
ē	PA5	Do not withhold active play from children who misbehave		2 / 2		2 / 2		2 / 2
Sc	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	$oxedsymbol{oxed}$	3 / 3	$\Box$	3 / 3		3 / 3
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	L	2 / 2	$\Box$	2 / 2		2 / 2
S S	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	L	2 / 2	Ш	2 / 2	-	2 / 2
<u>اځ</u>	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	$ldsymbol{ldsymbol{ldsymbol{ldsymbol{L}}}$	2 / 2	Ш	2 / 2		2 / 2
텡	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	L	3 / 3	Ш	3 / 3	Ш	3 / 3
اڇ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	L	3 / 3	+	4 / 3	+ .	4 / 3
ٳێۣ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	L	3 / 3	Ш	3 / 3	Ш	3 / 3
Physical Activity	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	$\vdash$	2 / 2
ļ		Ensure that infants have supervised tummy time every day when they are awake	_	2 / 2	Ш	2 / 2	-	2 / 2
ı	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: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

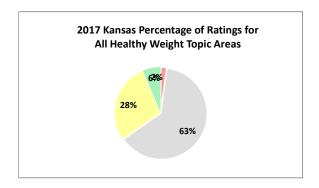
Regulation fully meets the standard Regulation contradicts the standard

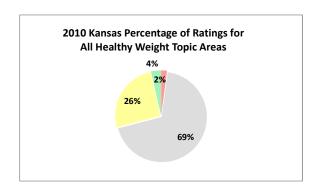
#### Rating Code:

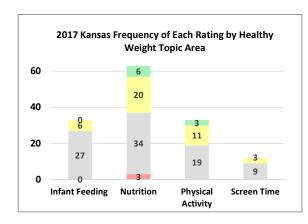
- **1** = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

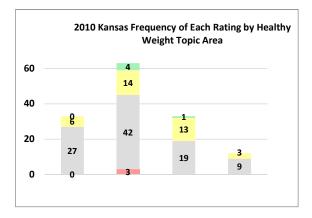
- + = Improved Rating
- = Lowered Rating

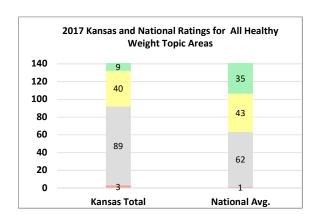
### **KANSAS**

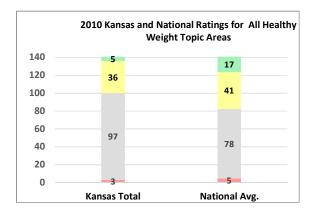




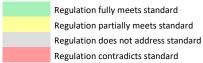








## Color and Rating Codes:



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:

### **KENTUCKY**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Г	2 / 2	П	2 / 2	2 / 2
ı	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
ı	IB1	Feed infants on cue	Г	2 / 2		2 / 2	2 / 2
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		3 / 3		3 / 3	3 / 3
Infant Feedin	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	4 / 4	П	4 / 4	4 / 4
Ē	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
뒬	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	Г	2 / 2	Ħ	2 / 2	3 / 3
물	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	Г	2 / 2	П	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
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	Г	2 / 2		2 / 2	2 / 2
ı	ID3	Serve no fruit juice to children younger than 12 months of age	Г	2 / 2		2 / 2	2 / 2
- 1	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	2/2		2 / 2	2 / 2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	2 / 2	П	2 / 2	2 / 2
ı	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
ا۔	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4	4 / 4
Nutrition	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2	2 / 2
뛺	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		2 / 2		2 / 2	2 / 2
킑	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
ı	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	L	2 / 2	Ш	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 portions		1 / 1		1 / 1	2 / 2
ı	NG1	Limit salt by avoiding salty foods such as chips and pretzels	Г	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
[	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4	3 / 3
و	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
Ţ	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	L	2 / 2	Ш	2 / 2	2 / 2
ē	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	$oxed{oxed}$	2 / 2	_	2 / 2	2 / 2
e l	PA5	Do not withhold active play from children who misbehave	$oxed{oxed}$	2 / 2	Ш	2 / 2	2 / 2
Scr	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	L	2 / 2	Ш	2 / 2	3 / 3
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	$oxed{oxed}$	2 / 2	Ш	2 / 2	3 / 3
ج	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	$ldsymbol{ld}}}}}}$	2 / 2	Ш	2 / 2	2 / 2
<u>₹</u>	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	+	4 / 2	-	4 / 2	2 / 2
텡	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	$oxed{oxed}$	3 / 3	+	3 / 3	3 / 3
<u>=</u>	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	L	3 / 3	Ш	3 / 3	3 / 3
Sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	_	3 / 3	Ш	3 / 3	3 / 3
Physical Activity	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
ļ		Ensure that infants have supervised tummy time every day when they are awake	L	2 / 2	Ш	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: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

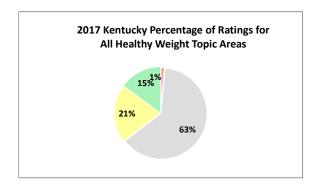
Regulation fully meets the standard Regulation contradicts the standard

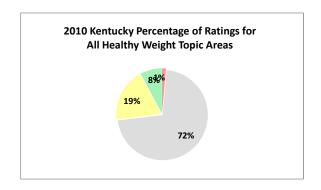
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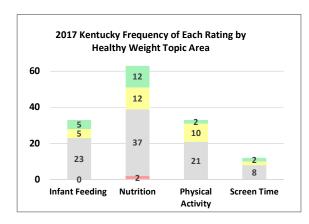
- **1** = Regulation contradicts the standard
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  4 = Regulation fully meets standard

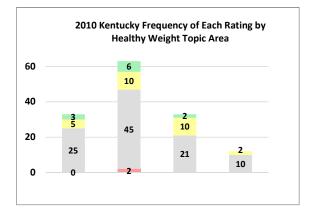
- + = Improved Rating
- = Lowered Rating

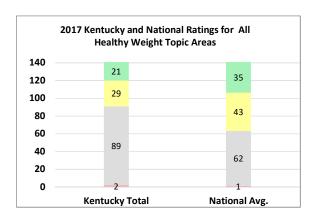
### **KENTUCKY**

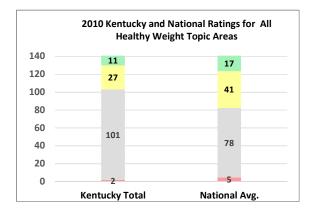




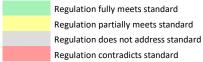








## Color and Rating Codes:



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:

### **LOUISIANA**

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

2017/2010

			Δ	(	TR	Δ	LRG	Δ SM	
ı	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Н	+	/ 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	+	-	/ 1	$\dashv$	4 / 0	0 /	H
ı	IB1	Feed infants on cue	┢	⊢	/ 4	$\dashv$	4 / 0	0 /	-1
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	H	-	/ 4	$\dashv$	4 / 0	0 /	-1
Infant Feedin	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	1-	3	/ 4	+	3 / 0	0 /	⊣
ĕ	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	t	⊢	/ 3	$\dashv$	3 / 0	0 /	-1
뉟		Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	-	/ 3	$\dashv$	4 / 0	0 /	-1
Ę.		Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	-	/ 3	$\rightarrow$	4 / 0	0 /	-1
-		Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	t	-	/ 2	-	2 / 0	0 /	-
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	-	/ 1	-	3 / 0	0 /	⊣
ı	ID3	Serve no fruit juice to children younger than 12 months of age	+	⊢	/ 1	-	4 / 0	0 /	-1
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Н	+	/ 2	-	2 / 0	0 /	-
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	┢	-	/ 3	$\dashv$	3 / 0	0 /	⊣
ŀ		Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	t	⊢	/ 3	$\dashv$	3 / 0	0 /	-1
ı	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	+	$\vdash$	/ 2	$\dashv$	3 / 0	0 /	┪
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4	/ 2	+	4 / 0	0 /	0
l	NB1	Serve whole grain breads, cereals, and pastas	Γ	3	/ 3	+	3 / 0	0 /	0
ı	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3	/ 3	+	3 / 0	0 /	0
- 1	NB3	Serve fruits of several varieties, especially whole fruits	1-	3	/ 4	+	3 / 0	0 /	0
_	NC1	Use only 100% juice with no added sweeteners		4	/ 4	+	4 / 0	0 /	0
<u>ق</u>	NC2	Offer juice (100%) only during meal times	+	4	/ 2	+	4 / 0	0 /	0
Nutritio	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4	/ 3	+	4 / 0	0 /	0
될	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4	/ 3	+	4 / 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	П	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	+	3	/ 1	+	3 / 0	0 /	0
	NG1	caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  Limit salt by avoiding salty foods such as chips and pretzels	┢	2	/ 2	+	2 / 0	0 /	n
ŀ	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	-	/ 1	$\dashv$	3 / 0	0 /	⊣
ŀ		Do not force or bribe children to eat	+	-	/ 1	$\dashv$	3 / 0	0 /	H
ŀ		Do not use food as a reward or punishment	Ė	-	/ 3	$\dashv$	3 / 0	0 /	⊣
ŀ		Provide children with adequate space for both inside and outside play	۲	-	/ 4	_	4 / 0	0 /	-
او	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		H	/ 2	$\dashv$	2 / 0	0 /	┪
Ţ	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
ו⊇	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	Г	2	/ 2	+	2 / 0	0 /	0
ē	PA5	Do not withhold active play from children who misbehave	+	4	/ 3	+	4 / 0	0 /	0
ŞĊ	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
and	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	Ŀ	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
핗	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	Ŀ	2	/ 3	+	2 / 0	0 /	0
اٍ≍ٍ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	L	3	/ 3	+	3 / 0	0 /	0
ايِّز.	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3	/ 3	+	3 / 0	0 /	0
Physical Activity	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	$\dashv$	3 / 0	0 /	-
ļ	PE1	Ensure that infants have supervised tummy time every day when they are awake	L	2	/ 2	$\dashv$	2 / 0	0 /	-1
	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: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

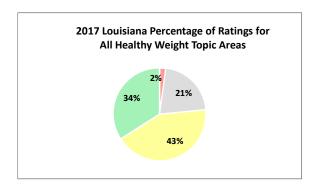
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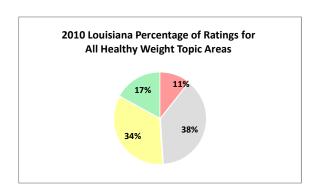
Regulation fully meets the standard Regulation contradicts the standard

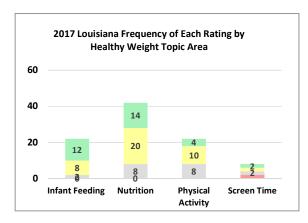
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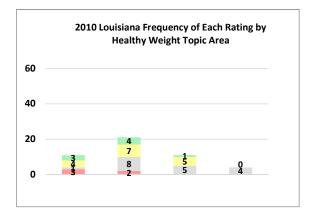
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard
- Δ (Change) Code:
- + = Improved Rating
- = Lowered Rating

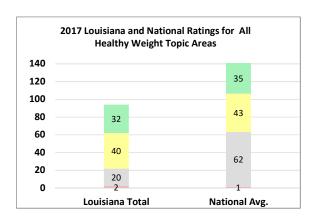
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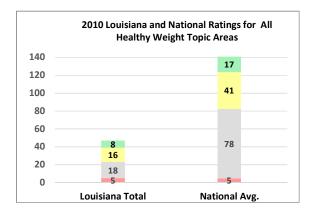












#### **Color and Rating Codes:**

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts standard

Louisiana Regulation Rating History: 2010 (CTR); 2015 (CTR, LRG); 2017\*

NOTE: An asterisk after 2017 (2017\*) signifies improved ratings in the indicators related to 2017 CACFP changes.

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

### **MAINE**

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

2017/2010

			Δ	CTR	Δ	LDC	Δ	CNAL
r			_		-	LRG	-	SML
ŀ		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
ļ	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
90	IB1	Feed infants on cue	┡	4 / 4		4 / 4	-	4 / 4
Feeding	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	╙	2 / 2	Ш	2 / 2	-	2 / 2
ä	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	L	4 / 4		3 / 3	Ш	3 / 3
Ĕ.	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	┖	2 / 2		2 / 2	Ш	2 / 2
ä	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	匚	2 / 2		2 / 2	Ш	2 / 2
Infant	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	Ш	2 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	<u>L</u>	2 / 2		2 / 2	Ш	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		2 / 2		2 / 2	Ш	2 / 2
	ID3	Serve no fruit juice to children younger than 12 months of age		2 / 2		2 / 2		2 / 2
I	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		2 / 2	П	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		2 / 2	П	2 / 2
Ī	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		2 / 2	П	2 / 2
İ	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	Γ	2 / 2		2 / 2	П	2 / 2
Ī	NA5	Serve skim or 1% pasteurized milk to children two years of age and older		2 / 2		2 / 2	П	2 / 2
Ī	NB1	Serve whole grain breads, cereals, and pastas	Г	2 / 2	+	3 / 2	+	3 / 2
Ī	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	+	3 / 2	+	3 / 2
ľ	NB3	Serve fruits of several varieties, especially whole fruits	Г	3 / 3	+	3 / 2	+	3 / 2
_ [	NC1	Use only 100% juice with no added sweeteners		2 / 2		2 / 2	П	2 / 2
<u></u>	NC2	Offer juice (100%) only during meal times	Г	2 / 2		2 / 2	П	2 / 2
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	Т	2 / 2		2 / 2	П	2 / 2
ᆁ	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		2 / 2		2 / 2	П	2 / 2
-	ND1	Make water available both inside and outside	Н	3 / 3	T	2 / 2	$\Box$	2 / 2
ľ	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	T	2/2		2 / 2	П	2 / 2
ŀ	NE2	Require adults eating meals with children to eat items that meet nutrition standards	Н	2/2		2 / 2	П	2 / 2
ľ		Serve small-sized, age-appropriate portions	H	3 / 3		2 / 2	П	2 / 2
ľ		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	H				H	
	NF2	caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions		2 / 2		2 / 2	ш	2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	匚	2 / 2		2 / 2	Ш	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	匚	2 / 2		2 / 2	Ш	2 / 2
	NH1	Do not force or bribe children to eat	L	3 / 3		3 / 3	Ш	3 / 3
Į	NH2	Do not use food as a reward or punishment	L	3 / 3	Ш	3 / 3	Ш	3 / 3
ļ	PA1	Provide children with adequate space for both inside and outside play	L	4 / 4		4 / 4	Ш	4 / 4
اع	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	L	2 / 2		2 / 2	ш	2 / 2
Time	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	L	2 / 2		2 / 2	-	2 / 2
되		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	L	2 / 2		2 / 2	_	2 / 2
ωI	PA5	Do not withhold active play from children who misbehave	L	2 / 2		2 / 2	Ш	2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	匚	3 / 3	-	2 / 3	-	2 / 3
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	L	3 / 3		2 / 2	Ш	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	乚	4 / 4	-	2 / 4	-	2 / 4
Ħ	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	L	2 / 2		2 / 2	Ш	2 / 2
ਝ	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	L	4 / 4	_	3 / 4	-	3 / 4
اٍٍ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	L	3 / 3	<u> </u>	2 / 3		2 / 3
<u> </u>	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	L	3 / 3	L-	2 / 3		2 / 3
Physical Activity	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	L	2 / 2		2 / 2	Ш	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	Ш	2 / 2

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

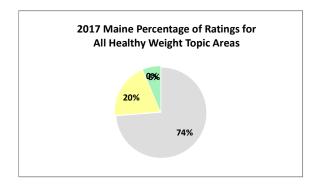
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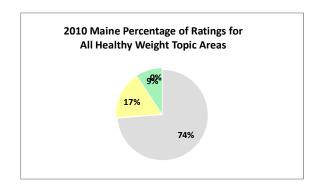
Regulation fully meets the standard Regulation contradicts the standard

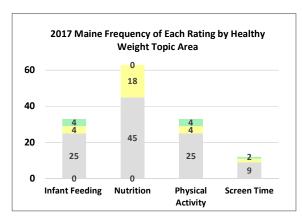
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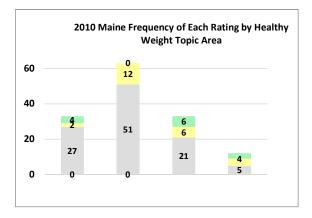
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- Δ (Change) Code:
- + = Improved Rating
- = Lowered Rating

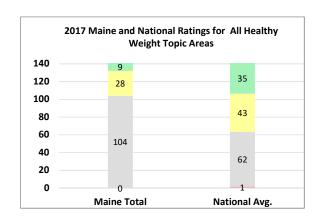
### **MAINE**

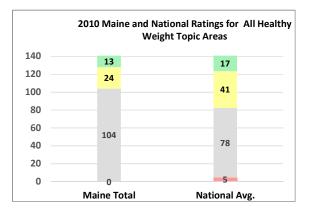




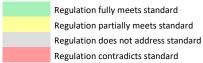








### **Color and Rating Codes:**



Maine Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*; 2017 (LRG, SML)

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:

### **MARYLAND**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
	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	Г	4 / 4		4 / 4	Γ	4 / 4
Feeding	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4		4 / 4
edi	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3		3 / 3	Г	2 / 2
Fe	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3	+	4 / 3	Г	3 / 3
Ħ	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 / 3
nfant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 3	+	4 / 3
=	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	Г	2/2		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	+	3 / 1	+	3 / 1
	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 1	+	4 / 1
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Н	2/2	$\vdash$	2 / 2	H	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	$\vdash$	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	$\vdash$	3 / 3	H	3 / 3
		Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced	$\vdash$		$\vdash$		$\vdash$	
	NA4	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	+	3 / 2	+	3 / 2	+	3 / 2
	NB1	Serve whole grain breads, cereals, and pastas	Ĺ	3 / 3		3 / 3	L	3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	L	3 / 3		3 / 3	L	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3		3 / 3		3 / 3
ا۔	NC1	Use only 100% juice with no added sweeteners	Г	4 / 4		4 / 4		4 / 4
Ö	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
Nutritio	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	+	4 / 3
뒭	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 / 3	+	4 / 3	+	4 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	Г	2/2		2 / 2	Г	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	Г	2/2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions	Г	4 / 4		4 / 4	Г	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 portions		3 / 3		3 / 3		3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	┢	2/2		2 / 2	T	2 / 2
		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	Н	3 / 3	$\vdash$	3 / 3	H	3 / 3
	NH2	Do not use food as a reward or punishment	Н	3 / 3	$\vdash$	3 / 3	┢	3 / 3
		Provide children with adequate space for both inside and outside play	Т	4 / 4	$\vdash$	4 / 4	T	4 / 4
ره	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	Г	2 / 2		2 / 2	T	2 / 2
Tim	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	Г	2/2	П	2 / 2	Г	2 / 2
L	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	Г	2/2	П	2 / 2	T	2 / 2
ee	PA5	Do not withhold active play from children who misbehave	Т	2/2	$\vdash$	2/2	Т	2 / 2
Scr		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 2	$\vdash$	4 / 2	+	4 / 2
	PB2		+	3 / 2	$\vdash$	3 / 2	+	-
and	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	+	3 / 2	$\vdash$	3 / 2	+	-
Ę		Do not utilize TV, video, or DVD viewing during meal or snack time	+	4 / 2	$\vdash$	4 / 2	+	4 / 2
Physical Activity		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	H	4 / 4	$\vdash$	4 / 4	H	4 / 4
Ac	_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	$\vdash$	3 / 3	$\vdash$	3 / 3	$\vdash$	3 / 3
g		Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	$\vdash$	3 / 3	$\vdash$	3 / 3	$\vdash$	3 / 3
ysi		Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote	$\vdash$		$\forall$		$\vdash$	
P	PD1	movement over the course of the day—indoor or outdoor	L	3 / 3		3 / 3	L	3 / 3
		Ensure that infants have supervised tummy time every day when they are awake	$\vdash$	2/2	$\vdash$	2/2	$\vdash$	2 / 2
	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	ட	2 / 2		2 / 2		2 / 2

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

Color Code:

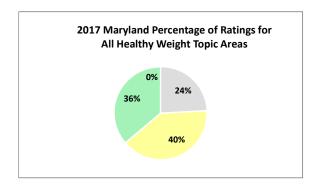
Regulation fully meets the standard Regulation contradicts the standard

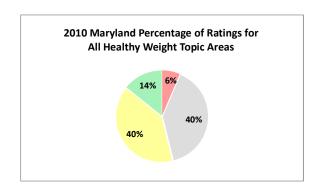
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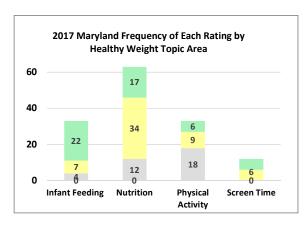
- 1 = Regulation contradicts the standard
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- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

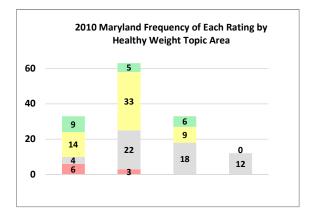
- + = Improved Rating
- = Lowered Rating

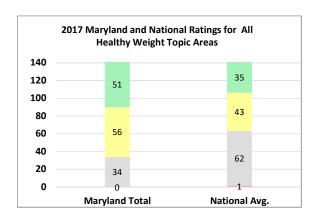
### **MARYLAND**

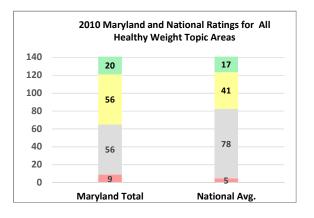












#### **Color and Rating Codes:**

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts standard

Maryland Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG); 2015 (CTR, LRG, SML); 2017\* NOTE: An asterisk after 2017 (2017\*) signifies improved ratings in the indicators related to 2017 CACFP changes.

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

### **MASSACHUSETTS**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Г	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		2/2		2 / 2		2 / 2
	IB1	Feed infants on cue		3 / 3		3 / 3		3 / 3
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2		2 / 2
Feeding	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	4 / 4		4 / 4	Π.	4 / 4
Fe	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	Г	2/2		2 / 2		2 / 2
걸	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
Infant	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	Г	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
	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	L	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
اے	NC1	Use only 100% juice with no added sweeteners		2 / 2		2 / 2		2 / 2
Nutrition	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2		2 / 2
ţ	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		2 / 2		2 / 2		2 / 2
Ž	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		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
	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 portions		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	Ш	2 / 2
	NH1	Do not force or bribe children to eat	L	4 / 4		4 / 4	Ш	4 / 4
	NH2	Do not use food as a reward or punishment	L	4 / 4		4 / 4	Ц	4 / 4
	PA1	Provide children with adequate space for both inside and outside play	L	4 / 4		4 / 4	Цŀ	4 / 4
a L	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	$\vdash$	2 / 2
Tim	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	<u> </u>	2/2	Щ	2 / 2	$\vdash$	2 / 2
딞	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	Ц	2 / 2	-	2 / 2
a) l		Do not withhold active play from children who misbehave	$\vdash$	3 / 3	Ц	3 / 3	$\vdash$	3 / 3
Scr	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	_	2/2	Щ	2 / 2	-	2 / 2
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	_	2/2	Щ	2/2	$\rightarrow$	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	$\vdash$	2 / 2	Ш	2 / 2	-	2 / 2
Ξ	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	$\vdash$	2/2	Щ	2 / 2	-	2 / 2
덫		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	$\vdash$	3 / 3	Ц	3 / 3	$\vdash$	3 / 3
a /	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	$\vdash$	3 / 3	Щ	3 / 3	-	3 / 3
sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	<u> </u>	3 / 3	Щ	3 / 3	$\sqcup$	3 / 3
Physical Activity	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	$\vdash$	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	$\vdash$	2/2	Ц	2/2	$\vdash$	2 / 2
	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	ı	3 / 3		3 / 3	1	3 / 3

 $\textbf{Abbreviation Key:} \ \ \Delta = \text{Change from baseline, CTR} = \text{Centers, LRG} = \text{Large Family Child Care Home, SML} = \text{Small Family Child Care Home}$ 

Color Code:

Regulation fully meets the standard Regulation contradicts the standard

#### Rating Code:

1 = Regulation contradicts the standard

2 = Regulation does not address standard

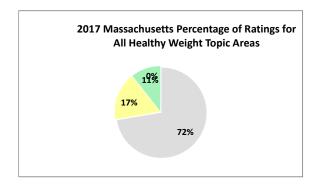
3 = Regulation partially meets standard
4 = Regulation fully meets standard

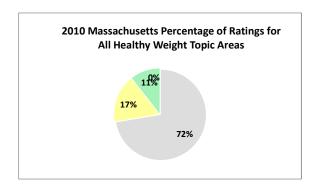
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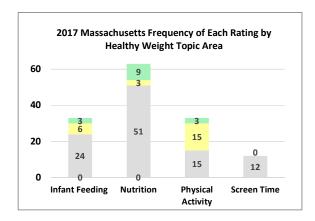
+ = Improved Rating

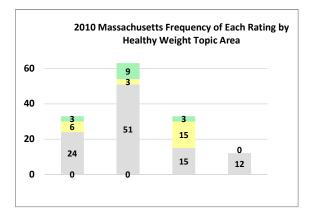
- = Lowered Rating

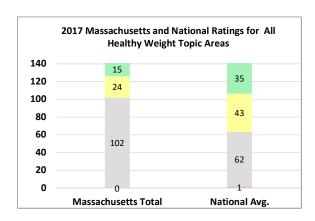
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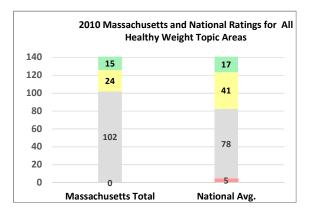




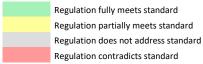








## Color and Rating Codes:



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:

### **MICHIGAN**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ľ	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Г	4 / 4		3 / 3		3 / 3
Ī	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
ng.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	Г	4 / 4		4 / 4		4 / 4
Feeding	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3		2 / 2		2 / 2
F	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
텔	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 / 3
Infant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 3	+	4 / 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
ľ	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	+	3 / 1	+	3 / 1
ı	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 1	+	4 / 1
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		2 / 2		2 / 2
Ī	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	3 / 3		3 / 3		3 / 3
Ī	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	Г	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	+	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	L	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	上	3 / 3		3 / 3		3 / 3
اے	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
Nutrition	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	+	4 / 3
劃	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 / 2		4 / 4		4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	L	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 portions		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
ļ	_	Do not force or bribe children to eat	$ldsymbol{f eta}$	2 / 2	Щ	2 / 2	_	2 / 2
ļ	_	Do not use food as a reward or punishment	┖	3 / 3		3 / 3	L	3 / 3
ļ	PA1	Provide children with adequate space for both inside and outside play	L	4 / 4		4 / 4	_	4 / 4
e l	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
ij	_	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
딞		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	$\vdash$	2 / 2	Щ	2 / 2	<u> </u>	2 / 2
ωI		Do not withhold active play from children who misbehave		4 / 2		2 / 2	_	2 / 2
Scr	_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 3		3 / 3	_	3 / 3
⊨ŀ		Limit total media time for children 2 years and older to not more than 30 min. weekly	$\vdash$	3 / 3		3 / 3	_	3 / 3
خ		Use screen media with children age two years and older only for educational purposes or physical activity	⊢	3 / 3	_	3 / 3	<u> </u>	3 / 3
ΣΙ		Do not utilize TV, video, or DVD viewing during meal or snack time	$\vdash$	2 / 2	Н	2 / 2	<u> </u>	2 / 2
βĊ		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	⊢	3 / 3	H	3 / 3	<u> </u>	3 / 3
<u>_</u>	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	⊢	3 / 3	$\vdash$	3 / 3	<u> </u>	3 / 3
ŝi	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	$\vdash$	3 / 3		3 / 3	<u> </u>	3 / 3
Physical Activity	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	$oxed{\perp}$	2 / 2		2 / 2		2 / 2
ŀ		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: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

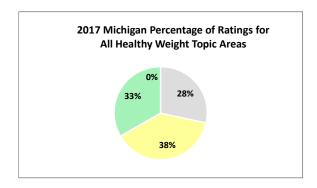
Regulation fully meets the standard Regulation contradicts the standard

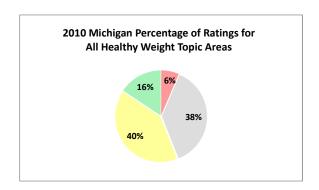
#### Rating Code:

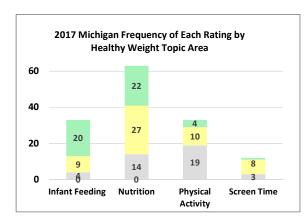
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

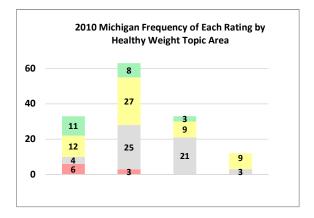
- + = Improved Rating
- = Lowered Rating

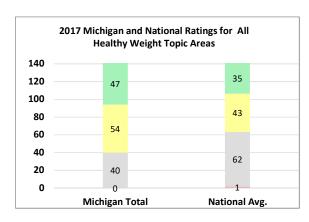
### **MICHIGAN**

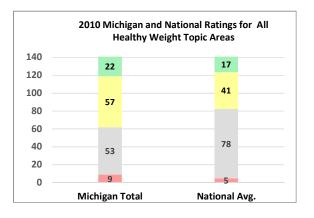




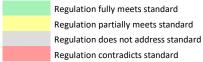








## Color and Rating Codes:



Michigan Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR); 2017\*

 $NOTE: An \ asterisk \ after \ 2017 \ (2017^*) \ signifies \ improved \ ratings \ in \ the \ indicators \ related \ to \ 2017 \ CACFP \ changes.$ 

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

### **MINNESOTA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ľ	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Г	3 / 3		3 / 3		3 / 3
Ī	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	3 / 3		4 / 4		4 / 4
	IB1	Feed infants on cue	Г	3 / 3		4 / 4		4 / 4
ing.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4		4 / 4
Feeding	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Т	2 / 2		3 / 3		3 / 3
F	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
텔	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 / 3
Infant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 3	+	4 / 3
-1	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
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	+	3 / 1	+	3 / 1
İ	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 1	+	4 / 1
ı	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	2/2		2 / 2		2/2
İ	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	3 / 3		3 / 3		3 / 3
ı	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	T	3 / 3		3 / 3		3 / 3
İ	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
	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
<u>.</u>	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	+	4 / 3
Ž	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 / 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 portions	L	3 / 3		3 / 3		3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	L	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
ļ	NH1	Do not force or bribe children to eat	L	2 / 2	Ц	2 / 2	_	2 / 2
ļ	_	Do not use food as a reward or punishment	L	3 / 3	Ц	3 / 3	_	3 / 3
ļ	PA1	Provide children with adequate space for both inside and outside play	L	4 / 4	Ц	4 / 4		4 / 4
e l	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	L	2 / 2	Ц	2 / 2		2 / 2
Ĕ		Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	<u> </u>	2 / 2	Ц	2 / 2	_	2 / 2
딞		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	⊢	2 / 2	Ц	2 / 2	<u> </u>	2 / 2
ωI		Do not withhold active play from children who misbehave	┡	3 / 3	Ц	3 / 3		3 / 3
Scr	_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	⊢	2 / 2	Ц	2 / 2	<u> </u>	2 / 2
⊨ŀ		Limit total media time for children 2 years and older to not more than 30 min. weekly	┞	2 / 2	Ц	2 / 2	<u> </u>	2 / 2
چ		Use screen media with children age two years and older only for educational purposes or physical activity	$\vdash$	2 / 2	Н	2 / 2	_	2 / 2
ΣΪ		Do not utilize TV, video, or DVD viewing during meal or snack time	⊢	2 / 2	Н	2 / 2	<u> </u>	2 / 2
닿		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	⊢	3 / 3	Н	3 / 3	_	3 / 3
<u>_</u>	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	$\vdash$	3 / 3	Н	3 / 3	_	3 / 3
ŝi	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	⊢	3 / 3	Н	3 / 3	_	3 / 3
Physical Activity	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	L	3 / 3	Ц	3 / 3		3 / 3
ŀ		Ensure that infants have supervised tummy time every day when they are awake	⊢	2 / 2	Н	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	$oldsymbol{ol}}}}}}}}}}}}}}}}}$	3 / 3		2/2		2 / 2

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

#### Color Code:

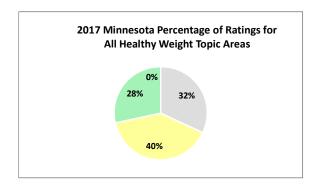
Regulation fully meets the standard Regulation contradicts the standard

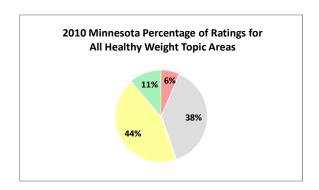
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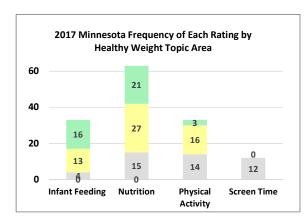
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

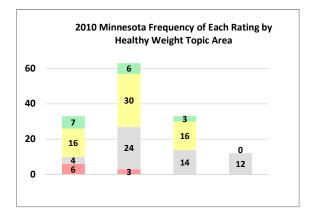
- + = Improved Rating
- = Lowered Rating

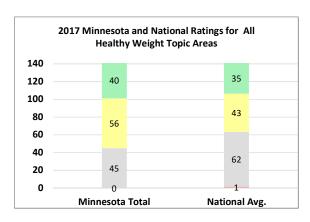
### **MINNESOTA**

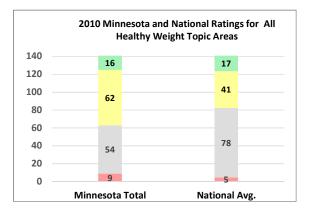




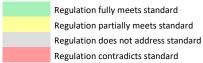








#### **Color and Rating Codes:**



Minnesota Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*; 2017\*

NOTES: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes. An asterisk after 2017 (2017\*) signifies improved ratings in the indicators related to 2017 CACFP changes.

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

### **MISSISSIPPI**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Г	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	Г	4 / 4		4 / 4		4 / 4
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	Г	4 / 4		4 / 4		4 / 4
Feedin	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	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
nfant	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	Г	3 / 3		3 / 3		3 / 3
nfa	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	Г	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	Г	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
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	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	Г	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
ے	NC1	Use only 100% juice with no added sweeteners		1 / 1		1 / 1		1 / 1
ö	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2		2 / 2
Nutritio	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		3 / 3		3 / 3		3 / 3
Ę	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	Г	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 portions		3 / 3		3 / 3		3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	L	4 / 4	Ш	4 / 4		4 / 4
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	L	3 / 3		3 / 3		3 / 3
	NH1	Do not force or bribe children to eat	L	3 / 3		3 / 3		3 / 3
	NH2	Do not use food as a reward or punishment	L	4 / 4	Ш	4 / 4		4 / 4
	PA1	Provide children with adequate space for both inside and outside play	L	4 / 4	Ш	4 / 4	Ш	4 / 4
e L	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	Ш	2 / 2		2 / 2
Tim	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	L	2 / 2	Ш	2 / 2	Ш	2 / 2
en		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	L	2 / 2	-	2 / 2	Щ	2 / 2
ē	PA5	Do not withhold active play from children who misbehave	L	3 / 3	-	3 / 3	Ш	3 / 3
Sci	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	<u>L</u>	3 / 3	$\vdash$	3 / 3	Щ	3 / 3
and	PB2	·	L	3 / 3	Ц	3 / 3	Ш	3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	L	4 / 4	Ш	4 / 4	Ш	4 / 4
<u>≼</u> ;	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	L	2 / 2		2 / 2	Щ	2 / 2
ÇŢ	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	<u> </u>	3 / 3	-	3 / 3	Щ	3 / 3
/ le	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	<u>L</u>	3 / 3	$\vdash$	3 / 3	Щ	3 / 3
Sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	L	3 / 3	Ш	3 / 3	Ш	3 / 3
Physical Activity	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	Н	2 / 2		2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	_	2 / 2	-	2 / 2	Щ	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: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

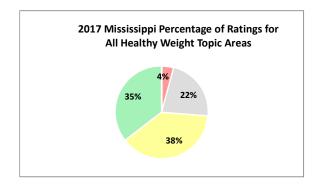
Regulation fully meets the standard Regulation contradicts the standard

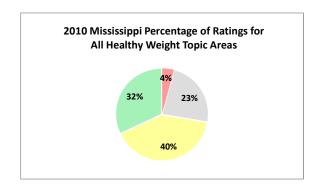
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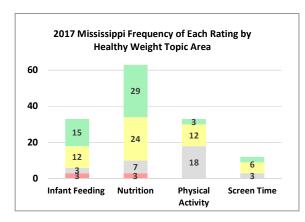
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard 4 = Regulation fully meets standard

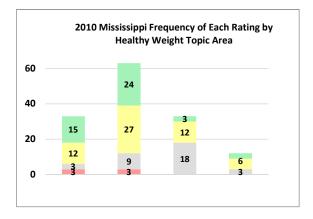
- + = Improved Rating
- = Lowered Rating

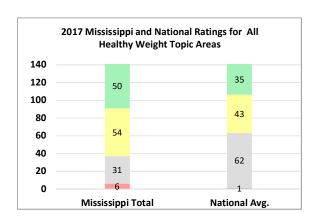
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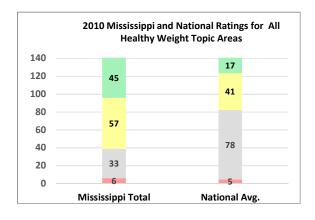












## Color and Rating Codes:

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
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:

### **MISSOURI**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
Γ	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Г	2/2		2 / 2	Г	2 / 2
Ī	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	2/2		2 / 2		2 / 2
ľ	IB1	Feed infants on cue	Г	3 / 3		3 / 3	Г	2 / 2
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2	Г	2 / 2
듛	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Т	3 / 3		3 / 3	Г	3 / 3
Ē.	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	Г	3 / 3		3 / 3	T	3 / 3
뒫	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		2 / 2		2 / 2	Г	2 / 2
Infant Feedin	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	Т	2 / 2		2 / 2	T	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	Г	2 / 2
ŀ	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	Т	2 / 2		2 / 2	Г	2 / 2
ŀ	ID3	Serve no fruit juice to children younger than 12 months of age	Г	2 / 2		2 / 2	T	2 / 2
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Т	2/2		2 / 2	T	2 / 2
ŀ	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Т	3 / 3		3 / 3	T	3 / 3
ľ	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		3 / 3	Г	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
L	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	L	4 / 4		4 / 4	L	4 / 4
	NC1	Use only 100% juice with no added sweeteners	L	4 / 4		4 / 4	L	4 / 4
Nutrition	NC2	Offer juice (100%) only during meal times	匚	2 / 2		2 / 2		2 / 2
<u>:</u>	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		3 / 3		3 / 3	L	3 / 3
劃	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	L	3 / 3		3 / 3	L	3 / 3
ļ	ND1	Make water available both inside and outside	L	3 / 3		3 / 3	L	3 / 3
ŀ	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	L	2/2		2 / 2	L	2 / 2
ļ	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2	L	2 / 2
ŀ	NF1	Serve small-sized, age-appropriate portions	L	4 / 4		4 / 4	L	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 portions	L	2 / 2		2 / 2		2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	L	2/2		2 / 2	L	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	L	2 / 2		2 / 2	L	2 / 2
L	NH1	Do not force or bribe children to eat	L	3 / 3		3 / 3	L	3 / 3
L	NH2	Do not use food as a reward or punishment	L	3 / 3		3 / 3	L	3 / 3
ļ	PA1	Provide children with adequate space for both inside and outside play	L	4 / 4		4 / 4	L	4 / 4
a) I	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
⊢⊦	-	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	ot	2 / 2	Ц	2 / 2	$ldsymbol{f eta}$	2 / 2
⊂I	_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	otacluster	2/2	Ц	2 / 2	$ldsymbol{f eta}$	2 / 2
ree	-	Do not withhold active play from children who misbehave	ldash	4 / 4	Щ	4 / 4	ldash	4 / 4
٠,	$\overline{}$	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	$\vdash$	2 / 2	Щ	2 / 2	$\vdash$	2 / 2
≽ŀ	-	Limit total media time for children 2 years and older to not more than 30 min. weekly	$\vdash$	2 / 2	Щ	2 / 2	$\vdash$	2 / 2
اخ	-	Use screen media with children age two years and older only for educational purposes or physical activity	L	2 / 2		2 / 2	lacksquare	2 / 2
ΣΙ	-	Do not utilize TV, video, or DVD viewing during meal or snack time	$\vdash$	2/2	Н	2 / 2	$\vdash$	2 / 2
뒿	_	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	$\vdash$	3 / 3	Н	3 / 3	$\vdash$	3 / 3
اق	$\overline{}$	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	$\vdash$	3 / 3	Н	3 / 3	$\vdash$	3 / 3
ŝ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult led activities or games that promote	$\vdash$	3 / 3	Н	3 / 3	$\vdash$	3 / 3
ᆂ	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	L	2 / 2
-  -	_	Ensure that infants have supervised tummy time every day when they are awake	+	4 / 2	+	4 / 2	+	4 / 2
L	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: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

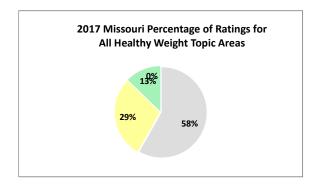
Regulation fully meets the standard Regulation contradicts the standard

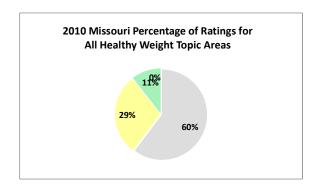
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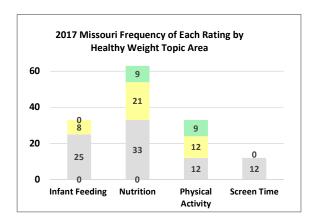
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

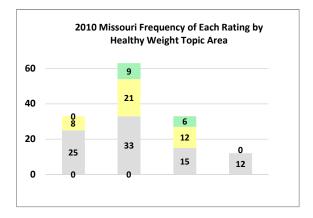
- + = Improved Rating
- = Lowered Rating

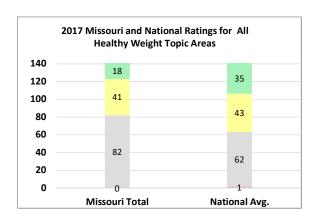
### **MISSOURI**

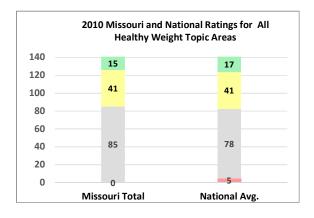




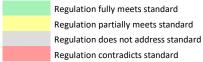








## Color and Rating Codes:



Missouri Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML)

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

### **MONTANA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ľ	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Г	3 / 3		3 / 3		3 / 3
Ī	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue	Г	4 / 4		4 / 4		4 / 4
ng.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	Г	4 / 4		4 / 4		4 / 4
Feeding	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Т	3 / 3		3 / 3		3 / 3
F	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
텔	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 / 3
Infant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 3	+	4 / 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
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	+	3 / 1	+	3 / 1
İ	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 1	+	4 / 1
ı	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	2/2		2 / 2		2/2
İ	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	3 / 3		3 / 3		3 / 3
ı	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	Г	3 / 3		3 / 3		3 / 3
ĺ	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
	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
Nutrition	NC2	Offer juice (100%) only during meal times		4 / 4	+	4 / 2	+	4 / 2
[발	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 / 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 portions		3 / 3		3 / 3		3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	L	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
Į	NH1	Do not force or bribe children to eat	$oxed{oxed}$	2/2		2 / 2	_	2 / 2
ļ	NH2	Do not use food as a reward or punishment	L	2 / 2		2 / 2		2 / 2
ļ	PA1	Provide children with adequate space for both inside and outside play	L	4 / 4		4 / 4		4 / 4
e l	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	L	2 / 2		2 / 2		2 / 2
ij		Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	L	2 / 2		2 / 2	_	2 / 2
딞		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	┞	2 / 2	Щ	2 / 2	<u> </u>	2 / 2
ωI		Do not withhold active play from children who misbehave	$\vdash$	2 / 2		2 / 2	_	2 / 2
Scr	_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	<u> </u>	2 / 2	Щ	3 / 3	<u> </u>	3 / 3
⊨ŀ		Limit total media time for children 2 years and older to not more than 30 min. weekly	<u> </u>	2 / 2	Щ	3 / 3	<u> </u>	3 / 3
چ		Use screen media with children age two years and older only for educational purposes or physical activity	⊢	2 / 2		2 / 2	_	2 / 2
Ξ		Do not utilize TV, video, or DVD viewing during meal or snack time	┞	2 / 2	Щ	2 / 2	<u> </u>	2 / 2
뒿		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	$\vdash$	2 / 2		3 / 3	_	3 / 3
<del>-</del>	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	⊢	2 / 2	Щ	2 / 2	_	2 / 2
Şi	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	<u> </u>	2 / 2	Щ	2 / 2	<u> </u>	2 / 2
Physical Activity	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	L	2 / 2		2 / 2		2 / 2
ļ		Ensure that infants have supervised tummy time every day when they are awake	$\vdash$	2 / 2		2 / 2	_	2 / 2
L	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	乚	3 / 3		3 / 3		3 / 3

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

#### Color Code:

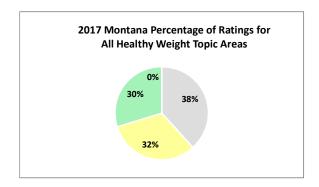
Regulation fully meets the standard Regulation contradicts the standard

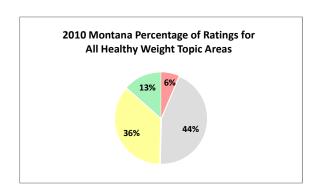
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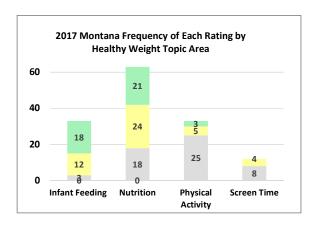
- 1 = Regulation contradicts the standard
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- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

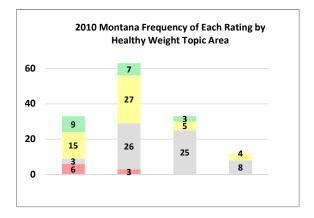
- + = Improved Rating
- = Lowered Rating

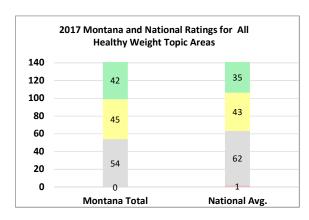
### **MONTANA**

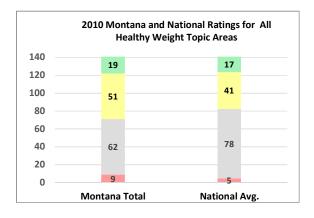




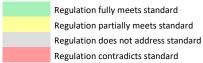








#### **Color and Rating Codes:**



Montana Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*; 2017\*

NOTES: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes. An asterisk after 2017 (2017\*) signifies improved ratings in the indicators related to 2017 CACFP changes.

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

### **NEBRASKA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ı	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Н	3 / 3	+	3 / 2	+	3 / 2
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	П	4 / 4	+	4 / 2	+	4 / 2
ı	IB1	Feed infants on cue	П	4 / 4	-	4 / 2	+	4 / 2
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	П	4 / 4	+	4 / 2	+	4 / 2
Infant Feedin	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	П	3 / 3	T	3 / 3	Г	3 / 3
Fe	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	П	3 / 3		3 / 3	H	3 / 3
뒫	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 3	+	4 / 2	+	4 / 2
륄	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 2	+	4 / 2
-	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	П	2 / 2		2 / 2	Г	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	+	3 / 2	+	3 / 2
	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 2	+	4 / 2
- 1	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	П	2 / 2		2 / 2	Г	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	П	3 / 3		3 / 3	Г	3 / 3
ı	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	П	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	+	3 / 2	+	3 / 2	+	3 / 2
l	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	+	4 / 2
ı	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	П	3 / 3		3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3		3 / 3	Г	3 / 3
ا۔	NC1	Use only 100% juice with no added sweeteners	П	4 / 4	+	4 / 2	+	4 / 2
<u>.</u>	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
불	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 2	+	4 / 2
Nutritio	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	4 / 2	+	4 / 2
_[	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 / 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		3 / 3	+	3 / 2	+	3 / 2
ŀ	NG1	caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  Limit salt by avoiding salty foods such as chips and pretzels	Н	2 / 2	H	2 / 2	┝	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 1	+	3 / 2	+	3 / 2
		Do not force or bribe children to eat	H	2 / 2	Ė	2/2	ŀ	2/2
ŀ		Do not use food as a reward or punishment	$\vdash$	3 / 3	$\vdash$	3 / 3	$\vdash$	3 / 3
ŀ		Provide children with adequate space for both inside and outside play	H	4 / 4	H	4 / 4	⊢	4 / 4
<sub>o</sub>	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	Н	2/2		2/2		2 / 2
ij	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	П	2 / 2	П	2 / 2	Г	2 / 2
ו⊇	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	П	2 / 2		2 / 2	Г	2 / 2
e	PA5	Do not withhold active play from children who misbehave		2 / 2		2 / 2		2 / 2
Scr	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	П	2 / 2		2 / 2		2 / 2
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2		2 / 2		2 / 2
ā	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
뙭	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		2 / 2
ਬ	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
اٍ≥ٍ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		2 / 2		2 / 2		2 / 2
<u>[2</u>	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		2 / 2		2 / 2		2 / 2
Physical Activity	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	$\square$	2 / 2		2 / 2	L	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: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

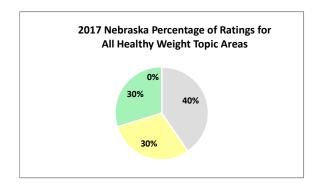
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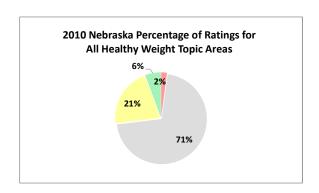
Regulation fully meets the standard Regulation contradicts the standard

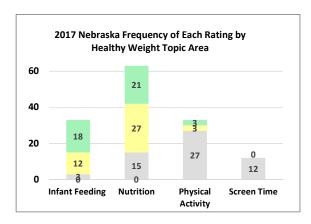
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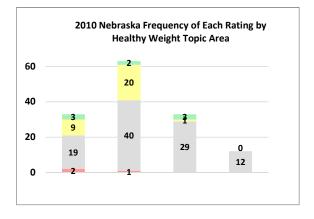
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard
- Δ (Change) Code:
- + = Improved Rating
- = Lowered Rating

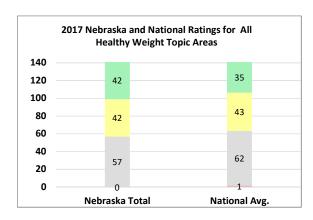
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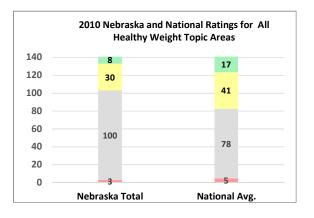












## Color and Rating Codes:

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts standard

Nebraska Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (LRG, SML); 2017\*

 $NOTE: An \ asterisk \ after \ 2017 \ (2017^*) \ signifies \ improved \ ratings \ in \ the \ indicators \ related \ to \ 2017 \ CACFP \ changes.$ 

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

### **NEVADA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
- [	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
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		2 / 2	t	2 / 2	Г	2 / 2
ı	IB1	Feed infants on cue	-	1 / 2	1 -	1 / 2	Ι-	1 / 2
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	Г	2/2		2 / 2	Г	2 / 2
Infant Feedin	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3	T	3 / 3	Г	3 / 3
Ē	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3	T	3 / 3	Г	3 / 3
뒬	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	Г	2 / 2		2 / 2	Г	2 / 2
륄	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	Г	2/2	T	2 / 2	Г	2 / 2
-1	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	Г	2 / 2		2 / 2		2 / 2
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	Г	2/2	T	2 / 2	Г	2 / 2
ı	ID3	Serve no fruit juice to children younger than 12 months of age		2 / 2		2 / 2	Г	2 / 2
- 1	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	2 / 2		2 / 2	Г	2 / 2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	2 / 2		2 / 2	Г	2 / 2
ı	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
اے	NC1	Use only 100% juice with no added sweeteners	L	2 / 2		2 / 2	L	2 / 2
Nutrition	NC2	Offer juice (100%) only during meal times	L	2 / 2		2 / 2	L	2 / 2
텖	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		2 / 2		2 / 2	L	2 / 2
퀽	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	L	2 / 2		2 / 2	L	2 / 2
	ND1	Make water available both inside and outside	L	4 / 4		4 / 4	L	4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	L	2 / 2		2 / 2	L	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	L	3 / 3		3 / 3	L	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 portions	۱.	2 / 3	-	2 / 3	-	2 / 3
ı	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2		2 / 2	┢	2 / 2
ı	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 1	+	3 / 1	+	3 / 1
ı	NH1	Do not force or bribe children to eat	Г	3 / 3	T	3 / 3	Г	3 / 3
ı		Do not use food as a reward or punishment	Г	4 / 4	T	4 / 4	Г	4 / 4
		Provide children with adequate space for both inside and outside play	Г	4 / 4	Ħ	4 / 4	Г	4 / 4
او	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
Time	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
ו⊇	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	Ĺ	2 / 2	_	2 / 2		2 / 2
ē	PA5	Do not withhold active play from children who misbehave		3 / 3		3 / 3	Ĺ	3 / 3
SC	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
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2		2 / 2		2 / 2
Z	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
<u>₹</u>	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	L	2 / 2	L	2 / 2	L	2 / 2
텡	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	L	3 / 3		3 / 3	L	3 / 3
<u>ا</u> ڇ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	L	3 / 3	L	3 / 3	L	3 / 3
ٳؾۣ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	+	3 / 2	+	3 / 2	+	3 / 2
Physical Activity	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
ļ		Ensure that infants have supervised tummy time every day when they are awake	_	2 / 2	L	2 / 2	<u> </u>	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: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

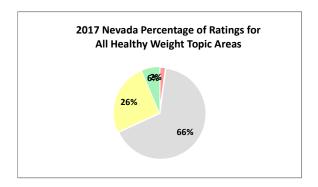
Regulation fully meets the standard Regulation contradicts the standard

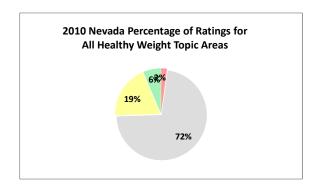
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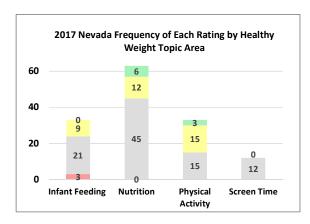
- **1** = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

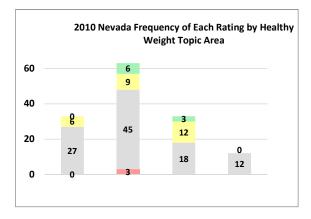
- + = Improved Rating
- = Lowered Rating

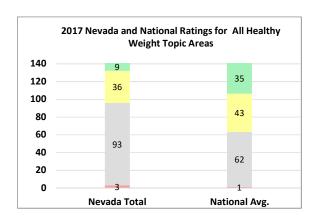
### **NEVADA**

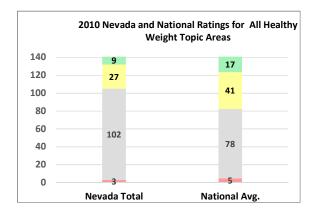




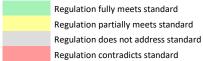








## Color and Rating Codes:



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:

### **NEW HAMPSHIRE**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
- 1	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	+	_
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	4 / 4		4 / 4	Г	4 / 4
ı	IB1	Feed infants on cue	Г	4 / 4		4 / 4	T	4 / 4
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 3	+	4 / 3	+	4 / 3
edi	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3		3 / 3	r	3 / 3
ĕ	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	Г	3 / 3		3 / 3	T	3 / 3
뒬	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 / 3
nfant Feedin	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 3	+	4 / 3
-	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	Г	2/2		2 / 2		2 / 2
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	+	3 / 1	+	3 / 1
ı	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 1	+	4 / 1
- 1	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	2/2		2/2	Г	2/2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	3 / 3		3 / 3	Г	3 / 3
ı	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	+	3 / 2	+	3 / 2	+	3 / 2
ı	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 / 2	+	4 / 2	+	4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	+	3 / 2	+	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
اے	NC1	Use only 100% juice with no added sweeteners	L	4 / 4		4 / 4	L	4 / 4
<u>.</u>	NC2	Offer juice (100%) only during meal times		4 / 4		4 / 4		4 / 4
Nutritio	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	+	4 / 3
킑	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 / 3	+	4 / 3	+	4 / 3
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	L	2 / 2		2 / 2	L	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	L	2 / 2		2 / 2	L	2 / 2
	NF1	Serve small-sized, age-appropriate portions	L	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 portions	+	3 / 2	+	3 / 2	+	3 / 2
ı	NG1	Limit salt by avoiding salty foods such as chips and pretzels	L	2 / 2		2 / 2	L	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
ļ	NH1	Do not force or bribe children to eat	otacluster	3 / 3	Ц	3 / 3	L	3 / 3
ļ	NH2		+	4 / 3	+	4 / 3	+	
	PA1	Provide children with adequate space for both inside and outside play	ldash	4 / 4	Ц	4 / 4	L	4 / 4
<u>n</u>	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	L	2 / 2
ij		Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	L	2/2		2 / 2	L	2 / 2
⊆I		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	$\vdash$	2/2	_	2 / 2	—	2 / 2
ree		Do not withhold active play from children who misbehave	Ŀ	2 / 3	-	2 / 3	Ŀ	2 / 3
Scr	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	ldash	2/2	Ц	2 / 2	L	2 / 2
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	ldash	2/2	Ц	2 / 2	L	2 / 2
چ	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	L	2 / 2	H	2 / 2	$\vdash$	2 / 2
اَڃَ		Do not utilize TV, video, or DVD viewing during meal or snack time	$\vdash$	2/2	Н	2 / 2	$\vdash$	2 / 2
Activity	_	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	$\vdash$	3 / 3	Н	3 / 3	$\vdash$	3 / 3
<u></u>		Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	+	4 / 2	+	4 / 2	+	_
šic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult led activities or games that promote	+	3 / 2	+	3 / 2	+	3 / 2
Physical	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	+	
ļ	PE1	Ensure that infants have supervised tummy time every day when they are awake	$ldsymbol{f eta}$	2/2		2 / 2	$\vdash$	2 / 2
ı	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

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

Color Code:

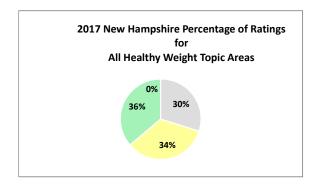
Regulation fully meets the standard Regulation contradicts the standard

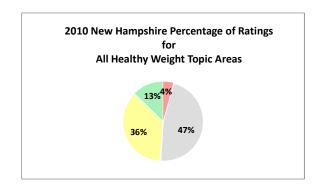
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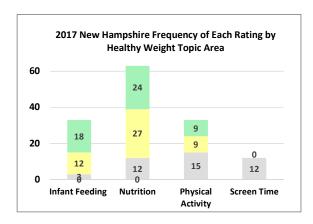
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

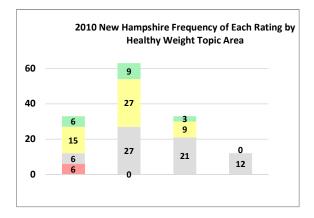
- + = Improved Rating
- = Lowered Rating

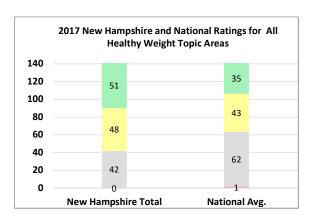
### **NEW HAMPSHIRE**

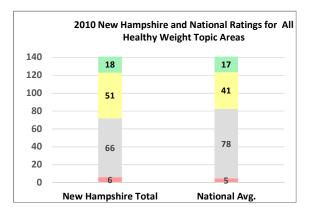




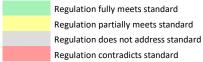








## Color and Rating Codes:



New Hampshire Regulation Rating History: 2010 (CTR, LRG, SML); 2017 (CTR, LRG, SML) A listing of all documents rated for ASHW, 2010 to date, is available at the following link: <a href="http://nrckids.org/files/ASHWDocumentsAssessed.pdf">http://nrckids.org/files/ASHWDocumentsAssessed.pdf</a>

### **NEW JERSEY**

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

2017/2010

			Δ	CTR	Δ	LF	RG	Δ	SML
	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 / 2
- 1	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 / 2
	IB1	Feed infants on cue	Г	2 / 2		2 /	/ 2	2	2 / 2
<u>_</u>	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 2	+	4 /	/ 2	2	/ 2
Feeding	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3		3 /	/ 3	2	/ 2
F	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 / 2
텔	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 / 3
Infant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 2	+	4 /	/ 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
- 1	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 2	+	3 /	/ 2	2	2 / 2
	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 2	+	4 /	/ 2	2	2 / 2
ı	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	+	3 / 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	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	+	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	+	4 / 2	+	4 /	/ 2	2	2 / 2
Į	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 /	/ 2	2	2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	+	4 / 3	+	4 /	/ 3	2	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 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	+	4 / 3	+	4 /	/ 3	2	2 / 2
اے	NC1	Use only 100% juice with no added sweeteners	+	4 / 3	+	4 /	/ 3	2	2 / 2
اقِ	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 /	/ 2	-	2 / 2
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 2	+-	_	/ 2	_	2 / 2
劃	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 2	+	4 /	/ 2	2	2 / 2
	ND1	Make water available both inside and outside	L	3 / 3	┰	+	/ 3	_	/ 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	L	2 / 2	╆	-	/ 2	-	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	╙	2 / 2	+	+	/ 2	-	2 / 2
	NF1	Serve small-sized, age-appropriate portions	+	4 / 3	+	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 portions		3 / 3	1	₩	/ 3	_	3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	+	4 / 2	╆	4 /	/ 2	2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 2	+	-	/ 2	-	2 / 2
		Do not force or bribe children to eat	<u> </u>	3 / 3	+	+	/ 3	-	3 / 3
ļ	_	Do not use food as a reward or punishment	⊢	3 / 3	+-	-	/ 3	-	3 / 3
	PA1	Provide children with adequate space for both inside and outside play	┡	4 / 4	1	4 /	/ 4	4	/ 4
a L	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
Ē		Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	$\vdash$	2 / 2	┡	+	/ 2	-	1 2
딞		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	-	1 2
Scre		Do not withhold active play from children who misbehave	⊢	4 / 3	+	+	/ 3	-	1 2
Š		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 2	+	+-	/ 2	-	/ 3
and		Limit total media time for children 2 years and older to not more than 30 min. weekly	+	3 / 2	+	+	/ 2	-	3 / 3
ξ.		Use screen media with children age two years and older only for educational purposes or physical activity  Do not utilize TV, video, or DVD viousing during model or proof time.	+	4 / 2	+	+	/ 2	_	1 / 2
Physical Activity		Do not utilize TV, video, or DVD viewing during meal or snack time  Provide dolly for all children, high to 6 years, two to three executions of active play outdoors, weather parmitting	⊢	2/2	-	-	/ 2	_	1 / 2
AC		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60.90 minutes per 8-bour day for moderate to vigorous physical activity.	+	3 / 3	+-	+	/ 3	-	/ 2
ह	PC2 PC3	Allow troddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	╀	4 / 3 3 / 3	-	-	/ 3	-	3 / 3
Şi		Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote	⊢		t	+	$\dashv$		
Ph	PD1	movement over the course of the day—indoor or outdoor	+	3 / 2	_	-	/ 2	-	/ 2
		Ensure that infants have supervised tummy time every day when they are awake	+	4 / 2	+-	4 /	-	-	/ 2
l	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	1 / 3

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

Color Code:

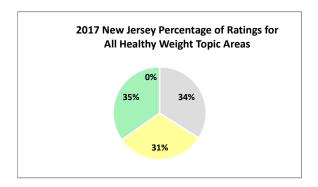
Regulation fully meets the standard Regulation contradicts the standard

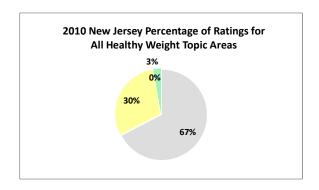
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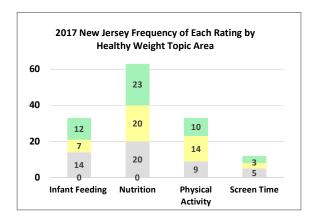
- 1 = Regulation contradicts the standard
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- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

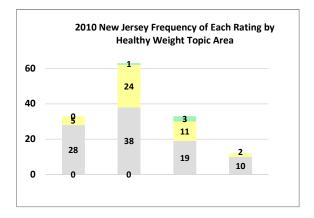
- + = Improved Rating
- = Lowered Rating

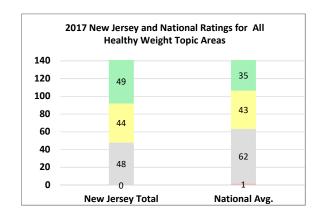
### **NEW JERSEY**

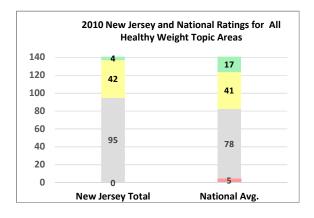












## Color and Rating Codes:

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts standard

New Jersey Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2017 (CTR, LRG, SML) A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

### **NEW MEXICO**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ľ	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Г	3 / 3		3 / 3		3 / 3
Ī	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue	Г	4 / 4		4 / 4		4 / 4
ing.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	Г	4 / 4		4 / 4		4 / 4
Feeding	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3		3 / 3		3 / 3
F	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
뒫	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 / 3
Infant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 3	+	4 / 3
-1	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
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	+	3 / 1	+	3 / 1
İ	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 1	+	4 / 1
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	2 / 2		2 / 2		2/2
İ	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	3 / 3		3 / 3		3 / 3
ı	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	Г	3 / 3		3 / 3		3 / 3
ĺ	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 / 3	+	4 / 3	+	4 / 3
	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 / 3	+	4 / 3	+	4 / 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		3 / 3		3 / 3		3 / 3
١٥	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
Nutrition	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 / 3	+	4 / 3	+	4 / 3
Ī	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	Г	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
	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 portions		4 / 4		4 / 4		4 / 4
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	L	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
Į	NH1	Do not force or bribe children to eat	L	2 / 2		2 / 2	_	2 / 2
ļ	NH2	Do not use food as a reward or punishment	L	3 / 3		3 / 3		3 / 3
ļ	PA1	Provide children with adequate space for both inside and outside play	L	4 / 4		4 / 4		4 / 4
e l	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
ij		Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	L	2 / 2		2 / 2		2 / 2
딞		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	$ldsymbol{f eta}$	2 / 2	Щ	2 / 2		2 / 2
ωI		Do not withhold active play from children who misbehave	L	2 / 2	_	2 / 2		2 / 2
Scr	_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 3	+	4 / 3	+	4 / 3
⊨ŀ		Limit total media time for children 2 years and older to not more than 30 min. weekly	$ldsymbol{f eta}$	3 / 3	Щ	3 / 3	_	3 / 3
چ		Use screen media with children age two years and older only for educational purposes or physical activity	<u> </u>	2 / 2		2 / 2		2 / 2
Ξ		Do not utilize TV, video, or DVD viewing during meal or snack time	ldash	2 / 2	Щ	2 / 2		2 / 2
其		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	ldash	3 / 3	Щ	3 / 3	_	3 / 3
<del>=</del>	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	ldash	3 / 3	Щ	3 / 3	_	3 / 3
Sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	$ldsymbol{f eta}$	3 / 3	Щ	3 / 3	_	3 / 3
Physical Activity	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
ļ		Ensure that infants have supervised tummy time every day when they are awake	ldash	2 / 2	Щ	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	$oldsymbol{ol}}}}}}}}}}}}}}}}}$	2 / 2		2 / 2		2 / 2

Abbreviation Key: △=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:

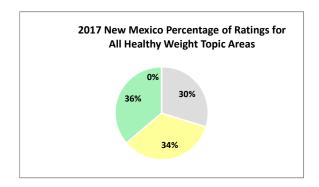
1 = Regulation contradicts the standard

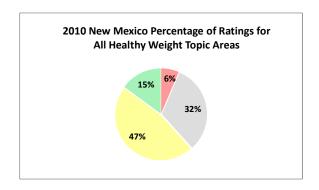
**2** = Regulation does not address standard

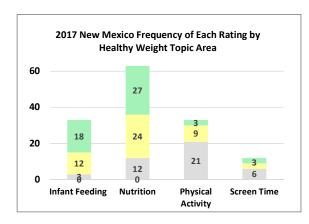
3 = Regulation partially meets standard 4 = Regulation fully meets standard

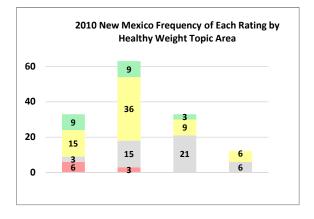
- + = Improved Rating
- = Lowered Rating

### **NEW MEXICO**

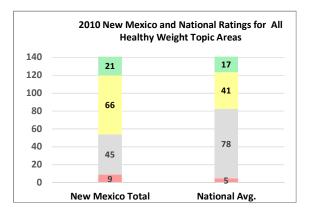




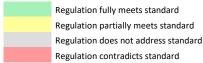








#### **Color and Rating Codes:**



New Mexico Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017\* NOTE: An asterisk after 2017 (2017\*) signifies improved ratings in the indicators related to 2017 CACFP changes.

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

### **NEW YORK**

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

2017/2010

		- -	Δ	CTR	Δ	LRG	Δ	SML
- 1	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Н	3 / 3	+	3 / 2	T	3 / 3
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	+	4/2		2 / 2	T	2 / 2
ı	IB1	Feed infants on cue	+	4 / 2		2 / 2	T	2 / 2
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 2		2 / 2	T	2 / 2
G	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	T	3 / 3
ĕ	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
뒫	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 2		2 / 2	Г	2 / 2
Infant Feedin	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 2	1	2 / 2	T	2 / 2
-	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	П	2/2	:	2 / 2	Г	2 / 2
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 2	1	2/2	T	2 / 2
	ID3	Serve no fruit juice to children younger than 12 months of age	+	4/2	:	2 / 2	T	2 / 2
- 1	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	П	2/2		2/2	Г	2 / 2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	+	3 / 2	1	2/2	T	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	Г	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		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 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 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	+	3 / 2	:	2 / 2		2 / 2
اے	NC1	Use only 100% juice with no added sweeteners	+	4 / 2	+	3 / 2	+	3 / 2
اةِ.	NC2	Offer juice (100%) only during meal times	+	4 / 2	<u>: L</u>	2 / 2	L	2 / 2
Nutritio	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4/3		3 / 3		3 / 3
劃	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4/3		3 / 3	L	3 / 3
	ND1	Make water available both inside and outside	Ш	4/4		4 / 4	L	4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	Ш	2 / 2	1	2 / 2	L	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	Ш	2 / 2	_	2 / 2	L	2 / 2
	NF1	Serve small-sized, age-appropriate portions	Ш	4 / 4		4 / 4	L	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 portions	П	4 / 4		4 / 4		4 / 4
ı	NG1	Limit salt by avoiding salty foods such as chips and pretzels	П	2/2	:	2/2	T	2 / 2
ı	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 2		2 / 2	T	2 / 2
ı	NH1	Do not force or bribe children to eat	П	3 / 3	+	4 / 3	+	4 / 3
ı	NH2	Do not use food as a reward or punishment	П	3 / 3	+	4 / 3	+	4 / 3
	PA1	Provide children with adequate space for both inside and outside play	П	4 / 4		4 / 4	Γ	4 / 4
e	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
ij	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	Ш	2 / 2		2 / 2	L	2 / 2
e e		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	Ц	2/2	_	2 / 2	_	2 / 2
e l	PA5	Do not withhold active play from children who misbehave	Ц	3 / 3	L	3 / 3	L	3 / 3
Scr	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	3 / 2	1	2 / 2	L	2 / 2
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	Ш	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
<u>₹</u>	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	+	4 / 2	+	4 / 2	+	4 / 2
텡		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	Ц	3 / 3	+-	3 / 3	L	3 / 3
اڇ ا	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	+	3 / 2	+	3 / 2	+	3 / 2
ٳؿ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	+	3 / 2	+	3 / 2	+	3 / 2
Physical Activity	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	Ц	2 / 2	+	2 / 2	L	2 / 2
I		Ensure that infants have supervised tummy time every day when they are awake	+	4 / 2	+-	3 / 2	+	3 / 2
l	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: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

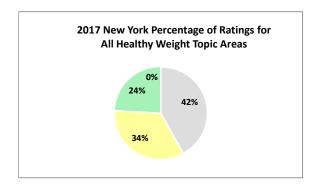
Regulation fully meets the standard Regulation contradicts the standard

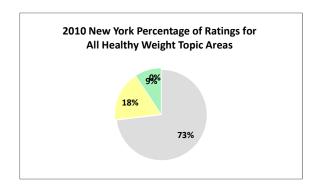
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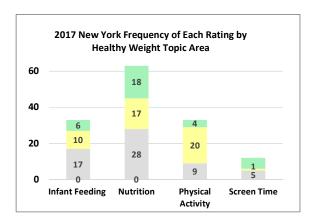
- **1** = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

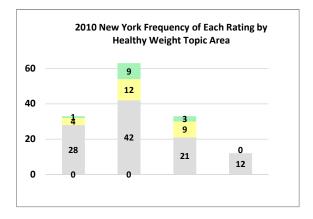
- + = Improved Rating
- = Lowered Rating

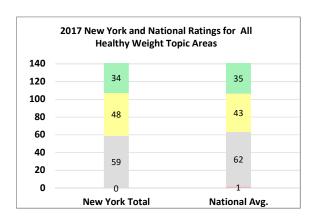
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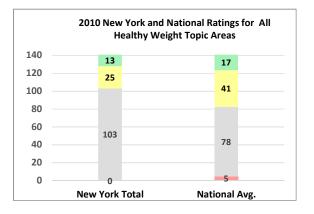




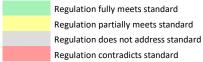








## Color and Rating Codes:



New York Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (LRG, SML); 2015 (CTR, LRG); 2017\* NOTE: An asterisk after 2017 (2017\*) signifies improved ratings in the indicators related to 2017 CACFP changes.

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

## **NORTH CAROLINA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ſ	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		4 / 4	İ	4 / 4		4 / 4
ľ	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	4 / 4		4 / 4		4 / 4
ľ	IB1	Feed infants on cue	Г	4 / 4		4 / 4		4 / 4
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	Г	4 / 4		4 / 4		4 / 4
Infant Feedin	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3		3 / 3		3 / 3
<u>ē</u>	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	T	3 / 3		3 / 3		3 / 3
뒫	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 / 3
륄	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 3	+	4 / 3
=	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	Т	2 / 2		2 / 2		2 / 2
ľ	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	+	3 / 1	+	3 / 1
ľ	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 1	+	4 / 1
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Т	2 / 2		2 / 2		2 / 2
ľ	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	3 / 3		3 / 3		3 / 3
ľ	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	Г	3 / 3		3 / 3		3 / 3
İ	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
ľ	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	+	4 / 2
ı	NB1	Serve whole grain breads, cereals, and pastas	Г	3 / 3		3 / 3		3 / 3
Ī	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3		3 / 3		3 / 3
ĺ	NB3	Serve fruits of several varieties, especially whole fruits	Г	3 / 3		3 / 3		3 / 3
_[	NC1	Use only 100% juice with no added sweeteners	Г	4 / 4		4 / 4		4 / 4
<u>.</u>	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
Nutritio	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	+	4 / 3
ᆁ	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 / 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	+	4 / 2	+	4 / 2	+	4 / 2
ĺ	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4		4 / 4
ĺ	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		3 / 3		3 / 3		3 / 3
ŀ	NG1	caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  Limit salt by avoiding salty foods such as chips and pretzels	⊢	2 / 2	+	3 / 2	+	3 / 2
ŀ	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	⊢	3 / 3	-	3 / 1	+	3 / 2
ŀ		Do not force or bribe children to eat	⊢	2 / 2	-	3 / 2	+	3 / 2
ŀ	_	Do not use food as a reward or punishment	$\vdash$	3 / 3	F	3 / 2	⊢	3 / 2
ŀ		Provide children with adequate space for both inside and outside play	Н	4 / 4	$\vdash$	4 / 4	H	4 / 4
a	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	$\vdash$	2/2	П	2 / 2		2 / 2
Ë	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	Г	2 / 2	П	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	Г	2 / 2	+	3 / 2	+	3 / 2
9	PA5	Do not withhold active play from children who misbehave	Γ	2 / 2	_	2 / 2		2 / 2
Scr	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	Г	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
ā	РВ3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
딁	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		2 / 2
ŧ	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
اٍٍ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	+	4 / 3	+	4 / 3	+	4 / 3
<u>[2</u>	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3		3 / 3		3 / 3
Physical Activity	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	$\Box$	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	1	2 / 2		2 / 2

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

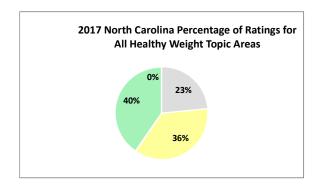
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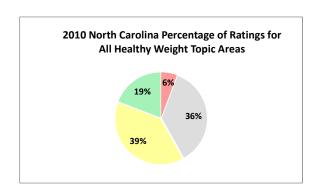
Regulation fully meets the standard Regulation contradicts the standard

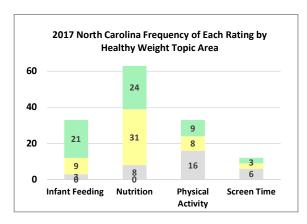
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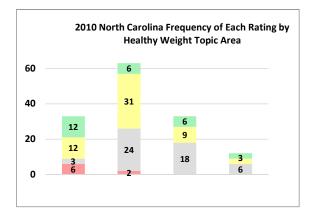
- 1 = Regulation contradicts the standard
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- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard
- Δ (Change) Code:
- + = Improved Rating
- = Lowered Rating

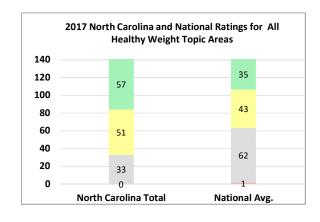
### **NORTH CAROLINA**

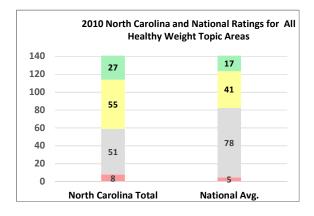




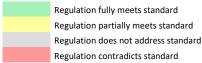








### **Color and Rating Codes:**



North Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2017\* NOTE: An asterisk after 2017 (2017\*) signifies improved ratings in the indicators related to 2017 CACFP changes.

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

## **NORTH DAKOTA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ſ	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Н	3 / 3		3 / 3		3 / 3
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	3 / 3		3 / 3	Г	3 / 3
ı	IB1	Feed infants on cue	+	4 / 2	+	4 / 2	+	4 / 2
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2	Г	2 / 2
凉	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	<b>-</b>	3 / 4		3 / 3	Г	3 / 3
F	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	-	2 / 3		2 / 2	H	2 / 2
뒫	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		3 / 3	-	2 / 3	Г	3 / 3
Infant Feedin	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	Г	2 / 2		2 / 2	Г	2 / 2
=	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	+	4 / 2		4 / 4	Г	4 / 4
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	Г	2 / 2		2 / 2	Г	2 / 2
İ	ID3	Serve no fruit juice to children younger than 12 months of age	Г	2 / 2		2 / 2	Г	2 / 2
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	2/2		2 / 2	Г	2 / 2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	2 / 2		2 / 2	Г	2 / 2
İ	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	Г	2 / 2		2 / 2	Г	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	$ldsymbol{ld}}}}}}$	2 / 2		2 / 2	L	2 / 2
اے	NC1	Use only 100% juice with no added sweeteners	L	2 / 2		2 / 2	L	2 / 2
Nutrition	NC2	Offer juice (100%) only during meal times	L	2 / 2		2 / 2	L	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	L	2 / 2		2 / 2		2 / 2
劃	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	L	2 / 2		2 / 2	L	2 / 2
	ND1	Make water available both inside and outside		3 / 3		2 / 2	L	2 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	匚	3 / 3		3 / 3	+	3 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	L	2 / 2		2 / 2	L	2 / 2
ļ	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4	+	3 / 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 portions		2 / 2		2 / 2	l	2 / 2
ľ	NG1	Limit salt by avoiding salty foods such as chips and pretzels	Г	2 / 2		2 / 2	Г	2 / 2
ľ	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	Г	2 / 2		2 / 2	Г	2 / 2
ľ	NH1	Do not force or bribe children to eat	Г	3 / 3		3 / 3	Г	3 / 3
ı	NH2	Do not use food as a reward or punishment	Г	3 / 3		3 / 3	Г	3 / 3
ľ	PA1	Provide children with adequate space for both inside and outside play	Г	4 / 4		4 / 4	Г	4 / 4
او	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
Ĕ	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
⊂I	$\overline{}$	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
ree	PA5	Do not withhold active play from children who misbehave	+	4 / 3	+	4 / 3	+	4 / 3
Scr	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	匚	2 / 2		2 / 2	L	2 / 2
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	L	2 / 2		2 / 2	L	2 / 2
ر ج	РВ3	Use screen media with children age two years and older only for educational purposes or physical activity	$ldsymbol{ld}}}}}}$	2 / 2		2 / 2	<u> </u>	2 / 2
Activity	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	_	2 / 2	Щ	2 / 2	<u> </u>	2 / 2
뒿	_	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
=		Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	+	4 / 2	+	4 / 2	+	4 / 2
Sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	+	3 / 2	+	3 / 2	+	3 / 2
Physical	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
	_	Ensure that infants have supervised tummy time every day when they are awake	$\vdash$	2 / 2	H	2/2	$\vdash$	2 / 2
l	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: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

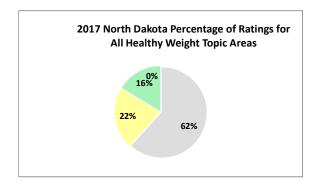
Regulation fully meets the standard Regulation contradicts the standard

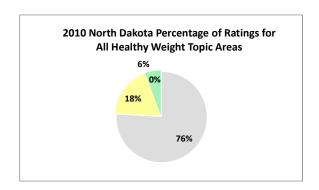
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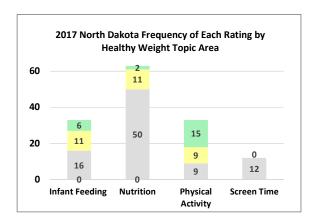
- **1** = Regulation contradicts the standard
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- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

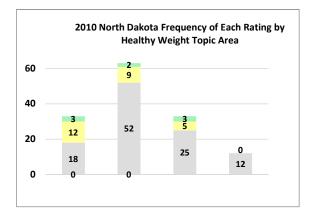
- + = Improved Rating
- = Lowered Rating

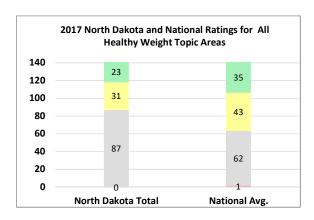
### **NORTH DAKOTA**

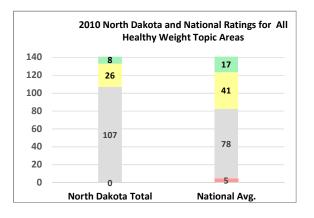












# Color and Rating Codes:

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
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: <a href="http://nrckids.org/files/ASHWDocumentsAssessed.pdf">http://nrckids.org/files/ASHWDocumentsAssessed.pdf</a>

## OHIO

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Г	3 / 3		3 / 3		3 / 3
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue	-	2 / 4	-	2 / 4	-	2 / 4
ng.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	Г	4 / 4		4 / 4		4 / 4
Feeding	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Т	3 / 3		3 / 3		3 / 3
F	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	-	2 / 4	-	2 / 3	-	2 / 3
텔	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
Infant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	T -	2 / 3	-	2 / 3	-	2 / 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
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	2 / 1	+	2 / 1	+	2 / 1
ı	ID3	Serve no fruit juice to children younger than 12 months of age	+	2 / 1	+	2 / 1	+	2 / 1
ı	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	2 / 2		2 / 2		2 / 2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	1-	2 / 3	-	2 / 3	-	2 / 3
ı	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	T -	2 / 3	-	2 / 3	-	2 / 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 / 2	+	4 / 2	+	4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	<u> </u> -	2 / 4	-	2 / 4	-	2 / 4
l	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	L	3 / 3		3 / 3		3 / 3
ı	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3		3 / 3		3 / 3
اے	NC1	Use only 100% juice with no added sweeteners	Ŀ	3 / 4	-	3 / 4	-	3 / 4
흸	NC2	Offer juice (100%) only during meal times	匚	2 / 2		2 / 2		2 / 2
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	<u> </u> -	2 / 3	-	2 / 3	-	2 / 3
劃	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	Ŀ	2 / 3	-	2 / 3	-	2 / 3
	ND1	Make water available both inside and outside	L	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	Ŀ	2 / 3	-	2 / 3		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	上	2/2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4	+	4 / 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 portions	Ŀ	2 / 3	-	2 / 3	-	2 / 3
	_	Limit salt by avoiding salty foods such as chips and pretzels	▙	2 / 2		2 / 2	_	2 / 2
		Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	2 / 1	+	2 / 1	+	2 / 1
	_	Do not force or bribe children to eat	⊢	2 / 2	_	2 / 2	_	2 / 2
	_	Do not use food as a reward or punishment	⊢	3 / 3	Н	3 / 3	L	3 / 3
إ	PA1 PA2	Provide children with adequate space for both inside and outside play  Provide crientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that	┞	2 / 2		2 / 2		2 / 2
Time	PA3	promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	$\vdash$	2/2	Н	2 / 2	_	2 / 2
Ë	_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	H	2/2		2/2		2 / 2
81	_	Do not withhold active play from children who misbehave	┢	3 / 3	+	3 / 2	Н	3 / 3
Scr		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	H	2/2		2/2		2 / 2
اع	_	Limit total media time for children 2 years and older to not more than 30 min. weekly	┢	2/2	Н	2/2	Н	2/2
and		Use screen media with children age two years and older only for educational purposes or physical activity	✝	2/2	Н	2/2	$\vdash$	2/2
ĕ		Do not utilize TV, video, or DVD viewing during meal or snack time	+	4 / 2	+	4 / 2	+	4 / 2
اٍڿ	-	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	Н	3 / 3		3 / 3		3 / 3
۲		Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	H	2 / 2		2 / 2		2 / 2
g		Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	T	2 / 2		2 / 2		2 / 2
Physical Activity	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	T	2/2		2/2		2 / 2
4	PE1	Ensure that infants have supervised tummy time every day when they are awake	+	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	Γ	2 / 2		2 / 2		2 / 2
			_					_

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

Color Code:

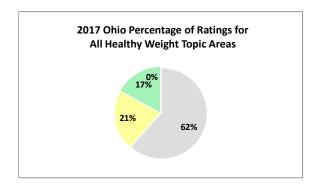
Regulation fully meets the standard
Regulation contradicts the standard

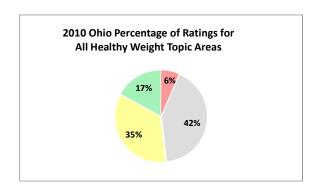
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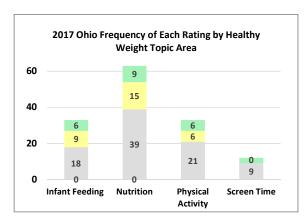
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

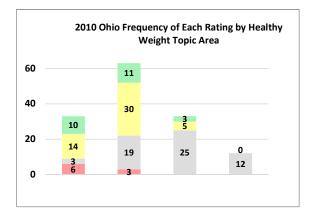
- + = Improved Rating
- = Lowered Rating

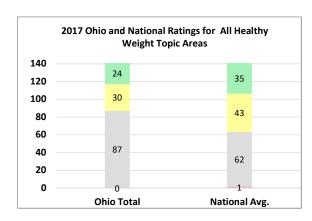
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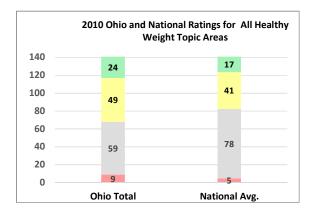




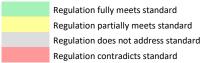








### **Color and Rating Codes:**



Ohio Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*; 2016 (CTR, LRG, SML)

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:

## **OKLAHOMA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
	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 / 2	+	4 / 2
	IB1	Feed infants on cue	Г	4 / 4	+	4 / 2	+	4 / 2
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 2	+	4 / 2	+	4 / 2
Feeding	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3		3 / 3		3 / 3
Ē	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3	+	3 / 2	+	3 / 2
ır	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	Г	2 / 2	+	4 / 2	+	4 / 2
Infant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	Г	2 / 2	+	4 / 2	+	4 / 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	Г	2 / 2	+	3 / 2	+	3 / 2
	ID3	Serve no fruit juice to children younger than 12 months of age		2 / 2	+	4 / 2	+	4 / 2
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	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	Г	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 / 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
	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
اء	NC1	Use only 100% juice with no added sweeteners	+	4 / 2	+	4 / 2	+	4 / 2
ō	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
ᆵ	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	+	4 / 3
Nutrition	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		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 / 3	+	4 / 3	+	4 / 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 portions		3 / 3	-	1 / 3	-	1 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	$ldsymbol{ldsymbol{ldsymbol{ldsymbol{ldsymbol{L}}}}$	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	+	4 / 2		3 / 3		3 / 3
	NH2	Do not use food as a reward or punishment	+	4 / 3		3 / 3		3 / 3
	PA1	Provide children with adequate space for both inside and outside play	L	4 / 4		4 / 4		4 / 4
a L	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
Ţ	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	L	2 / 2		2 / 2	_	2 / 2
딞	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	+	3 / 2	Ц	2 / 2	_	2 / 2
a) l		Do not withhold active play from children who misbehave	<u> </u>	4 / 4	-	2 / 4	_	2 / 4
Scr		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	_	3 / 3	_	2 / 3	_	2 / 3
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	<u> </u>	3 / 3	_	2 / 3	Ŀ	2 / 3
		Use screen media with children age two years and older only for educational purposes or physical activity	<u> </u>	2 / 2	Щ	2 / 2	_	2 / 2
Ξ		Do not utilize TV, video, or DVD viewing during meal or snack time	+	3 / 2	Щ	2 / 2	<u> </u>	2 / 2
덫		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	$\vdash$	3 / 3	ᆜ	2 / 3	<u> </u>	2 / 3
a /	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	$\vdash$	2 / 2	Щ	2 / 2	_	2 / 2
sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	$\vdash$	2 / 2	Щ	2 / 2	_	2 / 2
Physical Activity	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		2 / 2		2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	+	4 / 2	Ц	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	l	3 / 3

 $\textbf{Abbreviation Key:} \ \ \Delta = \text{Change from baseline, CTR} = \text{Centers, LRG} = \text{Large Family Child Care Home, SML} = \text{Small Family Child Care Home}$ 

Color Code:

Regulation fully meets the standard Regulation contradicts the standard

#### Rating Code:

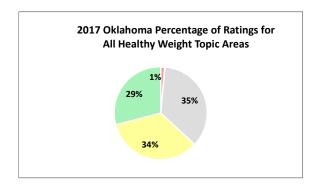
1 = Regulation contradicts the standard

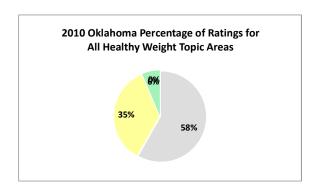
2 = Regulation does not address standard

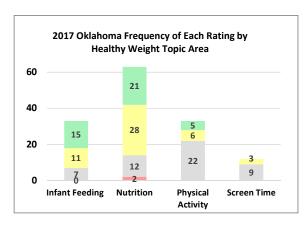
3 = Regulation partially meets standard
4 = Regulation fully meets standard

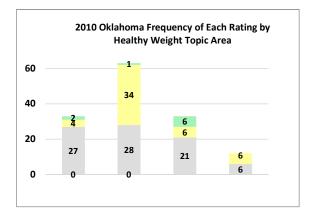
- + = Improved Rating
- = Lowered Rating

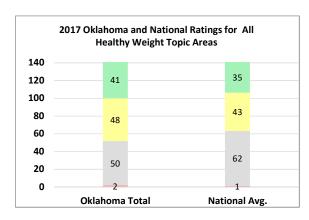
## **OKLAHOMA**

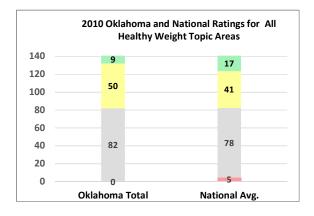












### **Color and Rating Codes:**

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts standard

Oklahoma Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR); 2017\*

 $NOTE: An \ asterisk \ after \ 2017 \ (2017^*) \ signifies \ improved \ ratings \ in \ the \ indicators \ related \ to \ 2017 \ CACFP \ changes.$ 

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

## **OREGON**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ſ	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Т	3 / 3	İ	3 / 3	Г	3 / 3
Ì	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	4 / 4		4 / 4	Г	4 / 4
ľ	IB1	Feed infants on cue	Г	4 / 4		4 / 4	T	4 / 4
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	Г	4 / 4		4 / 4		4 / 4
ij	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Т	3 / 3		3 / 3		3 / 3
Ē	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	Т	3 / 3		3 / 3	Г	3 / 3
뒫	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
Infant Feedin	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	Т	3 / 3		3 / 3	T	3 / 3
-	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	Т	2 / 2		2 / 2	Г	2 / 2
ľ	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	Г	1 / 1		1 / 1		1 / 1
ľ	ID3	Serve no fruit juice to children younger than 12 months of age	Г	1 / 1		1 / 1	Г	1 / 1
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Т	2/2		2 / 2	T	2 / 2
ľ	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	T	3 / 3		3 / 3	T	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	T	3 / 3		3 / 3		3 / 3
Ì	ΝΔ4	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
Ī	NB1	Serve whole grain breads, cereals, and pastas	Γ	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
ĺ	NB3	Serve fruits of several varieties, especially whole fruits	П	3 / 3		3 / 3		3 / 3
آ۔	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
Nutrition	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2		2 / 2
Ħ	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	Π	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
l	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	Г	2 / 2		2 / 2	Г	2 / 2
ĺ	NE2	Require adults eating meals with children to eat items that meet nutrition standards	Г	2 / 2		2 / 2	Г	2 / 2
ĺ	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4		4 / 4
ĺ	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 portions		3 / 3		3 / 3		3 / 3
ı	NG1	Limit salt by avoiding salty foods such as chips and pretzels		3 / 3		3 / 3		2 / 2
l	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	Г	3 / 3		3 / 3	Г	1 / 1
ľ	NH1	Do not force or bribe children to eat	Т	3 / 3		3 / 3	Г	2 / 2
l	NH2	Do not use food as a reward or punishment	Г	3 / 3		3 / 3	Г	3 / 3
ľ	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4		2 / 2
ا ۾	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
ij	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	L	2 / 2	Ш	2 / 2		2 / 2
띪	_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	$\perp$	2 / 2	_	2 / 2	L	2 / 2
e l	PA5	Do not withhold active play from children who misbehave	L	2 / 2		2 / 2	L	2 / 2
Scr	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	ot	2 / 2	Ш	3 / 3	L	3 / 3
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	ot	2 / 2	Ш	3 / 3	匚	3 / 3
<u>8</u>	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	L	2 / 2	Ш	2 / 2	L	2 / 2
<u>اځ</u>	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	L	2 / 2	Ш	2 / 2	L	2 / 2
텡	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	L	3 / 3	Ш	3 / 3		3 / 3
اڇ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	L	3 / 3	Ш	3 / 3	L	2 / 2
ٳؾۣ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	L	3 / 3	Ш	3 / 3	L	2 / 2
Physical Activity	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
		Ensure that infants have supervised tummy time every day when they are awake	ot	2 / 2	Ш	2 / 2	L	2 / 2
Į.	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	L	2 / 2	$oxed{oxed}$	2 / 2	L	2 / 2

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

Color Code:

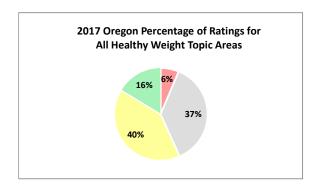
Regulation fully meets the standard Regulation contradicts the standard

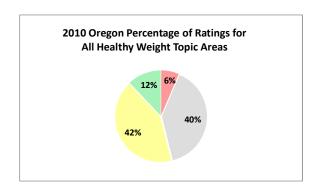
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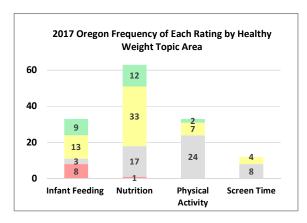
- **1** = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

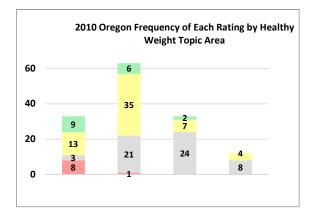
- + = Improved Rating
- = Lowered Rating

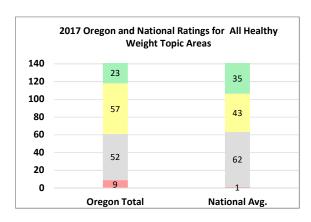
### **OREGON**

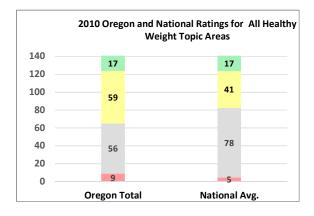




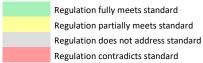








### **Color and Rating Codes:**



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:

## **PENNSYLVANIA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ SM	]
ı	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Н	2 / 2	Ħ	2 / 2	2 /	-
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	2 / 2	T	2 / 2	2 /	2
ı	IB1	Feed infants on cue	Г	3 / 3	T	3 / 3	3 /	-1
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	Г	2 / 2		2 / 2	2 /	2
ë	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3	T	3 / 3	3 /	3
F	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	Г	3 / 3		3 / 3	3 /	-1
뒫	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
Infant Feedin	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	Г	2 / 2	T	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
ı	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
ı	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	2 / 2		2 / 2	2 /	2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	3 / 3	T	3 / 3	3 /	3
ı	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 /	1
	NB3	Serve fruits of several varieties, especially whole fruits		4 / 4		4 / 4	4 /	1
اے	NC1	Use only 100% juice with no added sweeteners		2 / 2		2 / 2	2 /	2
<u>.</u>	NC2	Offer juice (100%) only during meal times	$ldsymbol{f eta}$	2 / 2		2 / 2	2 /	2
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	L	2 / 2		2 / 2	2 /	2
劃	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	L	2 / 2		2 / 2	2 /	2
	ND1	Make water available both inside and outside		4 / 4		4 / 4	4 /	-1
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	匚	2 / 2		2 / 2	2 /	-1
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	L	2 / 2		2 / 2	2 /	2
	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4	4 /	1
	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 portions		3 / 3		3 / 3	3 /	3
ı	NG1	Limit salt by avoiding salty foods such as chips and pretzels	Г	2 / 2		2 / 2	2 /	2
ı	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	Г	2 / 2	T	2 / 2	2 /	-1
ı	NH1	Do not force or bribe children to eat	Г	2 / 2	T	2 / 2	2 /	-1
ı	NH2	Do not use food as a reward or punishment		2 / 2	T	2 / 2	2 /	-1
ı		Provide children with adequate space for both inside and outside play	Г	4 / 4		4 / 4	2 /	-
او	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
Time	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
⊆I	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 /	_
ē	PA5	Do not withhold active play from children who misbehave		2 / 2		2 / 2	2 /	2
Sc	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	$oxedsymbol{oxed}$	2 / 2	$oldsymbol{ol}}}}}}}}}}}}}$	2 / 2	2 /	2
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	$oxedsymbol{oxed}$	2 / 2		2 / 2	2 /	2
S S	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	L	2 / 2	$ldsymbol{f eta}$	2 / 2	2 /	-1
딓	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	$oxed{oxed}$	2 / 2	Ш	2 / 2	2 /	-
텡	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	$oxed{oxed}$	3 / 3	$ldsymbol{f eta}$	3 / 3	3 /	3
اڇ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	L	2 / 2	$oldsymbol{oldsymbol{oldsymbol{eta}}}$	2 / 2	2 /	2
ٳؾۣٚ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	$oxed{oxed}$	2 / 2		2 / 2	2 /	2
Physical Activity	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 /	4
_		Ensure that infants have supervised tummy time every day when they are awake	L	2 / 2		2 / 2	2 /	-1
l	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: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

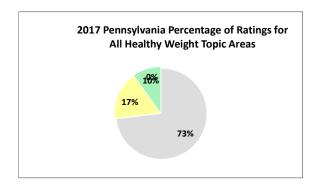
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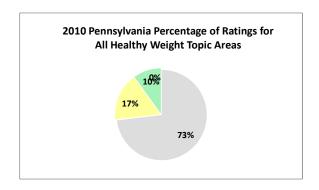
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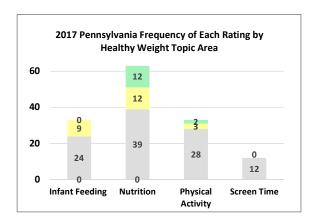
- **1** = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

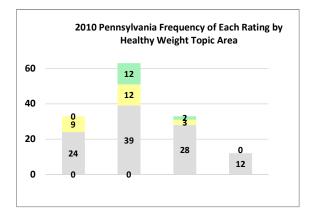
- + = Improved Rating
- = Lowered Rating

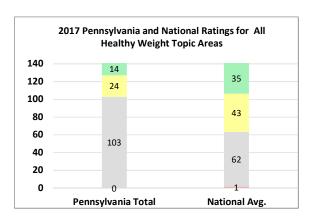
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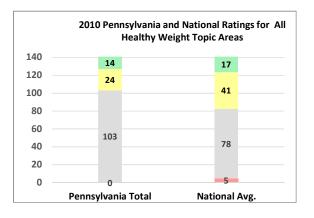




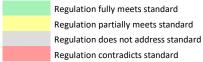








# Color and Rating Codes:



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:

## **RHODE ISLAND**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ľ	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	Π	3 / 3
Ī	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	Г	4 / 4
	IB1	Feed infants on cue	+	4 / 3		4 / 4	Г	4 / 4
ng.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 2		4 / 4		4 / 4
Feeding	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3		2/2	Г	2 / 2
F	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3		3 / 3	Г	3 / 3
뒫	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 2	+	4 / 3	+	4 / 3
Infant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 2	+	4 / 3	+	4 / 3
-1	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
ľ	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 2	+	3 / 1	+	3 / 1
Ī	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 2	+	4 / 1	+	4 / 1
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Т	2/2		2/2	Г	2/2
ľ	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	Г	3 / 3
ı	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	L	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	+	3 / 2		3 / 3	L	3 / 3
اے	NC1	Use only 100% juice with no added sweeteners	+	4 / 2		4 / 4	L	4 / 4
اق	NC2	Offer juice (100%) only during meal times	+	4 / 2		4 / 4	L	4 / 4
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 2		4 / 4		4 / 4
劃	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 2		4 / 4	L	4 / 4
_[	ND1	Make water available both inside and outside		4 / 4		4 / 4	L	4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	L	2 / 2		2 / 2	L	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	L	2 / 2		2 / 2	L	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 portions	+	3 / 2	4	3 / 3		3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	╙	2 / 2	+-	2 / 2	L	2 / 2
ļ		Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 2	+	3 / 3	L	3 / 3
ļ	_	Do not force or bribe children to eat	+	4 / 2	+	2 / 2	L	2 / 2
ļ	_	Do not use food as a reward or punishment	+	4 / 3	+	3 / 3	L	3 / 3
ļ	PA1	Provide children with adequate space for both inside and outside play	L	4 / 4	1	4 / 4	L	4 / 4
e l	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
ij		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
딞	_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	$\vdash$	2 / 2	-	2 / 2	⊢	2 / 2
Scre		Do not withhold active play from children who misbehave	_	4 / 2	+-	4 / 4	⊢	4 / 4
ارّ	_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	—	3 / 2	+	3 / 3	$\vdash$	3 / 3
⊨ŀ	_	Limit total media time for children 2 years and older to not more than 30 min. weekly	+	3 / 2	-	3 / 3	$\vdash$	3 / 3
ξ.		Use screen media with children age two years and older only for educational purposes or physical activity	⊢	2 / 2	-	2 / 2	⊢	2 / 2
Ξ	-	Do not utilize TV, video, or DVD viewing during meal or snack time	—	4 / 2	_	2/2	$\vdash$	2 / 2
P		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
ल	_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	+	4 / 3	+	3 / 3	$\vdash$	3 / 3
ŝ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote	⊢	3 / 3	1	3 / 3	⊢	3 / 3
Physical Activity	PD1	movement over the course of the day—indoor or outdoor	L	2 / 2	┰	2/2	lacksquare	2 / 2
		Ensure that infants have supervised tummy time every day when they are awake	⊢	2 / 2	+-	2 / 2	⊢	2 / 2
L	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	乚	2 / 2		2 / 2		2 / 2

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

Color Code:

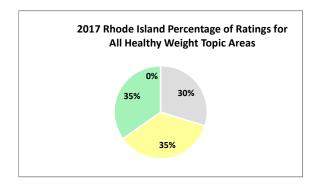
Regulation fully meets the standard Regulation contradicts the standard

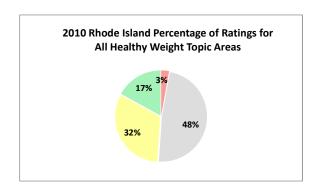
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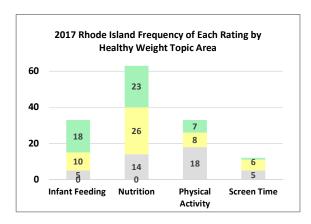
- 1 = Regulation contradicts the standard
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  4 = Regulation fully meets standard

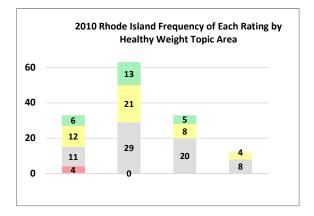
- + = Improved Rating
- = Lowered Rating

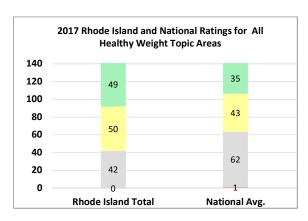
### **RHODE ISLAND**

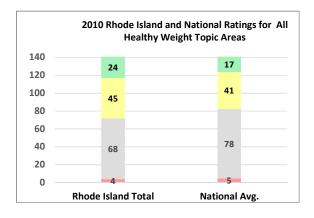




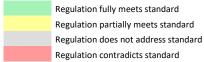








# Color and Rating Codes:



Rhode Island Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR); 2017 (CTR) A listing of all documents rated for ASHW, 2010 to date, is available at the following link: http://nrckids.org/files/ASHWDocumentsAssessed.pdf

## **SOUTH CAROLINA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ SML
ı	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Н	3 / 3	i	3 / 3	2 / 2
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	4 / 4		4 / 4	2 / 2
ı	IB1	Feed infants on cue	Г	4 / 4		4 / 4	2 / 2
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	П	4 / 4		4 / 4	2 / 2
ë	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3		3 / 3	2 / 2
Fe	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	Г	3 / 3		3 / 3	2 / 2
뒫	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 3	+	4 / 3	2 / 2
Infant Feedin	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 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
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	+	3 / 1	2 / 2
ı	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 1	2 / 2
ı	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	2 / 2		2 / 2	2 / 2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	3 / 3		3 / 3	2 / 2
ı	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	+	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 / 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
اے	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4	2 / 2
Nutrition	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	2 / 2
劃	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	4 / 3	2 / 2
	ND1	Make water available both inside and outside		4 / 4		4 / 4	2 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	匚	2 / 2		2 / 2	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	L	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 portions		3 / 3		3 / 3	2 / 2
ı	NG1	Limit salt by avoiding salty foods such as chips and pretzels	Г	2 / 2		2 / 2	2 / 2
ı	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 1	+	3 / 1	2 / 2
ı	NH1	Do not force or bribe children to eat	Г	3 / 3		3 / 3	2 / 2
ı	NH2	Do not use food as a reward or punishment		3 / 3		3 / 3	2 / 2
	PA1	Provide children with adequate space for both inside and outside play	Г	4 / 4		3 / 3	2 / 2
او	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
Ţ	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
e e		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	$oxed{oxed}$	2 / 2	$\Box$	2 / 2	2 / 2
e l	_	Do not withhold active play from children who misbehave	$oxed{oxed}$	2 / 2	Ш	2 / 2	2 / 2
Scr	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	ot	3 / 3	Ц	3 / 3	2 / 2
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	$oxed{oxed}$	3 / 3	Ц	3 / 3	2 / 2
Ş	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	L	2 / 2	Ш	2 / 2	2 / 2
ا <u>₹</u>	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	L	2 / 2	Ц	2 / 2	2 / 2
텡		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	$oxed{oxed}$	3 / 3		3 / 3	2 / 2
<u>=</u>		Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	L	2 / 2	Ц	2 / 2	2 / 2
Sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	_	2 / 2	Ц	2 / 2	2 / 2
Physical Activity	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
I		Ensure that infants have supervised tummy time every day when they are awake	$\vdash$	2 / 2	$\vdash$	2 / 2	2 / 2
l	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	2 / 2

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

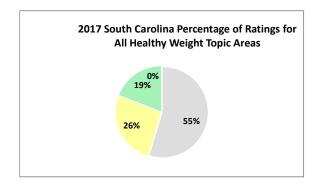
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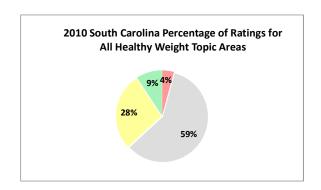
Regulation fully meets the standard Regulation contradicts the standard

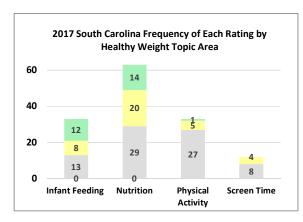
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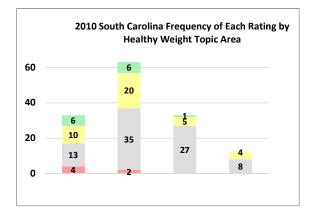
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  4 = Regulation fully meets standard
- Δ (Change) Code:
- + = Improved Rating
- = Lowered Rating

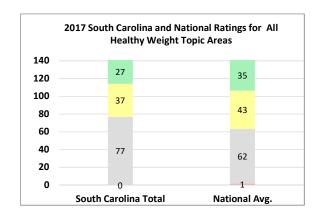
### **SOUTH CAROLINA**

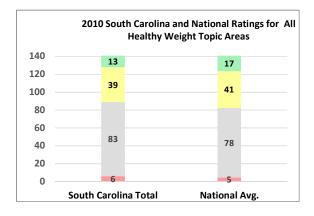




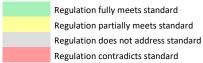








### **Color and Rating Codes:**



South Carolina Regulation Rating History: 2010 (CTR, LRG); 2012\*; 2017\*

NOTES: An asterisk after 2012 (2012\*) signifies improved ratings in 2 indicators related to 2011 CACFP changes. An asterisk after 2017 (2017\*) signifies improved ratings in the indicators related to 2017 CACFP changes.

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

## **SOUTH DAKOTA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δς	SML
Γ	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Т	2/2	İ	2 / 2	2	/ 2
Ī	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	2/2		2 / 2	2	/ 2
İ	IB1	Feed infants on cue	Г	4 / 4		4 / 4	4	/ 4
ng.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	Г	2 / 2		2 / 2	2	/ 2
Infant Feedin	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	4 / 4		4 / 4	4	/ 4
E	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	Т	2 / 2		2 / 2	2	/ 2
뉟	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	Г	2/2		2 / 2	2	/ 2
뒫	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	Г	2 / 2		2 / 2	2	/ 2
-t	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	Г	2/2		2 / 2	2	/ 2
ŀ	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	Т	2/2		2 / 2	2	/ 2
ŀ	ID3	Serve no fruit juice to children younger than 12 months of age	Г	2 / 2		2 / 2	2	/ 2
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2/2		2 / 2	2	/ 2
ŀ		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
ľ	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
ļ	ΝΔ4	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	L	2 / 2		2 / 2	$\vdash$	/ 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
Nutrition	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2	2	/ 2
<u> </u>	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		2 / 2		2 / 2	2	/ 2
Ž	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 portions	L	2 / 2		2 / 2	2	/ 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	L	2 / 2		2 / 2	2	/ 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	L	2 / 2		2 / 2	2	/ 2
L	NH1	Do not force or bribe children to eat	L	3 / 3		3 / 3	3	/ 3
ŀ		Do not use food as a reward or punishment	L	3 / 3	Ш	3 / 3	3	/ 3
	PA1	Provide children with adequate space for both inside and outside play	L	4 / 4	Ш	4 / 4	2	/ 2
e l		Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	L	2 / 2	$\square$	2 / 2	$\vdash \vdash$	/ 2
Ĭ,	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	L	2 / 2	Ш	2 / 2	$\vdash$	/ 2
띪	_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	<u>L</u>	2 / 2	_	2 / 2	_	/ 2
e l	_	Do not withhold active play from children who misbehave	L	2 / 2	Ц	2 / 2	-	-
٠,١	_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	<u> </u>	2 / 2	Щ	2 / 2		/ 2
≽ŀ		Limit total media time for children 2 years and older to not more than 30 min. weekly	L	2 / 2	oxdot	2 / 2	-	/ 2
څ		Use screen media with children age two years and older only for educational purposes or physical activity	L	2 / 2	1	2 / 2		/ 2
ΈΙ	_	Do not utilize TV, video, or DVD viewing during meal or snack time	<u> </u>	2 / 2	Ш	2 / 2	-	/ 2
뒿		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	L	3 / 3	$\sqcup$	2 / 2	-	/ 2
<u></u>		Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	⊢	3 / 3	$oldsymbol{\perp}$	2 / 2		/ 2
Sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	┞	3 / 3	Ш	2 / 2	2	/ 2
Physical Activity	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	L	2 / 2		2 / 2	$\vdash \vdash$	/ 2
- 1		Ensure that infants have supervised tummy time every day when they are awake	<u> </u>	2 / 2	Ш	2 / 2	-	/ 2
L	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	L	2 / 2	$\Box$	2 / 2	2	/ 2

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

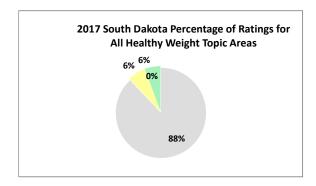
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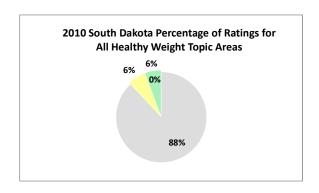
Regulation fully meets the standard Regulation contradicts the standard

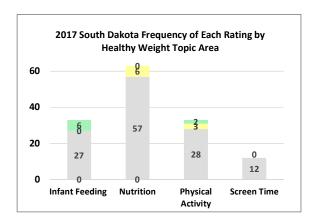
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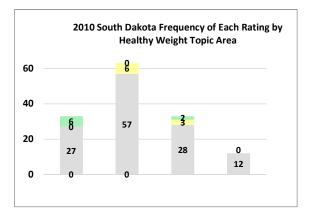
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard
- Δ (Change) Code:
- + = Improved Rating
- = Lowered Rating

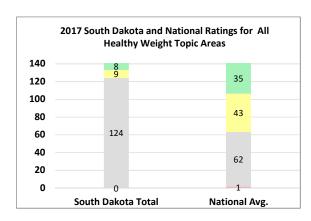
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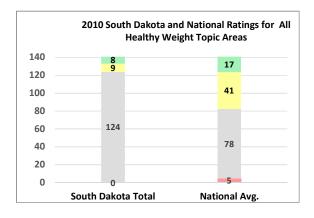




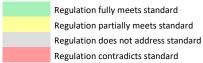








### **Color and Rating Codes:**



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:

## **TENNESSEE**

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

2017/2010

_			Δ	CTR	Δ	LRG	Δ	SML
	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
	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
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2		2 / 2
Feeding	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		3 / 3
ᆲ	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
뒱	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
Infant	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
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		3 / 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		2 / 2		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
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	L	2 / 2		2 / 2		2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	L	2 / 2		3 / 3		3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	L	3 / 3		3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	L	3 / 3		4 / 4		3 / 3
اے	NC1	Use only 100% juice with no added sweeteners	L	2 / 2		4 / 4		4 / 4
Nutritio	NC2	Offer juice (100%) only during meal times	L	2 / 2		2 / 2		2 / 2
Ξ.	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	L	2 / 2		3 / 3		3 / 3
劃	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	L	2 / 2		3 / 3		3 / 3
	ND1	Make water available both inside and outside	L	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	L	2 / 2		2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	L	2 / 2		2 / 2	_	2 / 2
	NF1	Serve small-sized, age-appropriate portions	L	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 portions		2 / 2		3 / 3		3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	T	2/2		2 / 2		2 / 2
ı	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	Г	4 / 4		3 / 3		3 / 3
ı	NH1	Do not force or bribe children to eat	Г	4 / 4		3 / 3		3 / 3
ı	NH2	Do not use food as a reward or punishment	Г	4 / 4		3 / 3		3 / 3
ı	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4		3 / 3
او	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
ij	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	L	2/2		2 / 2		2 / 2
e e	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	L	2/2		2 / 2	_	2 / 2
ଥା	PA5	Do not withhold active play from children who misbehave	L	4 / 4		2 / 2		2 / 2
Sci	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	L	3 / 3		3 / 3		3 / 3
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	L	3 / 3		3 / 3		3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	L	3 / 3		3 / 3		3 / 3
ا <u>₹</u>	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	otacluster	2/2		2 / 2	Ш	2 / 2
텡		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	L	3 / 3		3 / 3	Щ	3 / 3
<u>_</u>	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	otacluster	3 / 3		2 / 2	Щ	2 / 2
Sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	$ldsymbol{f eta}$	3 / 3		2 / 2	Ш	2 / 2
Physical Activity	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	L	2 / 2		2 / 2	-	2 / 2
_		Ensure that infants have supervised tummy time every day when they are awake	L	2/2	Ш	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: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

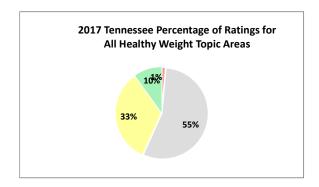
Regulation fully meets the standard
Regulation contradicts the standard

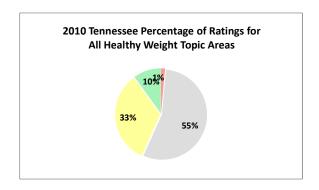
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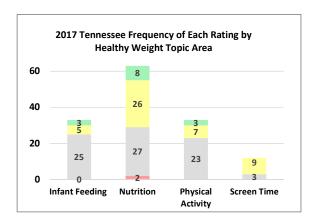
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard

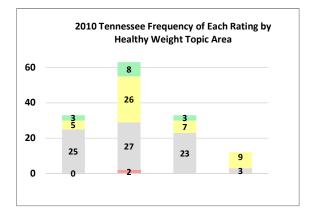
- + = Improved Rating
- = Lowered Rating

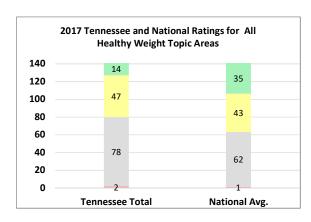
### **TENNESSEE**

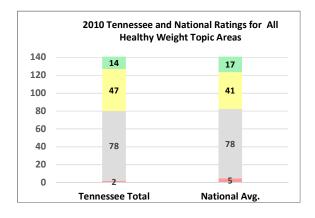












# Color and Rating Codes:

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
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:

## **TEXAS**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ſ	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
ı	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	Г	2 / 2
ı	IB1	Feed infants on cue	Г	3 / 3		3 / 3	Г	3 / 3
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2	Г	2 / 2
Feedin	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	Г	3 / 3
<u>a</u> l	_	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		2 / 2		2 / 2	H	2 / 2
티	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		2 / 2		2 / 2	Г	2 / 2
Infant	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	Г	2 / 2
<i>=</i>		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	H	2 / 2
ŀ	$\overline{}$	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	Т	2 / 2		2 / 2	Н	2 / 2
ŀ	_	Serve no fruit juice to children younger than 12 months of age	+	4 / 2	+	4 / 2	+	4 / 2
ŀ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Н	2/2		2 / 2	Н	2 / 2
ŀ	-	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
ŀ		Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		2 / 2		2 / 2	H	2 / 2
ı	ΝΔ4	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	Г	2 / 2
İ	$\overline{}$	Serve skim or 1% pasteurized milk to children two years of age and older		2 / 2		2 / 2	Г	2 / 2
Ì	NB1	Serve whole grain breads, cereals, and pastas	+	4 / 3	+	4 / 3	+	4 / 3
ı	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3		3 / 3	Г	3 / 3
ı	NB3	Serve fruits of several varieties, especially whole fruits	Г	3 / 3		3 / 3	Г	3 / 3
ı	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4	Г	4 / 4
5	NC2	Offer juice (100%) only during meal times		3 / 3		3 / 3	Г	3 / 3
븬	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	+	4 / 3
Nutrition	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	4 / 3	+	4 / 3
4	ND1	Make water available both inside and outside	Г	4 / 4		4 / 4	Г	4 / 4
ı	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2	Г	2 / 2
ı	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2	Г	2 / 2
Ì	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4	Г	4 / 4
ı	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		3 / 3		3 / 3	Г	3 / 3
ŀ	_	caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions					┡	
ŀ	-	Limit salt by avoiding salty foods such as chips and pretzels	_	2 / 2		2 / 2	┡	2 / 2
ŀ	$\overline{}$	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 2	+	3 / 2	+	3 / 2
ŀ	$\overline{}$	Do not force or bribe children to eat		3 / 3		3 / 3	L	3 / 3
ŀ	_	Do not use food as a reward or punishment		4 / 4		4 / 4	L	4 / 4
ŀ	PA1	Provide children with adequate space for both inside and outside play	H	4 / 4		4 / 4	$\vdash$	4 / 4
a	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
⊢⊦	-	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	H	2 / 2	H	2 / 2	$\vdash$	2 / 2
띪	_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	$\vdash$	2/2	H	2 / 2	$\vdash$	2 / 2
밁	-	Do not withhold active play from children who misbehave	H	4 / 4		4 / 4	$\vdash$	4 / 4
Scr	$\overline{}$	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 3	H	3 / 3	$\vdash$	3 / 3
≽ŀ	-	Limit total media time for children 2 years and older to not more than 30 min. weekly	_	3 / 3		3 / 3	┡	3 / 3
اح	_	Use screen media with children age two years and older only for educational purposes or physical activity	H	2 / 2		2 / 2	$\vdash$	2 / 2
Activity	$\overline{}$	Do not utilize TV, video, or DVD viewing during meal or snack time	$\vdash$	2 / 2	H	2 / 2	$\vdash$	2 / 2
뒣	_	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
اق	$\overline{}$	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	$\vdash$	3 / 3	H	3 / 3	$\vdash$	3 / 3
흸	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	$\vdash$	3 / 3	H	3 / 3	$\vdash$	3 / 3
Physical	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
ļ	-	Ensure that infants have supervised tummy time every day when they are awake	L	4 / 4		4 / 4	<u> </u>	4 / 4
- I	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	ı	3 / 3

Abbreviation Key: △=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

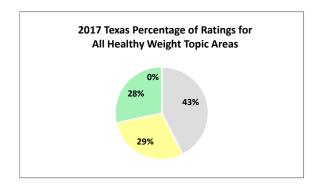
3 = Regulation partially meets standard
4 = Regulation fully meets standard

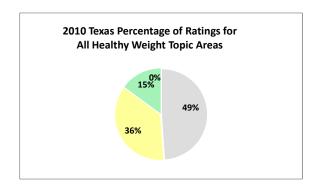
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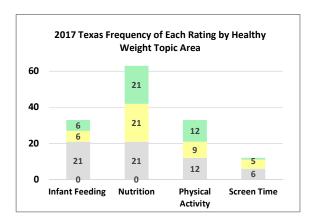
+ = Improved Rating

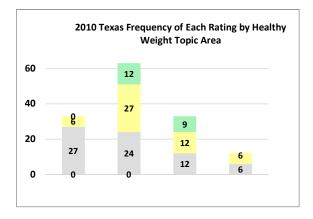
- = Lowered Rating

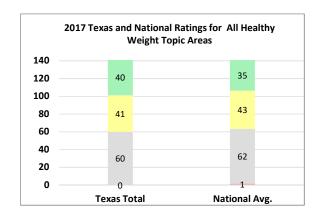
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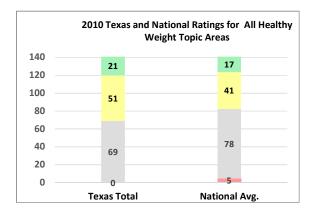




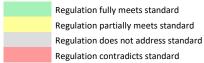








### **Color and Rating Codes:**



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: <a href="http://nrckids.org/files/ASHWDocumentsAssessed.pdf">http://nrckids.org/files/ASHWDocumentsAssessed.pdf</a>

## **UTAH**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	П	3 / 3		3 / 3	+	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 / 3
ı	IB1	Feed infants on cue		4 / 4		4 / 4	+	4 / 2
ng E	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4	+	4 / 2
Feeding	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	П	3 / 3	П	3 / 3		3 / 3
Ē	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	П	3 / 3		3 / 3	+	3 / 2
뒬	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
Infant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 3	+	4 / 2
-	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	П	2/2		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	+	3 / 1	+	3 / 2
	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 1	+	4 / 2
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	П	2 / 2		2 / 2		2 / 2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	П	3 / 3		3 / 3	+	3 / 2
ı	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	П	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	+	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
ı	NB1	Serve whole grain breads, cereals, and pastas		3 / 3		3 / 3	+	3 / 2
ı	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	П	3 / 3		3 / 3	+	3 / 2
ı	NB3	Serve fruits of several varieties, especially whole fruits	П	3 / 3		3 / 3	+	3 / 2
_	NC1	Use only 100% juice with no added sweeteners	П	4 / 4		4 / 4	+	4 / 2
Nutrition	NC2	Offer juice (100%) only during meal times	+	4 / 3	+	4 / 3	+	4 / 2
분	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	+	4 / 2
될	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	4 / 3	+	4 / 2
اءً	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
ı	NE2	Require adults eating meals with children to eat items that meet nutrition standards	П	2 / 2		2 / 2		2 / 2
- 1	NF1	Serve small-sized, age-appropriate portions	П	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 portions		3 / 3		3 / 3	+	3 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	Ш	2 / 2	Ш	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 / 2
ļ	NH1	Do not force or bribe children to eat	Ц	3 / 3	Ц	3 / 3	_	3 / 3
ļ		Do not use food as a reward or punishment	Ц	3 / 3	Ц	3 / 3	_	3 / 3
	PA1	Provide children with adequate space for both inside and outside play	Ц	4 / 4	+	4 / 2	+	4 / 2
a L	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	$\bigsqcup$	2 / 2	Ц	2 / 2		2 / 2
ij		Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	Ц	2 / 2	Ц	2 / 2	_	2 / 2
딞		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	Щ	2/2	Ц	2 / 2		2 / 2
ωI		Do not withhold active play from children who misbehave	Ц	2/2	$\vdash$	2 / 2		2 / 2
Scr		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	Н	3 / 2	-	3 / 2	+	3 / 2
and		Limit total media time for children 2 years and older to not more than 30 min. weekly	+	3 / 2	+	3 / 2	+	3 / 2
ج ج		Use screen media with children age two years and older only for educational purposes or physical activity	Ц	2 / 2	Ц	2 / 2	_	2 / 2
<u>≅</u>		Do not utilize TV, video, or DVD viewing during meal or snack time	Ц	2 / 2	Ц	2 / 2	_	2 / 2
뒭		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	Ц	3 / 3	+	3 / 2	+	3 / 2
<u>_</u>	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	+	4 / 2	+	4 / 2	+	4 / 3
Sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	+	3 / 2	+	3 / 2	+	3 / 2
Physical Activity	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	$\bigsqcup$	2 / 2	Ц	2 / 2		2 / 2
		Ensure that infants have supervised tummy time every day when they are awake	+	4 / 2	-	4 / 2	+	4 / 2
l	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	Ш	3 / 3	+	3 / 2	+	3 / 2

Abbreviation Key: △=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:

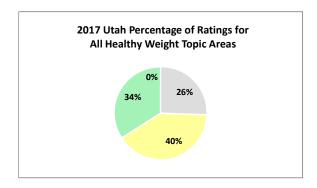
1 = Regulation contradicts the standard

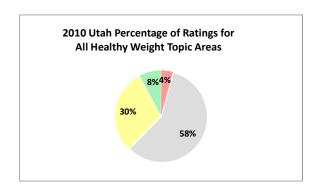
2 = Regulation does not address standard

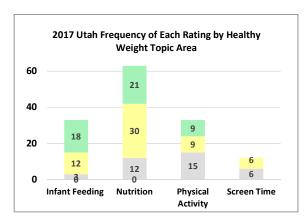
3 = Regulation partially meets standard
4 = Regulation fully meets standard

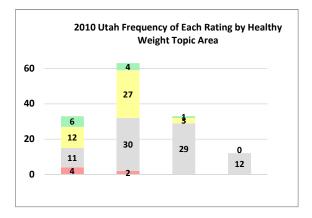
- + = Improved Rating
- = Lowered Rating

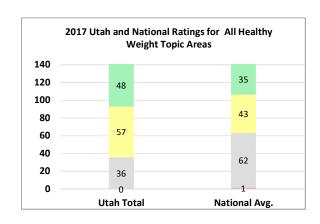
### **UTAH**

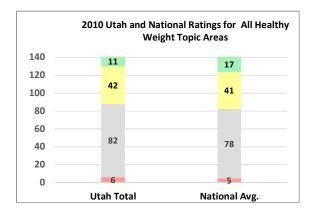












### **Color and Rating Codes:**

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts standard

Utah Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*; 2017 (CTR, LRG, SML)

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:

## **VERMONT**

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

2017/2010

			Δ	С	TR	Δ	LRG	Δ	SML
	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	/ 3	+	4 / 3	+	4 / 3
	IB1	Feed infants on cue	Г	4	/ 4	$\dashv$	4 / 4		4 / 4
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4	/ 2	+	4 / 2	+	4 / 2
edi	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Т	3	/ 3	$\dashv$	3 / 3		3 / 3
Fe	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
Ħ	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4	/ 3	+	4 / 2	+	4 / 2
Infant Feedin	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4	/ 2	+	4 / 2	+	4 / 2
-	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	+	4 .	/ 2	+	4 / 2	+	4 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3	/ 2	+	3 / 2	+	3 / 2
	ID3	Serve no fruit juice to children younger than 12 months of age	+	4	/ 3	+	4 / 2	+	4 / 2
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Т	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	+	3 / 2	+	3 / 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	+	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	+	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	/ 2	+	3 / 2	+	3 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	+	3 .	/ 2	+	3 / 2	+	3 / 2
	NB3	Serve fruits of several varieties, especially whole fruits		3 .	/ 3		3 / 3		3 / 3
اء	NC1	Use only 100% juice with no added sweeteners	+	4 .	/ 2	+	4 / 2	+	4 / 2
ioi	NC2	Offer juice (100%) only during meal times	+	4 .	/ 2	+	4 / 2	+	4 / 2
Nutritio	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4	/ 2	+	4 / 2	+	4 / 2
Ę	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4	/ 2	+	4 / 2	+	4 / 2
	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	/ 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 portions	+	3	/ 2	+	3 / 2	+	3 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	┢	2	/ 2	$\dashv$	2 / 2	-	2 / 4
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	-	/ 2	$\rightarrow$	3 / 2	_	3 / 3
	NH1	Do not force or bribe children to eat	┢	-	/ 3	$\rightarrow$	3 / 3	_	3 / 3
		Do not use food as a reward or punishment	$\vdash$	-	/ 3	$\rightarrow$	3 / 3	_	3 / 3
		Provide children with adequate space for both inside and outside play	Н	-	/ 4	$\overline{}$	4 / 2	+	4 / 3
ē	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	T	┢	/ 2	$\neg$	2 / 2		2 / 2
Tim	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	-	2	/ 4	-	2 / 4	-	2 / 4
⊆	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	Π	2	/ 2	$\dashv$	2 / 2		2 / 2
ee	PA5	Do not withhold active play from children who misbehave	Г	2 .	/ 2	$\sqcap$	2 / 2		2 / 2
Scr	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
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		3	/ 3		3 / 3		3 / 3
	РВ3	Use screen media with children age two years and older only for educational purposes or physical activity	-	3	/ 4	-	3 / 4	Ŀ	3 / 4
٧į	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2	/ 2		2 / 2		2 / 2
ij	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 / 3
اٍ≍ٍ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	+	4	/ 3	+	4 / 2	+	4 / 2
ica	РС3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3	/ 3	+	3 / 2	+	3 / 2
Physical Activity	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
	PE1	Ensure that infants have supervised tummy time every day when they are awake	$oxed{oxed}$	2	/ 2	$\Box$	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 / 2	+	3 / 2

Abbreviation Key: △=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

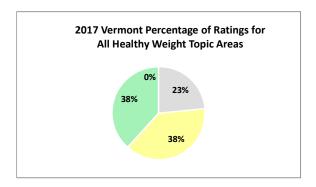
3 = Regulation partially meets standard
4 = Regulation fully meets standard

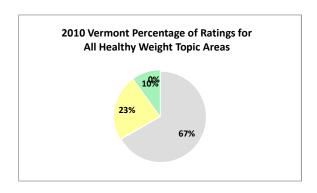
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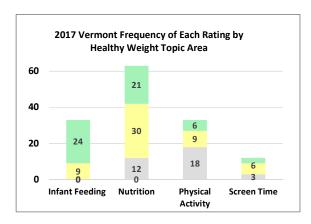
+ = Improved Rating

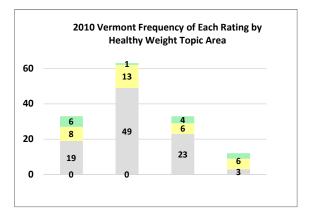
- = Lowered Rating

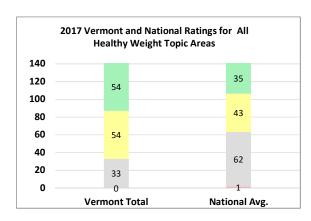
### **VERMONT**

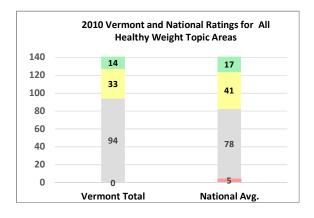




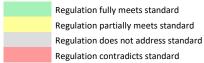








### **Color and Rating Codes:**



Vermont Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML); 2017\*

 $NOTE: An \ asterisk \ after \ 2017 \ (2017^*) \ signifies \ improved \ ratings \ in \ the \ indicators \ related \ to \ 2017 \ CACFP \ changes.$ 

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

## **VIRGINIA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ı	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Н	3 / 3		3 / 3		3 / 3
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	4 / 4	П	4 / 4		4 / 4
ı	IB1	Feed infants on cue	Г	4 / 4	П	4 / 4		4 / 4
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	Г	4 / 4	П	4 / 4		4 / 4
G	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3	П	3 / 3	_	3 / 3
Fe	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	Г	3 / 3	П	3 / 3		3 / 3
뒫	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 3	П	4 / 4		4 / 4
Infant Feedin	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 3	+	4 / 3
-	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	П	2 / 2	П	2 / 2		2 / 2
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	+	3 / 1	+	3 / 1
	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 1	+	4 / 1
- 1	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	2 / 2	П	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	Г	3 / 3	П	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	П	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		4 / 4		4 / 4
l	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2		4 / 4		4 / 4
ı	NB1	Serve whole grain breads, cereals, and pastas	Г	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
ا۔	NC1	Use only 100% juice with no added sweeteners	Г	4 / 4		4 / 4		4 / 4
<u>.</u>	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
Nutritio	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	+	4 / 3
흿	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		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	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 portions		3 / 3		3 / 3		3 / 3
ŀ	NG1	Limit salt by avoiding salty foods such as chips and pretzels	Н	2 / 2	Н	2 / 2	_	2 / 2
ı	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 1	+	3 / 1	+	3 / 1
ı		Do not force or bribe children to eat	H	3 / 3	Н	3 / 3	Ė	3 / 3
ŀ		Do not use food as a reward or punishment	$\vdash$	3 / 3	H	3 / 3	$\vdash$	3 / 3
ı		Provide children with adequate space for both inside and outside play	Н	4 / 4	Н	4 / 4		4 / 4
او	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	П	2 / 2		2 / 2
ij	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
ו⊇	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
ě	PA5	Do not withhold active play from children who misbehave		2 / 2		4 / 4		4 / 4
Sc	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
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2		3 / 3		3 / 3
S S	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	$oxedsymbol{oxedsymbol{oxed}}$	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
핗	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	$oxedsymbol{oxed}$	3 / 3	Ш	4 / 4		4 / 4
<u>آ</u>	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		2 / 2	Ш	3 / 3		3 / 3
ٳؽۣٳ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	$oxedsymbol{oxed}$	2 / 2	Ш	3 / 3		3 / 3
Physical Activity	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
ļ	PE1	Ensure that infants have supervised tummy time every day when they are awake	L	4 / 4	Ш	3 / 3		3 / 3
ı	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

Abbreviation Key: △=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

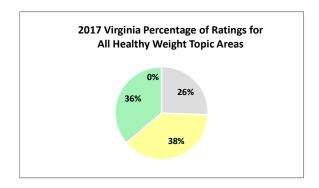
3 = Regulation partially meets standard
4 = Regulation fully meets standard

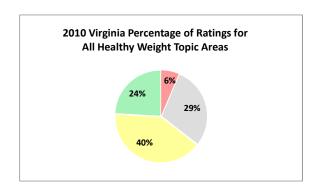
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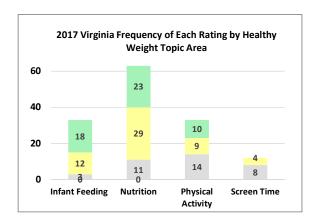
+ = Improved Rating

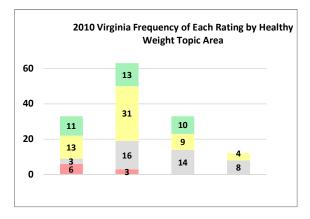
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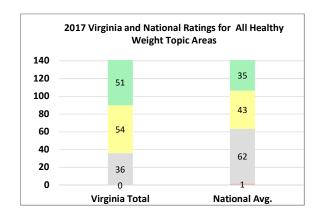
### **VIRGINIA**

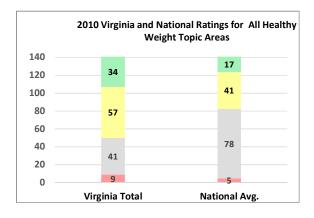




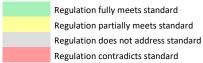








### **Color and Rating Codes:**



Virginia Regulation Rating History: 2010 (CTR); 2011 (LRG, SML); 2012\*; 2017\*

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. An asterisk after 2017 (2017\*) signifies improved ratings in the indicators related to 2017 CACFP changes.

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

## **WASHINGTON**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ı	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Н	2 / 2		3 / 3		3 / 3
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	4 / 4	П	4 / 4		4 / 4
ı	IB1	Feed infants on cue	Г	4 / 4	П	4 / 4		4 / 4
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	П	2 / 2	П	4 / 4		4 / 4
ë	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	4 / 4	П	4 / 4	_	4 / 4
F.	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	Г	4 / 4	П	3 / 3		3 / 3
뒫	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		3 / 3	+	4 / 3	+	4 / 3
Infant Feedin	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		4 / 4	+	4 / 3	+	4 / 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
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1	+	3 / 1	+	3 / 1
ı	ID3	Serve no fruit juice to children younger than 12 months of age		1 / 1	+	4 / 1	+	4 / 1
ı	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	2 / 2	П	2 / 2		2/2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	3 / 3	П	3 / 3		3 / 3
ı	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	Ŀ	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
اء	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
Nutrition	NC2	Offer juice (100%) only during meal times		2 / 2	+	4 / 2	+	4 / 2
뛺	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		2 / 2	+	4 / 3	+	4 / 3
킑	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		2 / 2	+	4 / 3	+	4 / 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	L	2 / 2	Ш	2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	L	2 / 2	Ш	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 portions		2 / 2		3 / 3		3 / 3
ı	NG1	Limit salt by avoiding salty foods such as chips and pretzels	Н	2 / 2	Н	2 / 2		2 / 2
ı	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	Н	3 / 3	+	3 / 1	+	3 / 1
ı	NH1	Do not force or bribe children to eat	H	2 / 2	-	3 / 2	+	3 / 2
ı		Do not use food as a reward or punishment	Г	3 / 3	Н	3 / 3	Т	3 / 3
		Provide children with adequate space for both inside and outside play	Г	4 / 4	П	4 / 4		4 / 4
او	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
Ţ	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
ו⊇	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
ē	PA5	Do not withhold active play from children who misbehave		2 / 2	+	4 / 2	+	4 / 2
Scr	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	$oxedsymbol{oxed}$	2 / 2	Ш	3 / 3		3 / 3
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	$oxedsymbol{oxed}$	2 / 2	Ш	3 / 3		3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	L	2 / 2	Ш	4 / 4		4 / 4
딓	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	$oxed{oxed}$	2 / 2	Ш	2 / 2	L	2 / 2
텡	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	L	3 / 3	Ш	3 / 3		3 / 3
<u>ا</u> ڇ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	L	3 / 3	Ш	3 / 3		3 / 3
ٳؾۣ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	$oxed{oxed}$	3 / 3	Ш	3 / 3		3 / 3
Physical Activity	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	Ц	2 / 2		2 / 2
ļ		Ensure that infants have supervised tummy time every day when they are awake	L	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: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

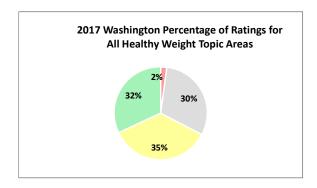
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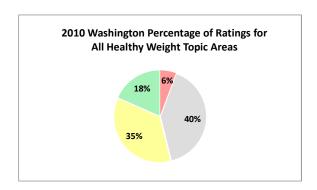
Regulation fully meets the standard
Regulation contradicts the standard

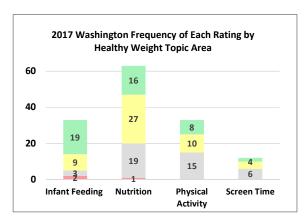
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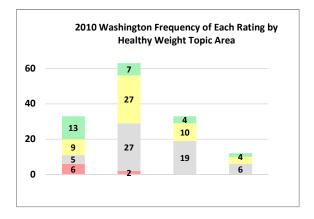
- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
  4 = Regulation fully meets standard
- Δ (Change) Code:
- + = Improved Rating
- = Lowered Rating

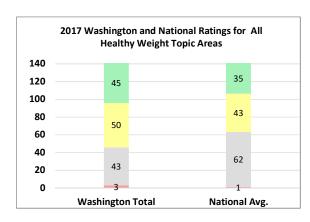
### **WASHINGTON**

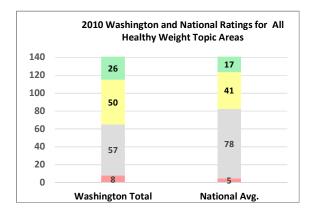




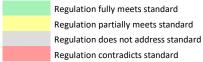








# Color and Rating Codes:



Washington Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG, SML); 2017\*

 $NOTE: An \ asterisk \ after \ 2017 \ (2017*) \ signifies \ improved \ ratings \ in \ the \ indicators \ related \ to \ 2017 \ CACFP \ changes.$ 

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

## **WEST VIRGINIA**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Т	2/2	İ	2 / 2	2 / 2
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Г	3 / 3	T	2 / 2	2 / 2
ı	IB1	Feed infants on cue	Г	4 / 4		2 / 2	2 / 2
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	Г	3 / 3		2 / 2	2 / 2
Infant Feedin	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3	T	3 / 3	3 / 3
Ē	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	T	4 / 4	T	3 / 3	2 / 2
뒫	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	T	3 / 3	T	2 / 2	2 / 2
뒬	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	Т	3 / 3	T	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	Г	2 / 2	T	2 / 2	2 / 2
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1	T	2 / 2	2 / 2
ı	ID3	Serve no fruit juice to children younger than 12 months of age	Г	1 / 1	T	2 / 2	2 / 2
ı	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Т	2/2	T	2 / 2	2/2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	3 / 3		2 / 2	2/2
ı	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	Г	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
	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		2 / 2	2 / 2
ſ	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	Г	3 / 3		2 / 2	2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3		2 / 2	2 / 2
ا۔	NC1	Use only 100% juice with no added sweeteners	Г	4 / 4		2 / 2	2 / 2
<u>.</u>	NC2	Offer juice (100%) only during meal times		3 / 3		2 / 2	2 / 2
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		3 / 3		2 / 2	2 / 2
흿	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		3 / 3		2 / 2	2 / 2
_[	ND1	Make water available both inside and outside		4 / 4		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		4 / 4		2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions		4 / 4		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		3 / 3		2 / 2	2 / 2
ŀ	NG1	caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions  Limit salt by avoiding salty foods such as chips and pretzels	┢	2 / 2	┢	3 / 3	2 / 2
ı		Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	┢	1 / 1	╁	3 / 3	2 / 2
ŀ		Do not force or bribe children to eat	+	4 / 3	+	3 / 3	3 / 3
ŀ		Do not use food as a reward or punishment	┢	4 / 3	$\vdash$	3 / 3	3 / 3
ŀ		Provide children with adequate space for both inside and outside play	H	4 / 4	+	4 / 4	4 / 4
<sub>o</sub>	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	Г	2 / 2		2 / 2	2 / 2
Time	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	Γ	2 / 2	1	2 / 2	2 / 2
ו⊇	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	Γ	2 / 2	1	2 / 2	2 / 2
e	PA5	Do not withhold active play from children who misbehave	Г	4 / 4	Ī	4 / 4	
Scr	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	Π	3 / 3	Ī	3 / 3	2 / 2
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	Γ	3 / 3		3 / 3	2 / 2
ā	РВ3	Use screen media with children age two years and older only for educational purposes or physical activity	Γ	2 / 2	Ī	2 / 2	2 / 2
钊	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	Π	2 / 2	ĺ	2 / 2	2 / 2
ij	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	Γ	3 / 3		3 / 3	3 / 3
ا≥	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3		3 / 3	3 / 3
<u> </u>	РС3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	Π	3 / 3		3 / 3	3 / 3
Physical Activity	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		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	2 / 2

Abbreviation Key: △=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

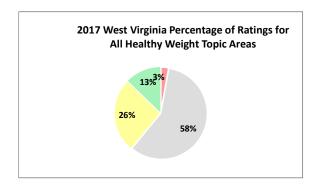
3 = Regulation partially meets standard
4 = Regulation fully meets standard

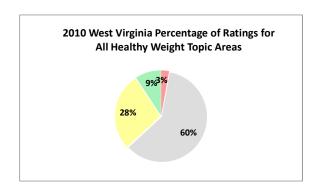
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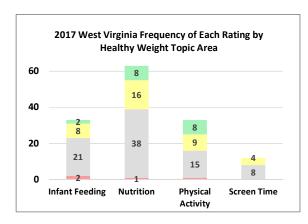
+ = Improved Rating

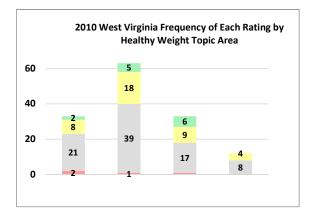
- = Lowered Rating

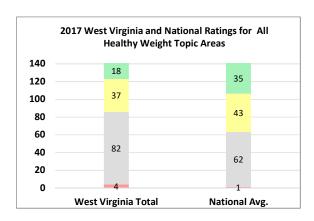
## **WEST VIRGINIA**

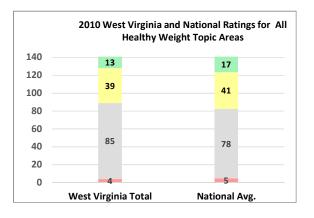




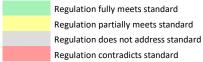








# Color and Rating Codes:



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:

## **WISCONSIN**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
ľ	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Т	3 / 3		3 / 3		3 / 3
ı	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
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4		4 / 4
Infant Feedin	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	Г	3 / 3		3 / 3		3 / 3
F	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
텙	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	Г	3 / 3		3 / 3		3 / 3
۳	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	Г	3 / 3	П	3 / 3	П	3 / 3
_	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	Г	2 / 2		2 / 2		2 / 2
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1	П	1 / 1		1 / 1
Ī	ID3	Serve no fruit juice to children younger than 12 months of age	Г	1 / 1		1 / 1		1 / 1
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		2 / 2		2 / 2
Ī	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	3 / 3	П	3 / 3	П	3 / 3
Ī	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	Г	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	L	3 / 3	Ш	3 / 3	Ш	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	上	3 / 3		3 / 3		4 / 4
اے	NC1	Use only 100% juice with no added sweeteners		4 / 4	Ш	4 / 4		4 / 4
اق	NC2	Offer juice (100%) only during meal times	L	2 / 2	Ш	2 / 2		2 / 2
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		3 / 3		3 / 3		3 / 3
劃	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	上	3 / 3	Ш	3 / 3		3 / 3
	ND1	Make water available both inside and outside		4 / 4		4 / 4	+	4 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	匚	2 / 2	Ш	2 / 2	Ш	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	L	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 portions	ı	3 / 3		3 / 3		3 / 3
ŀ	NG1	Limit salt by avoiding salty foods such as chips and pretzels	┢	2 / 2	Н	2 / 2	$\vdash$	2 / 2
ŀ		Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	Н	1 / 1	П	1 / 1	$\vdash$	1 / 1
ľ		Do not force or bribe children to eat	Т	3 / 3	П	3 / 3	$\vdash$	3 / 3
ľ		Do not use food as a reward or punishment	Τ	3 / 3	Н	3 / 3	$\rightarrow$	3 / 3
ľ		Provide children with adequate space for both inside and outside play	г	4 / 4	П	4 / 4	$\rightarrow$	4 / 4
او	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
Time	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	$\Gamma$	2 / 2		2 / 2		2 / 2
ו⊇	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
ee	PA5	Do not withhold active play from children who misbehave	Ĺ	4 / 4		4 / 4		4 / 4
Sc	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
and	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	L	2 / 2	Ш	2 / 2	Ш	2 / 2
<u></u>	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	$\perp$	2 / 2	Ш	2 / 2	-	2 / 2
텡	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	┖	3 / 3	Ш	3 / 3	Ш	3 / 3
إي	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	ot	3 / 3	Ш	3 / 3	Ш	3 / 3
ٳؿۣٳ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	ot	3 / 3	Ш	3 / 3	Ш	3 / 3
Physical Activity	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	L	2 / 2	Ш	2 / 2	$\vdash$	2 / 2
ļ		Ensure that infants have supervised tummy time every day when they are awake	╙	4 / 4	Ш	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	Ιl	2 / 2

Abbreviation Key: △=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

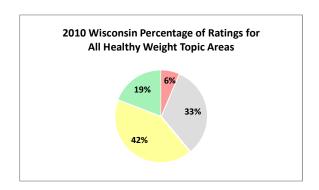
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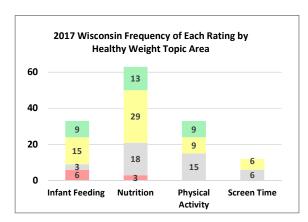
+ = Improved Rating

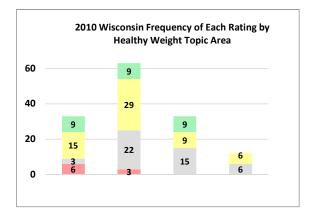
- = Lowered Rating

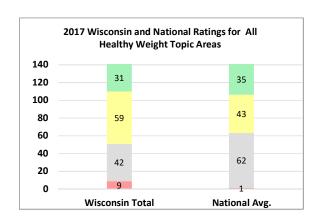
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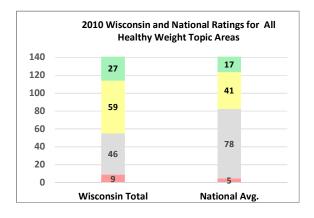












### **Color and Rating Codes:**

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
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:

## **WYOMING**

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

2017/2010

			Δ	CTR	Δ	LRG	Δ	SML
- [	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	Г	2/2	П	2 / 2		2 / 2
ı	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
ı	IB1	Feed infants on cue		4 / 4	П	4 / 4		4 / 4
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2/2		2 / 2		2 / 2
Infant Feedin	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
Ē	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
뒬	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	Г	2 / 2	П	2 / 2		2 / 2
물	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	Г	2/2	П	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
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	Г	2/2	П	2 / 2		2 / 2
ı	ID3	Serve no fruit juice to children younger than 12 months of age	Г	2/2	П	2 / 2		2 / 2
- 1	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Г	2/2	П	2 / 2		2 / 2
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Г	2/2	П	2 / 2		2 / 2
ı	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
ı	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
اے	NC1	Use only 100% juice with no added sweeteners		2 / 2		2 / 2		2 / 2
Nutrition	NC2	Offer juice (100%) only during meal times	$ldsymbol{f eta}$	2 / 2		2 / 2		2 / 2
뛺	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		2 / 2		2 / 2		2 / 2
퀽	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	L	2 / 2	Ш	2 / 2		2 / 2
	ND1	Make water available both inside and outside	$ldsymbol{ldsymbol{ldsymbol{ldsymbol{ld}}}$	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	L	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 portions	+	3 / 2	+	3 / 2	+	3 / 2
ı	NG1	Limit salt by avoiding salty foods such as chips and pretzels	Н	2 / 2	Н	2 / 2		2 / 2
ı	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	Н	2/2	Н	2 / 2	_	2 / 2
ı	NH1	Do not force or bribe children to eat	-	3 / 4	-	3 / 4	_	3 / 4
ı		Do not use food as a reward or punishment	Г	3 / 3	П	3 / 3	Т	3 / 3
		Provide children with adequate space for both inside and outside play	Г	4 / 4	П	4 / 4	П	4 / 4
او	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
Ţ	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
ו⊇	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	$\Box$	2 / 2		2 / 2		2 / 2
ē	PA5	Do not withhold active play from children who misbehave		3 / 3		3 / 3		3 / 3
Sc	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
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2		2 / 2		2 / 2
S A	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	$oxedsymbol{oxed}$	2 / 2	Ш	2 / 2		2 / 2
<u>₹</u>	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	$oxed{oxed}$	2 / 2	Ш	2 / 2		2 / 2
텡	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
<u>ڇ</u> ا	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	ot	2/2	Ш	2 / 2	L	2 / 2
ٳؾۣ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	$oxed{oxed}$	2/2	Ш	2 / 2	$ldsymbol{ld}}}}}}$	2 / 2
Physical Activity	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	Ш	2 / 2		2 / 2
ļ		Ensure that infants have supervised tummy time every day when they are awake	L	2/2	Ш	2 / 2		2 / 2
ı	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: △=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

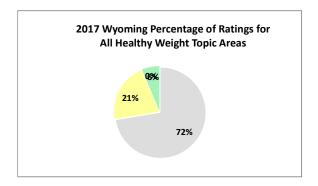
3 = Regulation partially meets standard
4 = Regulation fully meets standard

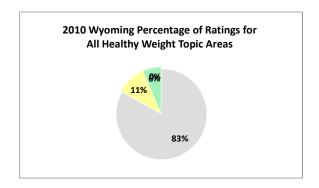
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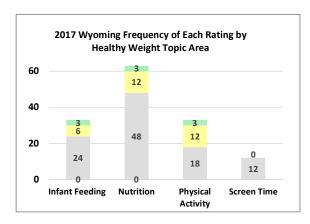
+ = Improved Rating

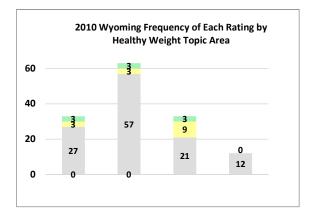
- = Lowered Rating

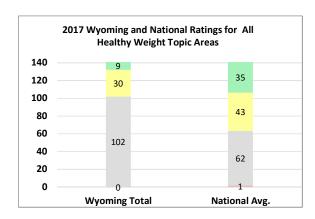
### **WYOMING**

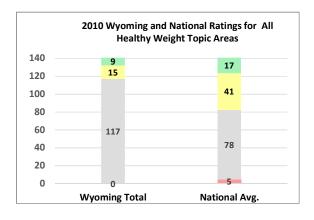




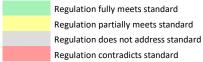








# Color and Rating Codes:



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:

## **TABLE 1: Assessment Years for Each State**

Table 1. Assessment Years for Each State (all states at baseline, and updated ratings when states made pertinent changes to their licensing regulations)

Year Rated											Year F	Rated					
	2	2	2	2	2	2	2	2		2	2	2	2	2	2	2	2
State	0	0	0	0	0	0	0	0	State	0	0	0	0	0	0	0	0
State	1	1	1	1	1	1	1	1	State	1	1	1	1	1	1	1	1
	0	1	2	3	4	5	6	7		0	1	2	3	4	5	6	7
Alabama	X		Х						Montana	Х		Х					Х
Alaska	Х		X					Х	Nebraska	Х		Х	Х				Х
Arizona	X	Х							Nevada	Х		Х					
Arkansas	X	Х				X		X	New Hampshire	X							X
California	Х		Х					Х	New Jersey	Х			Х				Х
Colorado	Х		Х			Х	Х	Х	New Mexico	Х		X		X			Х
Connecticut	Х		Х					Х	New York	Х				Х	Х		Х
Delaware	Х		Х			Х		Х	North Carolina	Х		Х	Х				Х
District of Columbia	Х						Х	Х	North Dakota	Х	Х	Х	Х				
Florida	Х		Х	Х				Х	Ohio	Х		Х				Х	
Georgia*	Х		Х		Х			Х	Oklahoma	Х						Х	Х
Hawaii	Х		Х					Х	Oregon	Х		Х					
Idaho	Х								Pennsylvania	Х							
Illinois	Х				Х				Rhode Island	Х		Х	Х				Х
Indiana	Х								South Carolina	Х		Х					Х
Iowa	Х		Х					Х	South Dakota	Х							
Kansas	Х		Х	Х					Tennessee	Х							
Kentucky	X			Х					Texas	Х		Х		Х			
Louisiana	X		Х			Х		Х	Utah	Х		Х					X
Maine	Х		Х					Х	Vermont	Х						Х	Х
Maryland	X		Х			Х		Х	Virginia	Х		Х					X
Massachusetts	X		Х						Washington	Х		Х					X
Michigan	X		Х		Х			Х	West Virginia	Х		Х		Χ			
Minnesota	X		Х					Х	Wisconsin	Х		Х					
Mississippi	X		Х	Х					Wyoming	Х		Х	Х				
Missouri	X						X										

Legend:

X

Assessed ne

X

Changed rat

X

Assessed ne

MyPyramid

Baseline Rating in 2010 (all states, all regulated child care types, all variables)

Assessed new or changed rules in year indicated

Changed ratings due ONLY to automatic application of CACFP changes

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

<sup>\*</sup>Georgia: In October 2016, Georgia updated Rules for Child Care Learning Centers Chapter 591-1-1. The revised document newly specified a lower threshold of seven as the number of children to be cared for in a "Child Care Learning Center" or "Center." Georgia discontinued licensing Group Day Care Homes, effective 2017. The ASHW 2017 Supplement now shows Group Family Child Care as an unregulated care type in the state. However, children formerly served in Group Day Care Programs continue to be in regulated care under the rules for center-based programs. Since ASHW ratings for both care types were matching as of 2016, the deletion of the 47 ratings Group Care ratings was not calculated as a negative change in 2017.

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

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

Color Code: Update years highlighted as follows:

<sup>\*</sup> previously undiscovered document; rated in 2017 and ratings applied retroactively

State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document			
		= 3.133	Year	CTR	LRG	SML	
	Minimum Licensing Requirements for Registered Child Care Family Homes	1/1/2015	2015			Х	
CA	California						
	Title 22, Division 12, Chapter 1, Articles 1, 2 - Child Care Centers General Licensing Requirements	6/15/2005	2010	Х			
	Title 22, Division 12, Chapter 1, Article 6 - Child Care Centers Continuing Requirements (continued)	6/8/2005	2010	Х			
	Title 22, Division 12, Chapter 1, Article 7 - Child Care Physical Environment	11/1/2008	2010	Х			
	Title 22, Division 12, Chapter 1 Subchapters 2, 3 - Child Care Infant Centers and School Age Day Care	11/1/1998	2010	Х			
	Community Care Licensing Division Child Care Update - Winter/Spring 2011	Winter/Spring 2011	2012	Х	х	х	
	Title 22, Division 12, Chapter 3 - Family Child Care Homes	4/1/2016	2017*		Х	Х	
СО	Colorado						
	Volume of Child Care Facility Licensing	5/1/2010	2010	Х	Х	X	
	Rules and Regulations Governing the Health and Sanitation of Child Care Facilities	5/30/2005	2010		Х		
	Rules Regulating Family Child Care Homes	6/1/2012	2012		Х	Х	
	Rules Regulating Child Care Centers (Less than 24 hrs)	7/1/2012	2012	Х	Х		
	General Rules for Child Care Facilities	10/1/2015	2015	Х	Х	Х	
	Rules Regulating Child Care Centers (Less than 24-hour care)	2/1/2016	2016	Х			
СТ	Connecticut						
	Statutes and Regulations for Licensing Child Day Care Centers and Group Day Care Homes	7/2009	2010	Х	Х		
	Statutes and Regulations for Licensing Family Day Care Homes	7/2009	2010			Х	
DE	Delaware						

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

Color Code: Update years highlighted as follows:

2010

2011

2012

2013

2014

2015

016 2

<sup>\*</sup> previously undiscovered document; rated in 2017 and ratings applied retroactively

State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document			
			Year	CTR	LRG	SML	
	Rules for Early Care and Education and School-Age Centers	1/1/2007	2010	Х			
	Rules for Large Family Child Care Homes	1/1/2009	2010		Х		
	Rules for Family Child Care Homes	1/1/2009	2010			Х	
	Regulations for Early Care and Education and School-Age Centers	7/1/2015	2015	Χ			
	Delacare Regulations for Family and Large Family Child Care Homes	7/2017	2017		Х	Х	
DC	Washington DC						
	DCMR 29 Public Welfare Chapter 3 Child Development Facilities	4/27/2007	2010	Χ		Х	
	Title 5-A DCMR Chapter 1 Child Development Facilities: Licensing	11/15/2016	2016	Χ	Х	Х	
FL	Florida						
	Chapter 65C-20 Family Day Care Standards and Large Family Child Care Homes (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	1/13/2010	2010		Х	Х	
	Chapter 65C-22 Child Care Standards (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	1/13/2010	2010	X			
	2012 Florida Child Care Statutes Section 402	2012	2012	Х	Х	Х	
	Chapter 65C-22 Florida Administrative Code Child Care Standards	8/2013	2013	Χ			
	Chapter 65C-22 Florida Administrative Code Child Care Standards	8/2013	2017	Χ			
	Chapter 65C-22 Child Care Standards	10/25/2017	2017	Х			
	Child Care Facility Handbook	10/2017	2017		Х	Х	
	Chapter 65C-20 Family Day Care Standards and Large Family Child Care Homes	10/25/2017	2017		Х	Х	
GA	Family Day Care Home/Large Family Child Care Home Handbook	10/2017					
	Rules and Regulations for Child Care Learning Centers	1/1/2010	2010	Х			
	Rules and Regulations for Group Day Care Homes	1/1/2010	2010		Х		
	Rules and Regulations for Family Day Care Homes	1/1/2010	2010			Х	

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

Color Code: Update years highlighted as follows:

<sup>\*</sup> previously undiscovered document; rated in 2017 and ratings applied retroactively

State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document			
			Year	CTR	LRG	SML	
	Chapter 591-1-1Rules for Child Care Learning Centers	3/2014	2014	Χ			
	Chapter 290-2-1 Rules and Regulations Group Day Care Homes	3/2014	2014		Х		
	Chapter 290-2-3Rules and Regulations Family Day Care Homes	3/2014	2014			X	
HI	Hawaii						
	Title 17: Chapter 891.1 Registration of Family Child Care Homes	12/19/2002	2010			Х	
	Title 17: Chapter 892.1 Licensing of Group Child Care Centers and Group Child Care Homes	12/19/2002	2010	Х	Х		
	Title 17: Chapter 895 Licensing of Infant and Toddler Child Care Centers	12/19/2002	2010	Х			
	Title 17: Chapter 896 Licensing of Before and After School Child Care Facilities	12/19/2002	2010	Х			
ID	Idaho						
	16.06.02 Rules Governing Standards for Child Care Licensing	7/1/2010	2010	Х	Х	Х	
IL	Illinois						
	Part 406: Licensing Standards for Day Care Homes	7/1/2008	2010			Х	
	Part 407: Licensing Standards for Day Care Centers	4/1/2010	2010	Х			
	Part 408: Licensing Standards for Group Day Care Homes	7/1/2008	2010		Х		
	Part 407 Licensing Standards for Day Care Centers	9/2014	2014	Х			
IN	Indiana						
	Rule 1.1 Child Care Homes (470 IAC 3-1.1)	7/3/1996	2010			Х	
	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		Х	Х	
	Rule 1.3 Class II Child Care Homes (470 IAC 3-1.3.1)	9/27/1996	2010		Х		
	Rule 4.7 Child Care Centers; Licensing (470 IAC 3-4.7)	11/7/2003	2010	Х			
IA	Iowa						
	Chapter 109: Child Care Centers	6/1/2010	2010	Х			

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document			
			Year	CTR	LRG	SML	
	Chapter 110: Child Development Homes	11/1/2009	2010		Х	Х	
	Chapter 109: Child Care Centers	5/1/2012	2012	Х	Х		
KS	Kansas						
	Regulations for Licensing Preschools and Child Care Centers	7/11/2008	2010	Χ			
	Regulations for Licensing Day Care Homes and Group Day Care Homes	7/2008	2010		Χ	X	
	Regulations for Licensing Preschools and Child Care Centers	2/3/2012	2012	Χ			
	Regulations for Licensing Day Care Homes and Group Day Care Homes	2/3/2012	2012		Х	Х	
	Kansas Laws and Regulations for Licensing Day Care Homes and Group Day Care Homes for Children	2/2012	2013		Х	х	
KY	Kentucky						
	922 KAR 2:100 Certification of Family Child Care Homes	3/19/2008	2010			Х	
	922 KAR 2:120 Child Care Facility Health and Safety Standards	3/19/2008	2010	Х	Х		
	922 KAR 2:120. Child-care Center Health and Safety Standards	9/2013	2013	Х	Х		
LA	Louisiana						
	Child Day Care Center Class A Minimum Standards	11/1/2003	2010	Χ			
	Child Day Care Center Class B Minimum Standards	10/1/2000	2010	Х			
	Bulletin 137—Louisiana Early Learning Center Licensing Regulations	7/1/2015	2015	Х	Х		
ME	Maine						
	Rules for the Licensing of Child Care Facilities	8/27/2008	2010	Х	Х		
	Rules for Family Child Care Providers	09/1/2009	2010		Х	Х	
	State of Maine Family Child Care Provider Licensing Rule	9/20/2017	2017		Х	Х	
MD	Maryland						
	COMAR 13A. 15. 01 - Family Child Care	4/19/2010	2010			Х	
	COMAR 13A. 16. 01 - Child Care Centers	4/19/2010	2010	Х	Х		

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document			
			Year	CTR	LRG	SML	
	COMAR 13A. 18 Large Family Child Care Homes	2/6/2012	2012		Х		
	Title 13A State Board of Education Subtitle 15 Family Child Care	7/20/2015	2015			Х	
	Title 13A State Board of Education Subtitle 16 Child Care Centers	7/20/2015	2015	Х			
	Title 13A State Board of Education Subtitle 18 Large Family Child Care Homes	7/20/2015	2015		Х		
MA	Massachusetts						
	Standards for the Licensure of Child Care Programs	10/2010	2010	Χ	Х	Х	
MI	Michigan						
	Licensing Rules for Child Care Centers	6/4/2008	2010	Χ			
	Licensing Rules for Family and Group Child Care Homes	6/3/2009	2010		Х	Х	
	Licensing Rules for Child Care Centers	1/2014	2014	Х			
MN	Minnesota						
	Chapter 9502 Licensing of Day Care Facilities	10/8/2007	2010		Х	Х	
	Chapter 9503 Licensing Requirements for Child Care Centers	10/8/2007	2010	Χ			
MS	Mississippi						
	Regulations Governing Licensure of Child Care Facilities	7/1/2009	2010	Х			
	Regulations Governing Licensure of Child Care Facilities for 12 or Fewer Children in the Operators Home	7/1/2009	2010		Х	Х	
	Regulations Governing Licensure of Child Care Facilities for 12 or Fewer Children in the Operator's Home	8/2013	2013		Х	Х	
	Regulations Governing Licensure of Child Care Facilities	8/2013	2013	Х			
МО	Missouri						
	Licensing Rules for Group Child Care Homes and Child Care Centers	1/2002	2010	Х	Х		
	Licensing Rules for Family Child Care Homes	5/2002	2010		Х	Х	
	Licensing Rules for Group Child Care Homes and Child Care Centers	2016	2016	Х	Х		

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document			
			Year	CTR	LRG	SML	
	Licensing Rules for Family Day Care Homes	2016	2016			Х	
MT	Montana						
	Licensing Requirements for Child Day Care Centers	9/1/2006	2010	Χ			
	Requirements for Registration of Family and Group Day Care Homes	9/1/2006	2010		Х	Х	
NE	Nebraska						
	Family Child Care Home Standards Chapter 6	3/1998	2010		Х	Х	
	Child Care Center Standards Chapter 8	3/1998	2010	Χ			
	Chapter 1 Family Child Care Home I	2/2013	2013			Х	
	Chapter 2 Family Child Care Home II	2/2013	2013		Х		
NV	Nevada						
	Chapter 432A Services and Facilities for Care of Children	10/31/2007	2010	Χ	Х	Х	
	Regulation R112-06	1/2010	2010	Х	Х	Х	
	Chapter 432A Services and Facilities for Care of Children	8/1/2012	2012	Χ	Х	Х	
NH	New Hampshire						
	Child Care Program Licensing Rules	2008-2016	2010	Х	Х	Х	
	Part He-C 4002 NH Child Care Program Licensing Rules	5/17/2017	2017	Х	Х	Х	
NJ	New Jersey						
	Chapter 122 - Manual of Requirements for Child Care Centers	8/25/2009	2010	Χ	Х		
	Chapter 126 - Manual of Requirements for Family Child Care Registration	8/25/2009	2010			Х	
	Chapter 122 Manual of Requirements for Child Care Centers	9/2013	2013	Χ	Х		
	Chapter 52 Manual of Requirements for Child Care Centers	3/6/2017	2017	Х	Х		
	Chapter 54 Manual of Requirements for Family Child Care Registration	3/20/2017	2017			Х	
NM	New Mexico						

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment		d Care Ty ed by Doo	-
			Year	CTR	LRG	SML
	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	х
	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	х	х
	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	Х	x	х
NY	New York					
	Part 416: Group Family Day Care Homes	1/31/2005	2010		Х	
	Part 417: Family Day Care Homes	1/31/2005	2010			Х
	Part 418_1: Day Care Centers	1/31/2005	2010	Χ		
	Part 418_2: Small Day Care Centers	1/31/2005	2010	Χ		
	Section 416 Group Family Day Care Homes	5/2014	2014		Х	
	Section 417 Family Day Care Homes	5/2014	2014			Х
	Part 418-1: Day Care Centers	6/2015	2015	Χ		
	Part 418-2: Small Day Care Centers	6/2015	2015		Х	
NC	North Carolina					
	Chapter 9 - Child Care Rules	8/1/2010	2010	Х	Х	Х
	Chapter 110- Article 7	8/1/2012	2012	Χ	Х	Х
	Requirements for Family Child Care Homes	12/1/2012	2012		Х	Х
	Family Child Care Home Requirements	5/2013	2013		Х	Х
	Chapter 9- Child Care Rules	1/2013	2013	Х	Х	Х
ND	North Dakota					
	Family Child Care Homes Early Childhood Services Chapter 75-03-08	1/1/1999	2010			X

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document			
			Year	CTR	LRG	SML	
	Group Child Care Homes Early Childhood Services Chapter 75-03-09	1/1/1999	2010		Х		
	Child Care Center Early Childhood Services Chapter 75-03-10	1/1/1999	2010	Χ			
	Family Child Care Homes Early Childhood Services Chapter 75-03-08	4/2011	2011			Х	
	Group Child Care Homes Early Childhood Services Chapter 75-03-09	4/2011	2011		Х		
	Child Care Center Early Childhood Services Chapter 75-03-10	4/2011	2011	Х			
	Early Childhood Services Policies and Procedures Service Chapter 620-01	09/2013	2013	Χ	Х	Х	
ОН	Ohio						
	Child Care Center Manual	6/21/2010	2010	Χ			
	Child Care Type A Home Manual	6/8/2010	2010		Х		
	Child Care Type B Home Manual	2/16/2010	2010			Х	
	Child Care Center Manual	12/23/2016	2016	Х			
	Family Care Center Manual	12/23/2016	2016		Х	Х	
ОК	Oklahoma						
	Licensing Requirements for Child Care Centers	10/1/2009	2010	Х			
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	7/1/2010	2010		х	Х	
	Licensing Requirements for Child Care Programs	11/1/2016	2016	Х			
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	11/1/2016	2016		Х	Х	
OR	Oregon						
	Rules For Certified Child Care Centers	1/1/2010	2010	Х			
	Rules For Certified Family Child Care Homes	1/1/2010	2010		Х		
	Rules for Registered Family Child Care Homes	1/1/2010	2010			Х	
PA	Pennsylvania						
	Chapter 3270 - Child Day Care Centers	5/2009	2010	Х			

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			Year	CTR	LRG	SML	
	Chapter 3280 - Group Child Day Care Homes	7/2009	2010		Х		
	Chapter 3290 - Family Child Day Care Homes	7/2009	2010			Х	
RI	Rhode Island						
	Child Day Care Center Regulations for Licensure	1993	2010	Х			
	Family Child Care Home Regulations for Licensure	10/1/2007	2010			Х	
	Group Family Child Care Home Regulations for Licensure	10/1/2007	2010		Х		
	Child Care Program Regulations for Licensure	11/2013	2013	Х			
	Part 1 – Child Care Center and School Age Program Regulations for Licensure	9/18/2017	2017	Х			
SC	South Carolina						
	Regulations for the Licensing of Group Child Care Homes	5/19/2005	2010		Х		
	Regulations for the Licensing of Child Care Centers	5/16/2005	2010	Х			
	Family Child Care Home Regulations	4/23/1993	2017*			Х	
SD	South Dakota						
	Chapter 67:42:03 Family Day Care Homes (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010			х	
	Chapter 67:42:04 Group Family Day Care Homes (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010		Х		
	Chapter 67:42:10 Day Care Centers (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010	Х			
TN	Tennessee						
	Chapter 1240-4-1 Standards for Group Child Care Homes	3/14/2009	2010		Х		
	Chapter 1240-4-3 Licensure Rules for Child Care Centers	3/14/2009	2010	Х			
	Chapter 1240-4-4 Standards for Family Child Care Homes	3/14/2009	2010			Х	

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document			
			Year	CTR	LRG	SML	
	Chapter 1240-4-12 Registration of Family Day Care Homes	12/13/1990	2010			Х	
TX	Texas						
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers	3/1/2008	2010	Χ			
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes	6/1/2008	2010		Х	х	
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers (replacement pages)	3/1/2012	2012	Х			
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes (replacement pages)	3/1/2012	2012		Х	Х	
	Chapter 746: Minimum Standards for Child-Care Centers	6/2014	2014	Х			
	Chapter 747: Minimum Standards for Child-Care Homes	6/2014	2014		Х	Х	
UT	Utah						
	R430-50 Residential Certificate Child Care Standards	9/1/2008	2010			Х	
	R430-90 Licensed Family Child Care	9/1/2008	2010		X		
	R430-100 Child Care Centers	7/1/2009	2010	Χ			
	R381-100 Child Care Centers	12/28/2017	2017	Х			
	R430-90 Licensed Family Child Care	12/28/2017	2017		X		
	R430-50 Residential Certificate Child Care	12/28/2017	2017			Х	
VT	Vermont						
	Early Childhood Programs Licensing Regulations	2/12/2001	2010	Χ			
	Family Child Care Licensing Regulations	2/12/2001	2010		Х	Х	
	Regulations for Family Day Care Homes	9/17/2009	2010			Х	
	Child Care Licensing Regulations: Center Based Child Care and Preschool Programs	9/1/2016	2016	Х			
	Child Care Licensing Regulations: Registered and Licensed Family Child Care	9/1/2016	2016		Х	X	

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				CTR	LRG	SML
	Homes					
VA	Virginia					
	Standards for Licensed Child Day Centers	3/6/2008	2010	Χ		
	Standards for Licensed Family Day Homes	3/2011	2011		Х	Х
WA	Washington					
	Chapter 170-295 Minimum Licensing Requirements for Child Day Care Centers	5/31/2008	2010	Χ		
	Chapter 170-296 Child Care Business Regulations for Family Home Child Care	5/31/2008	2010		Х	X
	Chapter 170-296A Licensed Family Home Child Care Standards	5/8/2012	2012		Х	Х
WV	West Virginia					
	Title 78, Series 1, Child Care Centers Licensing	5/20/2009	2010	Χ		
	Title 78, Series 18, Family Child Care Facility Licensing Requirements	7/1/2007	2010		Х	
	Title 78, Series 19, Family Child Care Home Registration Requirements	7/1/2007	2010			X
	Title 78 Child Care Centers Licensing	7/2014	2014	Χ		
WI	Wisconsin					
	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	Χ	Х	
WY	Wyoming					
	Administrative Rules For Certification of Child Care Facilities	9/1/2008	2010	Χ	Х	X
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	4/1/2012	2012	Х	Х	х
	Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers	4/1/2012	2012	Х	Х	Х
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	12/2013	2013			Х

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				CTR	LRG	SML
	Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers	12/2013	2013		Χ	
	Chapter 8- Administrative Rules for Certification of Child Care facilities Rules relating specifically to Child Care Centers	12/2013	2013	Х		

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