

ACHIEVING A STATE OF HEALTHY WEIGHT 2018 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

NRC Director

Marilyn J. Krajicek, EdD, RN, FAAN

Research Associate and NRC Evaluator

Geraldine Steinke, PhD

2018 Healthy Weight Project Manager, Rater 1

Alison Pilsner, MPH, BSN, RN, CLC

Rater 2

Linda Satkowiak, ND, RN

Rater 3

Nicole R. Patterson, MSACN, NDTR

Advisors

Amy Lowry Warnock, MPA
CAPT Meredith Reynolds, PhD;
Early Care and Education Team Lead
Centers for Disease Control and Prevention
Division of Nutrition, Physical Activity and Obesity

Photo Credit

Community Partnership for Child Development El Paso County, Colorado

Copyright 2019, National Resource Center for Health and Safety in Child Care and Early Education.

Suggested citation: National Resource Center for Health and Safety in Child Care and Early Education. 2019. *Achieving a state of healthy weight 2018 supplement: state profiles.* Aurora, CO: University of Colorado Anschutz Medical Campus. [https://nrckids.org/HealthyWeight]

Support for this project was provided by McKing Consulting Corporation (Project #UCDCN-02-4574) under McKing's prime contract number with the Department of Health and Human Services, Centers for Disease Control and Prevention.

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.

TABLE OF CONTENTS

INTRODUCTION	1
INDIVIDUAL STATE PROFILES	2
TABLE 1. ASSESSMENT YEARS FOR EACH STATE	106
TABLE 2. STATE DOCUMENTS RATE FOR ASHW: 2010 TO DATE	

Note: The full <u>ASHW 2018 Report</u> (released August 2019) contains the introduction, methods, and results of the 2018 assessment.

INTRODUCTION

Achieving a State of Healthy Weight 2018 Supplement: State Profiles is a compilation of supporting information and state-specific results of the ASHW 2018 assessment, the eighth 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 (2011-2018),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, 3rd Ed. (CFOC3).*³ 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, 3rd Edition (PCO).⁴*

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 2018 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." 5,p124 For each state and the District of Columbia, the following ASHW state profile pages accomplish this comparison on 47 CFOCbased healthy weight practices through 2018. Each state may see where there is strength in their regulatory language, and for which licensed child care types. They also may target specific practices for regulatory improvement. Furthermore, perusal of other states' profiles will reveal those states that have achieved regulatory text fully consistent with selected CFOC3 standards that support prevent of childhood obesity. A guide to understanding the structure of the profile (individual state pages) appears in the first 2 pages of the State Profiles section.

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

Table 1. Assessment Years for Each State

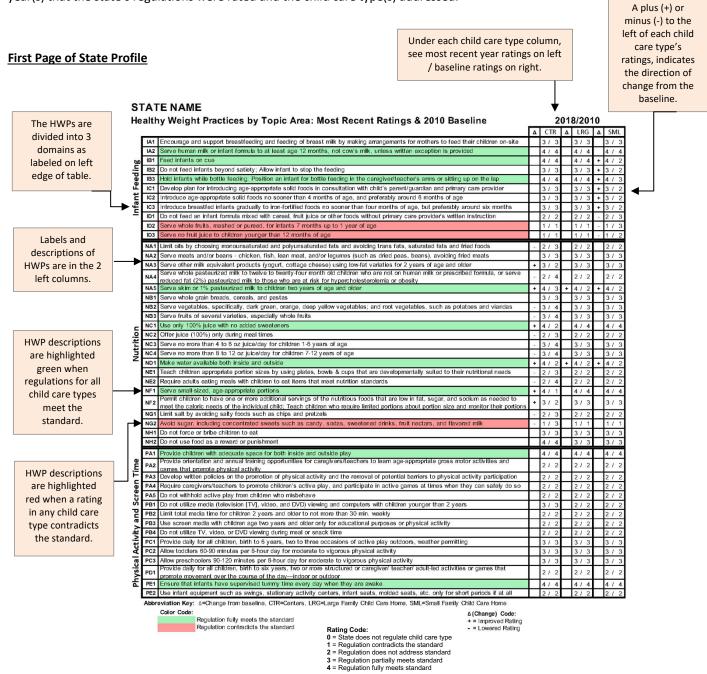
Table 2. State Documents Rated for ASHW: 2010 to Date

NOTES:

- ¹ National Resource Center for Health and Safety in Child Care and Early Education. (2019). *Achieving a state of healthy weight: 2018 update*. Aurora, CO: University of Colorado Denver. https://nrckids.org/HealthyWeight
- 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 @ https://cfoc.nrckids.org/files/regulations report 2010.pdf
- ³ 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.
- ⁴ American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. *Preventing Childhood Obesity in Early Care and Education Programs: Selected Standards from 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:2010.
- ⁵ Buscemi J, Kanwischer K, Becker AB, Ward DS, Fitzgibbon ML; Society of Behavioral Medicine Health Policy Committee. Society of Behavioral Medicine position statement: early care and education (ECE) policies can impact obesity prevention among preschool-aged children. *Transl Behav Med.* 2015 Mar;5(1):122-5. doi: 10.1007/s13142-014-0297-5. Accessed July 1, 2019.

Guide to State Profiles

In the following state profiles, ASHW results for each state through 2018 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, 2018. 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.) When two pie charts depict the relative frequencies of the state's ratings (1-4) in the baseline year (right) and most recently **Second Page of State Profile** rated year (left). See Color and Rating Codes at bottom of page. Sum of % may ≠ **STATE NAME** 100 due to rounding. 2018 State Name Percentage of Ratings for 2010 State Name Percentage of Ratings for All All Healthy Weight Topic Areas Healthy Weight Topic Areas The two stacked bar charts show the number (frequency) of the state's ratings for each domain/sub-domain (e.g., screen time) in the baseline year (right) and most recently rating 2018 State Name Frequency of Each Ratings by 2010 State Name Frequency of Each Rating year (left). **Healthy Weight Practices Topic Area** by Healthy Weight Practices Topic Area 60 60 11 40 40 29 29 6 6 7 These two stacked bar 20 14 15 20 18 charts show the number 18 18 11 36 (frequency) of the Infant Feeding Infant Feeding Nutrition Physical Activity Screen Time Nutrition Physical Activity Screen Time state's total ratings compared to the national average in the baseline year (right) and 2018 State Name and National Ratings for 2010 State Name and National Ratings for All Healthy Weight Topic Areas All Healthy Weight Topic Areas most recently rated 150 150 year (left). 22 16 28 100 100 75 68 57 50 State Name Total National Avg. State Name Total National Avg. Color and Rating Codes: 4 = Regulation fully meets standard 3 = Regulation partially meets standard 2 = Regulation does not address standard 1 = Regulation contradicts standard The state's rating history (years rated and child care types rated) is shown here. "State Name" Regulation Rating History: 2010 (CTR, LRG, SML); 2018 (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

2018/2010

_			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	ŀ	2 / 3	-	2 / 3	-	2 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	-	2 / 4	Γ-	2 / 4	-	2 / 4
[IB1	Feed infants on cue		4 / 4	-	2 / 4	-	2 / 4
ing.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	-	2 / 4	-	2 / 4	-	2 / 4
e	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	Г	4 / 4		4 / 4
nfant Feedin	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	-	2 / 3	l -	2 / 3	-	2 / 3
뒴	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	-	2 / 3	-	2 / 3	-	2 / 3
월	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	-	2 / 3	Ι-	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	Г	2 / 2		2 / 2
Ì	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
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2	Г	2 / 2		2 / 2
ŀ	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	-	2 / 3	Ι-	2 / 3	<u> </u>	2 / 3
ŀ	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	-	2/3	Ι-	2 / 3	-	2 / 3
ŀ	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		2/2	Г	2/2	┢	2/2
ļ		fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity			<u> </u>		L	
ļ		Serve skim or 1% pasteurized milk to children two years of age and older		2 / 2	<u> </u>	2 / 2	<u> </u>	2 / 2
ļ		Serve whole grain breads, cereals, and pastas		3 / 3	<u> </u>	3 / 3	L	3 / 3
ļ	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	<u> </u>	3 / 3	<u> </u>	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3	L	3 / 3		3 / 3
ے	_	Use only 100% juice with no added sweeteners	Ŀ	2 / 4	Ŀ	2 / 4	Ŀ	2 / 4
Nutritio	NC2	Offer juice (100%) only during meal times		2 / 2	L	2 / 2		2 / 2
Ξ.	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	-	2 / 3	Ŀ	2 / 3	Ŀ	2 / 3
퀽	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	-	2 / 3	Ŀ	2 / 3	Ŀ	2 / 3
	ND1	Make water available both inside and outside	+	4 / 3	_	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	L	2 / 2	L	2 / 2
L	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2/2	L	2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions		4 / 4	L	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 / 3	۱.	2 / 3	۱.	2 / 3
ŀ	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2/2	┢	2 / 2	Н	2 / 2
ŀ	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	2 / 1	+	2 / 1	+	2 / 1
ŀ	NH1	Do not force or bribe children to eat		3 / 3	H	3 / 3		3 / 3
ŀ		Do not use food as a reward or punishment		4 / 4	H	3 / 3	┪	3 / 3
ŀ	PA1	Provide children with adequate space for both inside and outside play		4 / 4	Н	4 / 4	H	4 / 4
ŀ	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	Н	2 / 2	Н	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		2/2	\vdash	2/2	H	2 / 2
ē	_	Do not withhold active play from children who misbehave		2/2	H	2/2	┪	2 / 2
- ≒t		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2/2	\vdash	2/2	┢	2 / 2
r	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2/2	Г	2 / 2	Т	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2/2	Г	2 / 2		2 / 2
Ę		Do not utilize TV, video, or DVD viewing during meal or snack time		2/2	Г	2 / 2		2 / 2
討		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3	Г	3 / 3	T	3 / 3
ĕ∣	_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	Г	3 / 3	Т	3 / 3
ca	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	Г	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		2/2	Г	2 / 2		2 / 2
		movement over the course of the day—indoor or outdoor			\vdash		_	1
ļ		Ensure that infants have supervised tummy time every day when they are awake		4 / 4	<u> </u>	4 / 4	_	4 / 4
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	$oldsymbol{ol}}}}}}}}}}}}}}}}}}$	2 / 2		2 / 2

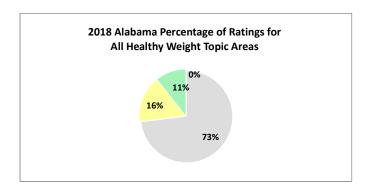
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

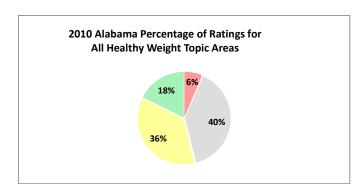
Color Code:

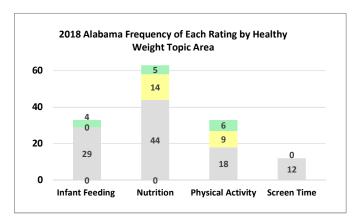
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

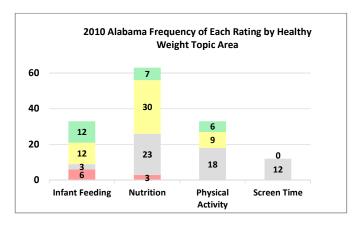
- Δ (Change) Code: + = Improved Rating = Lowered Rating

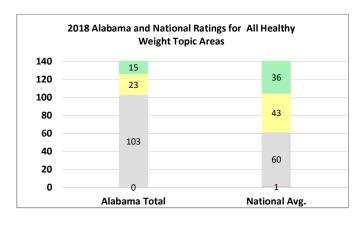
ALABAMA

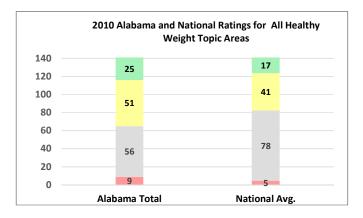




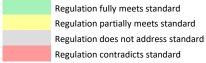








Color and Rating Codes:



Alabama Regulation Rating History: 2010 (CTR, LRG, SML); 2012*; 2018 (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:

ALASKA

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

2018/2010

			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		3 / 3		3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue		4 / 4		4 / 4		4 / 4
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4		4 / 4
nfant 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		3 / 3
Fe	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
ır	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
nfa	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
	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		2 / 2		2 / 2		2/2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3		3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		3 / 3		3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	+	3 / 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
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
틸	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
	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		2 / 2		2 / 2		2 / 2
	PA1	Provide children with adequate space for both inside and outside play		4 / 4		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		2 / 2
Time		Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2/2		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		2/2		2 / 2		2 / 2
ŪΙ		Do not withhold active play from children who misbehave		3 / 3		3 / 3	Ц	3 / 3
Scr	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		3 / 3	$oxed{oxed}$	3 / 3	Ш	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	Ш	3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
ζį	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2/2		2 / 2	Ш	2 / 2
Ę	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		4 / 4	$oxed{oxed}$	4 / 4	Ш	4 / 4
7	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3		3 / 3		3 / 3
<u>;;</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		4 / 4		4 / 4		4 / 4
	PE1	Ensure that infants have supervised tummy time every day when they are awake		2/2		2 / 2		2 / 2
	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		4 / 4		4 / 4		4 / 4

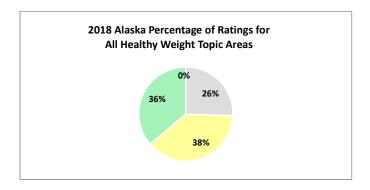
Abbreviation Key: Δ =Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

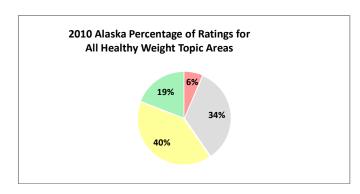
Color Code:

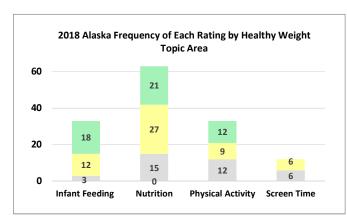
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

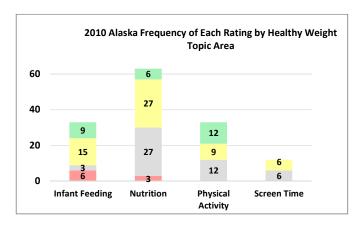
- Δ (Change) Code: + = Improved Rating = Lowered Rating

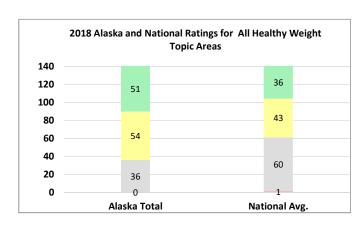
ALASKA

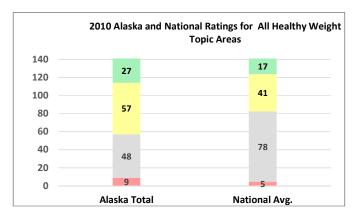




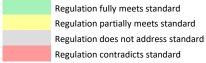








Color and Rating Codes:



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.

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

ARIZONA

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

2018/2010

			Δ	CTR	Δ	LRG	ΔS	ML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		4 / 4		4 / 4	0	/ 0
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		3 / 3	+	4 / 3	0	/ 0
	IB1	Feed infants on cue		2 / 2	+	4 / 2	0	/ 0
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2	+	4 / 2	0	/ 0
nfant 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 / 4	0	/ 0
Fe	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		4 / 4		4 / 4	0	/ 0
ī	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
nfa	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		2 / 2		2 / 2	0	/ 0
-	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		3 / 3		3 / 3	0	/ 0
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		2 / 2		2 / 2	0	/ 0
	ID3	Serve no fruit juice to children younger than 12 months of age		2 / 2		2 / 2	0	/ 0
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		3 / 3	0	/ 0
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3	0	/ 0
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		3 / 3	0	/ 0
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 2	+	3 / 2	0	/ 0
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older		4 / 4		4 / 4	0	/ 0
	NB1	Serve whole grain breads, cereals, and pastas		3 / 3		3 / 3	0	/ 0
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	+	4 / 3	0	/ 0
	NB3	Serve fruits of several varieties, especially whole fruits		4 / 4		4 / 4	0	/ 0
ے	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4	0	/ 0
ē	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2	0	/ 0
Nutritio	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		4 / 4		4 / 4	0	/ 0
Ž	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		4 / 4		4 / 4	0	/ 0
	ND1	Make water available both inside and outside		4 / 4		4 / 4	0	/ 0
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2	0	/ 0
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		3 / 3	Ш	3 / 3	\vdash	/ 0
	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4	0	/ 0
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions		1 / 1		1 / 1	0	/ 0
	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2		2 / 2	0	/ 0
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		3 / 3		3 / 3	0	/ 0
	NH1	Do not force or bribe children to eat		3 / 3		3 / 3	0	/ 0
	NH2	Do not use food as a reward or punishment		3 / 3		3 / 3	0	/ 0
	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4	0	/ 0
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		/ 0
ij	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	Ш	2 / 2	+	3 / 2	0	/ 0
en		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	Щ	2 / 2		/ 0
ē		Do not withhold active play from children who misbehave	Щ	3 / 3	ᆜ	3 / 4		/ 0
S		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2 / 2	Ш	2 / 2	0	/ 0
and	_	Limit total media time for children 2 years and older to not more than 30 min. weekly	Ц	2 / 2	Ц	2 / 2		/ 0
		Use screen media with children age two years and older only for educational purposes or physical activity	Щ	2 / 2	Щ	2 / 2	-	/ 0
Activity		Do not utilize TV, video, or DVD viewing during meal or snack time	Щ	2 / 2	Щ	2 / 2	-	/ 0
Act	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	Ц	3 / 3	Ц	3 / 3		/ 0
a '	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	Щ	3 / 3	Ш	3 / 3	\vdash	/ 0
sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	Щ	3 / 3	Щ	3 / 3	0	/ 0
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		3 / 3	-	/ 0
	PE1	Ensure that infants have supervised tummy time every day when they are awake	Н	4 / 4	Ш	4 / 4	-	/ 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	ı	3 / 3	1 10	/ 0

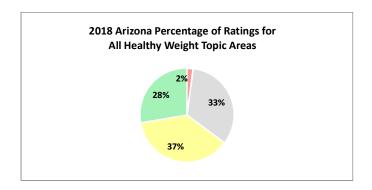
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

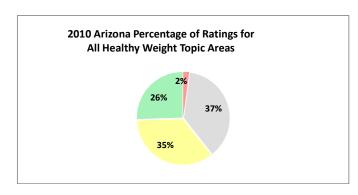
Color Code:

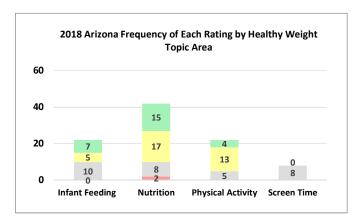
- Rating Code: 0 = Not regulated
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

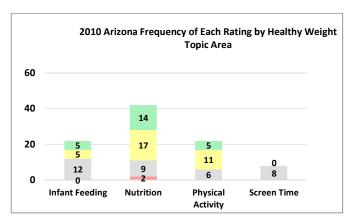
- Δ (Change) Code: + = Improved Rating = Lowered Rating

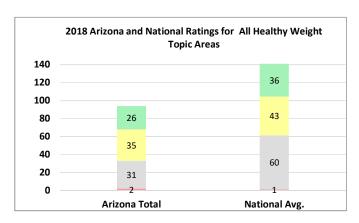
ARIZONA

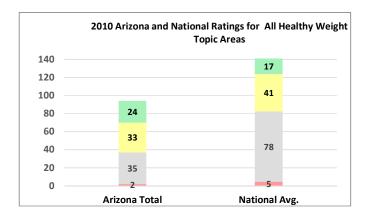




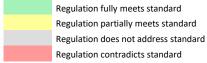








Color and Rating Codes:



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

2018/2010

	• •-	y Weight Fractices by Topic Area. Most Recent Ratings & 2010 Baseline	_				_	
			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 / 4		4 / 4
	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		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		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	Г	3 / 3		3 / 3
nt	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		2/2	Т	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		2/2	H	2/2	Ė	2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	Н	3/3	┢	3 / 3	_	3 / 3
				3 / 3	⊢		_	1
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced			⊢	3 / 3		3 / 3
	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		2 / 2	Γ	2 / 2		2 / 2
	NB1	Serve whole grain breads, cereals, and pastas		3 / 3		3 / 3		3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3		3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3	Г	3 / 3		3 / 3
	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
on	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
Į	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		4 / 3	⊢	4 / 3	+	4 / 3
z	ND1	Make water available both inside and outside		3 / 3	+	4 / 3		4 / 4
		Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2/2	⊢	2 / 2	_	2/2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		3 / 2	┢	2/2	_	2/2
		Serve small-sized, age-appropriate portions		4 / 4	\vdash	4/4	_	4 / 4
		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			┢	-	_	
	NF2	caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions		3 / 3	L	3 / 3		3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	匚	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		4 / 2	+	4 / 3	+	4 / 3
	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		2 / 2
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		3 / 2	+	3 / 2	+	3 / 2
_	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		4 / 2	Γ	2 / 2		2 / 2
è	PA5	Do not withhold active play from children who misbehave		4 / 4		4 / 4		4 / 4
Scree	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		3 / 2	Г	2 / 2		2 / 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
a	РВ3	Use screen media with children age two years and older only for educational purposes or physical activity		4 / 2	+	4 / 2	+	4 / 2
ξį	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2	Γ	2 / 2		2 / 2
냚	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3	Γ	3 / 3		3 / 3
₹	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	П	3 / 3	Г	3 / 3		3 / 3
ca	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	Г	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
4	PE1	Ensure that infants have supervised tummy time every day when they are awake	П	2 / 2	Г	2 / 2		2 / 2
		Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		2 / 2	Г	2 / 2		2 / 2

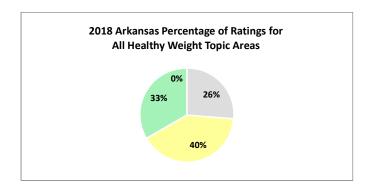
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

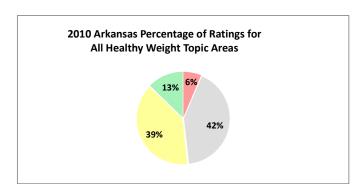
Color Code:

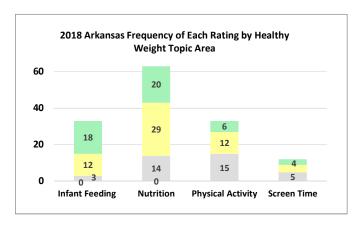
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

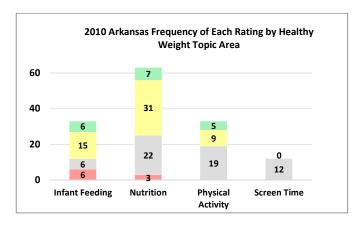
- Δ (Change) Code: + = Improved Rating = Lowered Rating

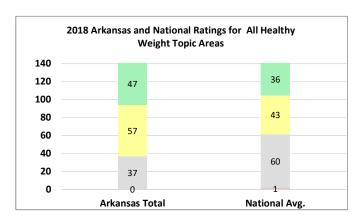
ARKANSAS

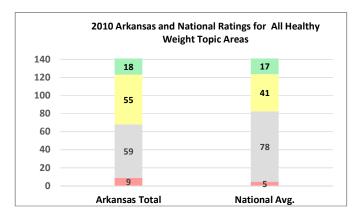




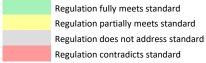








Color and Rating Codes:



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

2018/2010

_			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 / 2		2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		2 / 2		2 / 2
[IB1	Feed infants on cue		4 / 4	Г	2 / 2		2 / 2
. <u>e</u>	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		2 / 2		2 / 2
eq	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	Г	2 / 2		2 / 2
æ	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3		2 / 2		2 / 2
뒴	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 3		2 / 2		2 / 2
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	Г	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	Г	2 / 2		2 / 2
ľ	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	Г	2 / 2	Г	2 / 2
ı	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1		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	Г	2 / 2		2/2
ŀ	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3	Г	2 / 2	┢	2 / 2
ŀ	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3	Г	2 / 2		2 / 2
ŀ		Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced		3 / 2	Г	2/2	┢	2/2
ļ	NA4	fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	Ļ		<u> </u>		L	
ļ		Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	+	4 / 2
ļ		Serve whole grain breads, cereals, and pastas		3 / 3	<u> </u>	2 / 2	L	2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	<u> </u>	2 / 2	_	2 / 2
L	NB3	Serve fruits of several varieties, especially whole fruits		4 / 4	L	2 / 2	L	2 / 2
ے	NC1	Use only 100% juice with no added sweeteners		4 / 4	+	4 / 2	+	4 / 2
.호	NC2	Offer juice (100%) only during meal times	+	4 / 2	L	2 / 2		2 / 2
Nutritio	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	3 / 2	+	3 / 2
劃	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		4 / 4	+	4 / 2	+	4 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2	L	2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2	L	2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions		4 / 4	L	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		3 / 3	l	2 / 2		2 / 2
ŀ	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2/2	┢	2 / 2	┢	2 / 2
ŀ	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 1	+	3 / 2	+	3 / 2
ŀ	NH1	Do not force or bribe children to eat	Ė	2/2	H	3 / 3	Ė	3 / 3
ŀ		Do not use food as a reward or punishment		3 / 3	\vdash	3 / 3	-	3 / 3
ŀ	PA1	Provide children with adequate space for both inside and outside play	-	4 / 4	⊢	2/2	┢	2 / 2
ŀ		Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that			\vdash		\vdash	
اع	PA2	promote physical activity		2 / 2	$ldsymbol{ld}}}}}}$	2 / 2	L	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	L	2 / 2	L	2 / 2
등	_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2/2	L	2 / 2		2 / 2
ŪΙ	PA5	Do not withhold active play from children who misbehave		2 / 2	L	2 / 2	L	2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2/2	$ldsymbol{f eta}$	2 / 2	L	2 / 2
- ≽ ŀ	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2/2	L	2 / 2		2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2/2	L	2 / 2		2 / 2
Physical Activity	_	Do not utilize TV, video, or DVD viewing during meal or snack time		2/2	L	2 / 2	L	2 / 2
팅	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3	L	2 / 2	L	2 / 2
إي	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	L	2 / 2		2 / 2
ٳؿۣٳ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	L	2 / 2		2 / 2
Š	PD1	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		2 / 2		2 / 2
		movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake		2 / 2	\vdash	2 / 2	\vdash	2 / 2
		Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		2/2	\vdash	2/2	\vdash	2/2
L	rez	ose iniant equipment such as swings, stationary activity centers, iniant seats, molued seats, etc. Only for short periods if at all		2/2	ட	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:

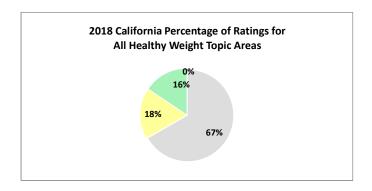
Regulation fully meets the standard Regulation contradicts the standard

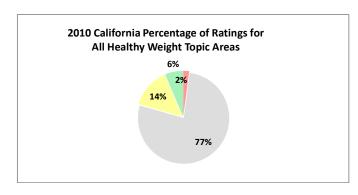
Rating Code:

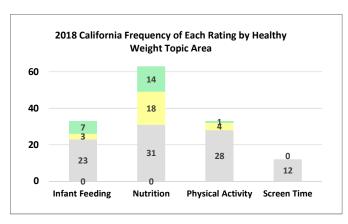
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

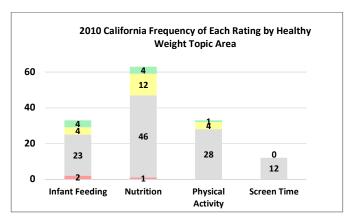
- Δ (Change) Code: + = Improved Rating = Lowered Rating

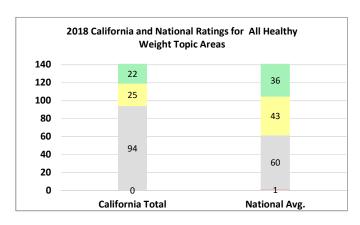
CALIFORNIA

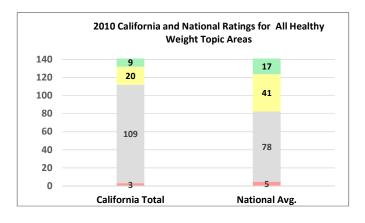




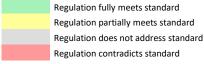








Color and Rating Codes:



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:

 $\underline{\text{http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf}}$

COLORADO

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

2018/2010

			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	Π	4 / 4	Т	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 / 2	Γ	4 / 4	Г	4 / 4
	IB1	Feed infants on cue		4 / 4	Г	4 / 4		4 / 4
Feeding	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 2		4 / 4		4 / 4
eq	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	Г	3 / 3	Т	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	+	4 / 3	+	4 / 3
ır	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		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 2	+	3 / 1	+	3 / 1
	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 2	+	4 / 1	+	4 / 1
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Ì	2 / 2	Г	3 / 3	T	3 / 3
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	+	3 / 2	Г	3 / 3		3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	+	3 / 2	Г	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 / 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	L	3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	+	3 / 2	L	3 / 3		3 / 3
ے	NC1	Use only 100% juice with no added sweeteners	+	4 / 2	L	4 / 4		4 / 4
.5	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	L	4 / 4		4 / 4
ž	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 2	L	4 / 4		4 / 4
	ND1	Make water available both inside and outside	+	4 / 2		4 / 4		4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2		2 / 2
			_	2 / 2	┖	2/2	1	
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2/2		2/2	—	2/2
		Serve small-sized, age-appropriate portions				_		
			+	2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions 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	+	2 / 2		2 / 2		2 / 2
	NF1 NF2	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels	+	2 / 2 4 / 4 3 / 2		2 / 2 4 / 4 3 / 3		2 / 2 4 / 4 3 / 3
	NF1 NF2 NG1	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels		2 / 2 4 / 4 3 / 2 2 / 2		2 / 2 4 / 4 3 / 3 2 / 2		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3
	NF1 NF2 NG1 NG2	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat Do not use food as a reward or punishment		2 / 2 4 / 4 3 / 2 2 / 2 3 / 2		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 3 / 3
	NF1 NF2 NG1 NG2 NH1	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play		2 / 2 4 / 4 3 / 2 2 / 2 3 / 2 3 / 3		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3
ne	NF1 NF2 NG1 NG2 NH1 NH2 PA1	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2 / 2 4 / 4 3 / 2 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2
Time	NF1 NF2 NG1 NG2 NH1 NH2 PA1 PA2	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2 4 / 4 3 / 2 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2
en Time	NF1 NF2 NG1 NG2 NH1 NH2 PA1 PA2 PA3	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2 4 / 4 3 / 2 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2	_	2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2
een	NF1 NF2 NG1 NG2 NH1 NH2 PA1 PA2 PA3 PA4	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	+	2 / 2 4 / 4 3 / 2 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3	_	2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3
Screen	NF1 NF2 NG1 NG2 NH1 NH2 PA1 PA2 PA3 PA4 PA5	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	2 / 2 4 / 4 3 / 2 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3
Screen	NF1 NF2 NG1 NG2 NH1 NH2 PA1 PA2 PA3 PA4 PA5 PB1	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	+	2 / 2 4 / 4 3 / 2 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3 4 / 3 3 / 3		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 3 / 3		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3
and Screen	NF1 NF2 NG1 NG2 NH1 NH2 PA1 PA3 PA4 PA5 PB1 PB2	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	+ + +	2 / 2 4 / 4 3 / 2 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 4 / 4 4 / 3 3 / 2 2 / 2 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 4 / 4		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 /		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 3 / 3
and Screen	NF1 NF2 NG1 NH1 NH2 PA1 PA2 PA3 PA4 PA5 PB1 PB2 PB3	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	+ + +	2 / 2 4 / 4 3 / 2 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 4 / 4 2 / 2 2 / 2 2 / 2 4 / 3 4 / 3 5 / 3 5 / 3 6 / 3 6 / 3 6 / 3 6 / 3 6 / 3 7 7 8 / 3 7 8 / 3 8		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 2 / 2 2 / 2
and Screen	NF1 NF2 NG1 NH1 NH2 PA1 PA3 PA4 PA5 PB1 PB2 PB3 PB4 PC1	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity 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	++++	2 / 2 4 / 4 / 3 3 / 2 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 3 / 3 3 / 3 4 / 4 4 / 3 4 / 3 5		2 / 2 4 / 4 / 4 3 / 3 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 3 / 3		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 2 / 2 2 / 2 2 / 2
and Screen	NF1 NF2 NG1 NG2 NH1 NH2 PA3 PA4 PA5 PB1 PB2 PB3 PB4 PC1	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity 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 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	++++	2 / 2 4 / 4 / 4 3 / 2 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 4 / 4 4 / 3 4 / 3 5 / 3 5 / 3 6 / 3 6 / 3 7		2 / 2 4 / 4 / 4 3 / 3 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 / 2 2 / 2 / 2 2 / 2 / 2 2 / 2 / 2		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 2 / 2 2 / 2 2 / 2 3 / 3
and Screen	NF1 NF2 NG1 NH1 NH2 PA1 PA3 PA4 PA5 PB1 PB2 PB3 PB4 PC1	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity 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 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	++++	2 / 2 4 / 4 / 3 3 / 2 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 3 / 3 3 / 3 4 / 4 4 / 3 4 / 3 5		2 / 2 4 / 4 / 4 3 / 3 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 3 / 3		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 2 / 2 2 / 2 2 / 2
Screen	NF1 NF2 NG1 NG2 NH1 NH2 PA1 PA3 PA4 PA5 PB1 PB2 PB3 PB4 PC1 PC2 PC3	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older ronly for educational purposes or physical activity 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 Allow toddlers 60-90 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 movement over the course of the day—indoor or outdoor	+++++++	2 / 2 4 / 4 3 / 2 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 3 / 3 3 / 3 4 / 4 4 / 3 3 / 2 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3		2 / 2 4 / 4 / 4 3 / 3 2 / 2 3 / 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 3 / 3 / 3 3 / 3 3 / 3 3 / 3 3 / 3 3 / 3 3 / 3 2 / 2 / 2 2 / 2 / 2 3 / 3 / 3 3		2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 3 / 3 3 / 3 3 / 3 3 / 3 3 / 3 2 / 2 2 / 2 3 / 3 3 / 3
and Screen	NF1 NF2 NG1 NG2 NH1 NH2 PA1 PA3 PA4 PA5 PB1 PB2 PB3 PB4 PC1 PC2 PC3	Serve small-sized, age-appropriate portions 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 Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity 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 Allow toddlers 60-90 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	++++	2 / 2 4 / 4 / 3 3 / 2 2 / 2 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 4 / 3 3 / 3 4 / 4 4 / 3 3 / 3 3 / 3 3 / 3 3 / 3 4 / 4 4 / 3 3 / 3 4 / 4 4 / 3 3 / 3 4 / 4 4 / 3 4 / 3 5 / 3 5 / 3 5 / 3 6 / 3 7 /		2 / 2 4 / 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 3 / 3 3 / 3 2 / 2 2 / 2 2 / 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 2 / 2 3 / 3 / 3 3 / 3	+	2 / 2 4 / 4 3 / 3 2 / 2 3 / 3 3 / 3 4 / 4 2 / 2 2 / 2 3 / 3 3 / 3 3 / 3

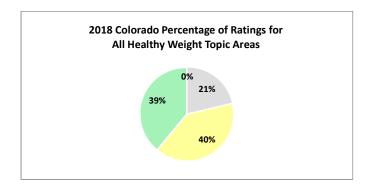
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

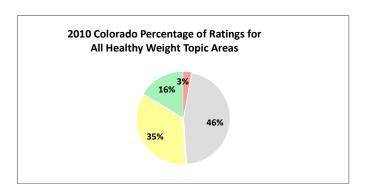
Color Code:

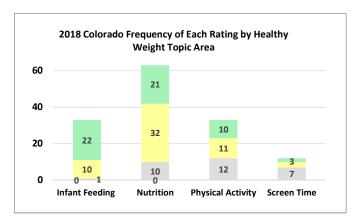
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

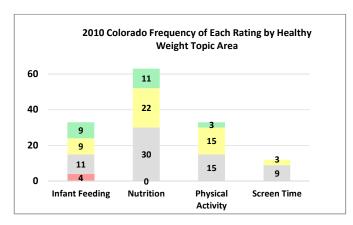
- Δ (Change) Code: + = Improved Rating = Lowered Rating

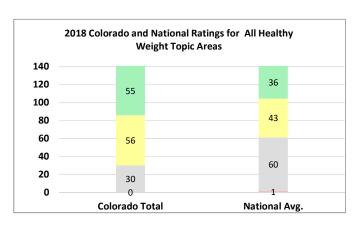
COLORADO

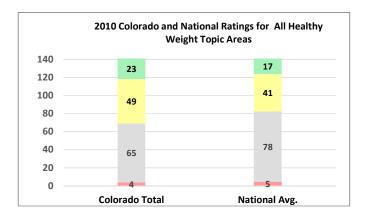




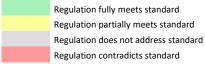








Color and Rating Codes:



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

2018/2010

			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	L	3 / 3		2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		2 / 2
	IB1	Feed infants on cue		4 / 4		4 / 4		2 / 2
ij.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4		2 / 2
nfant 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		4 / 4		4 / 4		2 / 2
윤	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
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
道	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	Г	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
<u> </u>	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2	Г	2 / 2		2/2
1	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3	Г	3 / 3		2 / 2
1	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3	Г	3 / 3		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	+	3 / 2	+	3 / 2		2 / 2
ļ,		Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2		2 / 2
-	_	Serve whole grain breads, cereals, and pastas		3 / 3	-	3 / 3		2/2
-		Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	Н	3 / 3		2 / 2
⊢		Serve fruits of several varieties, especially whole fruits		3 / 3	┢	3 / 3		2/2
<u> </u>		Use only 100% juice with no added sweeteners		4 / 4	Н	4 / 4		2 / 2
<u>ا</u> ا	_	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2		2 / 2
ᇎ	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	-	4 / 3		2 / 2
Nutritio		Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	-	4 / 3		2 / 2
		Make water available both inside and outside		4 / 4	М	4 / 4		4 / 4
1	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2	Г	2 / 2		2 / 2
T	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2/2	Г	2/2		2 / 2
1	NF1	Serve small-sized, age-appropriate portions		4 / 4	Г	4 / 4		2 / 2
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 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
N	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	Г	2/2		2 / 2
N	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		2 / 2	Г	2 / 2		2 / 2
<u> </u>	NH2	Do not use food as a reward or punishment		2 / 2	Г	2 / 2		2 / 2
1	PA1	Provide children with adequate space for both inside and outside play		4 / 4	Г	4 / 4		4 / 4
٦	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		Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2	Г	2 / 2		2 / 2
⊆IF	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	Г	2 / 2		2 / 2
9 -	PA5	Do not withhold active play from children who misbehave		2 / 2	Г	2 / 2		2 / 2
->⊢		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2 / 2	_	2 / 2		2 / 2
F	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2	Γ	2 / 2		2 / 2
	РВ3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
₹F	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		2 / 2
ਚ	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3	Г	3 / 3		2 / 2
ૂૅિ	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		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
				0 / 0	г	0 / 0		2 / 2
		Ensure that infants have supervised tummy time every day when they are awake		3 / 3		3 / 3		212

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

Color Code:

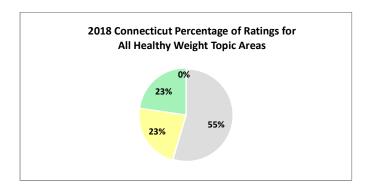
Regulation fully meets the standard Regulation contradicts the standard

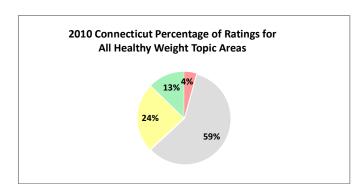
Rating Code:

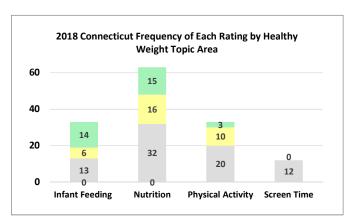
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

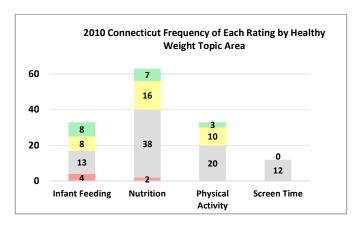
- Δ (Change) Code: + = Improved Rating = Lowered Rating

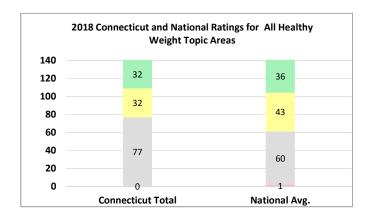
CONNECTICUT

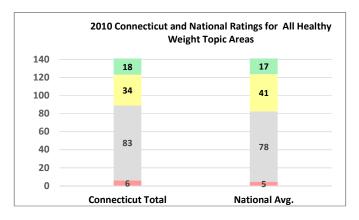




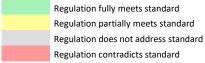








Color and Rating Codes:



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

2018/2010

			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		4 / 4		4 / 4
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue		4 / 4		4 / 4		4 / 4
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4		4 / 4
nfant 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		4 / 4	-	3 / 4	·	3 / 4
Fe	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
ī	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		4 / 4		4 / 4		4 / 4
nfa	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		3 / 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		4 / 4		4 / 4		4 / 4
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1		1 / 1		1 / 1
	ID3	Serve no fruit juice to children younger than 12 months of age		3 / 3		3 / 3		3 / 3
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3		3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		3 / 3		3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		3 / 3	+	3 / 2	+	3 / 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 / 3	+	4 / 3	+	4 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		4 / 4		4 / 4	+	4 / 3
	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		4 / 4		4 / 4		4 / 4
ē	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	-	2 / 3	-	2 / 3
Z	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		3 / 3	-	2 / 3	Ŀ	2 / 3
	ND1	Make water available both inside and outside		4 / 4	+	4 / 2	+	4 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		3 / 3		3 / 3		3 / 3
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	+	4 / 2	+	4 / 2	+	4 / 2
	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4		4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions		3 / 3	-	2 / 3	-	2 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	Н	2 / 2		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		3 / 3	Н	3 / 3		3 / 3
	NH2	Do not use food as a reward or punishment		3 / 3	H	3 / 3		3 / 3
	PA1	Provide children with adequate space for both inside and outside play		4 / 4	П	4 / 4	+	4 / 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	+	3 / 2	+	3 / 2	+	3 / 2
Ţ	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
⊆		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
ree	PA5	Do not withhold active play from children who misbehave		4 / 4		4 / 4		4 / 4
Š	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		4 / 4	_	2 / 3	Ŀ	2 / 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		4 / 4	-	3 / 4	Ŀ	3 / 4
Activity	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2	Ш	2 / 2		2 / 2
Ę	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		4 / 4	Ц	3 / 3		3 / 3
/ le	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3		3 / 3		3 / 3
Sic	PC3	, , , , , , ,		3 / 3	Ш	3 / 3		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		4 / 4	-	2 / 3	-	2 / 3
	PE1	Ensure that infants have supervised tummy time every day when they are awake	+	4 / 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		3 / 3		3 / 3	ĺ	3 / 3

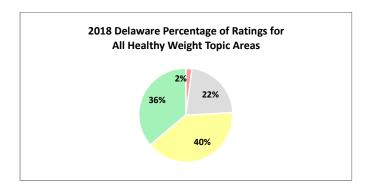
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

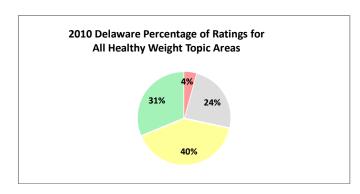
Color Code:

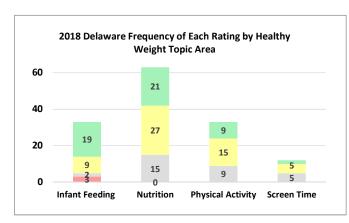
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

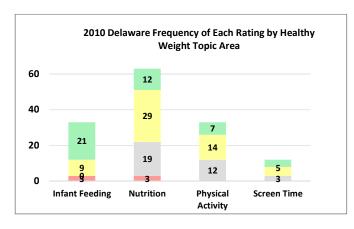
- Δ (Change) Code: + = Improved Rating = Lowered Rating

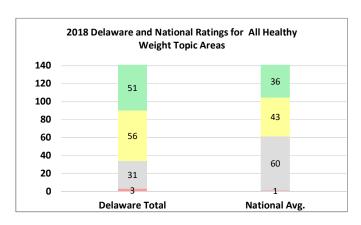
DELAWARE

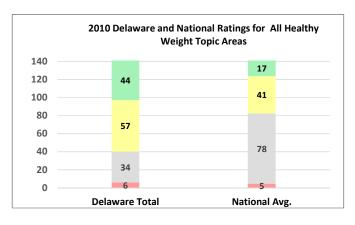












Regulation fully meets standard
Regulation partially meets standard

Color and Rating Codes:

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: http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf

DISTRICT OF COLUMBIA

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

2018/2010

_			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 / 2	+	4 / 0	+	4 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	+	4 / 2	+	4 / 0	+	4 / 2
[IB1	Feed infants on cue	+	4 / 2	+	4 / 0	+	4 / 2
. <u>.</u>	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 2	+	4 / 0	+	4 / 2
nfant 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 / 0	+	3 / 2
æ	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	+	3 / 2	+	3 / 0	+	3 / 2
뒽	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 2	+	4 / 0	+	4 / 2
뒫	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	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	П	2 / 2	+	2 / 0	T	2 / 2
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 2	+	3 / 0	+	3 / 2
Ī	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 2	+	4 / 0	+	4 / 2
ı	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	Т	2 / 2	+	2 / 0	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	+	3 / 2	+	3 / 0	+	3 / 2
ŀ	_	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	+	3 / 2	⊢	3 / 0	+	3 / 2
ŀ		Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced	_	3 / 2	Н	3 / 0	1	3 / 2
ļ	NA4	fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	Ļ		<u> </u>		+	
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	_	4 / 0	+	4 / 2
L	NB1	Serve whole grain breads, cereals, and pastas	+	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
ŀ	NB3	Serve fruits of several varieties, especially whole fruits	+	3 / 2	+	3 / 0	+	3 / 2
اء	NC1	Use only 100% juice with no added sweeteners	+	4 / 2	+	4 / 0	+	4 / 2
유	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 0	+	4 / 2
Nutritio	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 / 2	+	4 / 0	+	4 / 2
L	ND1	Make water available both inside and outside	+	4 / 2	+	4 / 0	+	4 / 2
L	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2	+	2 / 0	L	2 / 2
L	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2	+	2 / 0	L	2 / 2
	NF1	Serve small-sized, age-appropriate portions	+	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 / 2	+	3 / 0	+	3 / 2
ŀ	NG1	Limit salt by avoiding salty foods such as chips and pretzels	t	2 / 2	+	2 / 0	H	2 / 2
ŀ	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 2	⊢		+	3 / 2
ŀ	NH1	Do not force or bribe children to eat	+	3 / 2	⊢	3 / 0	+	3 / 2
ŀ	NH2	Do not use food as a reward or punishment	+	3 / 2	⊢		-	3 / 2
ŀ	PA1	Provide children with adequate space for both inside and outside play	H	4 / 4	⊢		T	4 / 4
ŀ		Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that		2/2	┢		t	
e l	PA2	promote physical activity	_		<u> </u>		L	2 / 2
⊢⊦		Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	_	2 / 2	⊢		L	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	L			2 / 0	L	2 / 2
ŒΙ		Do not withhold active play from children who misbehave	+		—	4 / 0	1	4 / 2
	_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	3 / 2	Ь—	3 / 0	+	3 / 2
- ≽ ⊦	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	+	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 / 0	+	4 / 2
Physical Activity		Do not utilize TV, video, or DVD viewing during meal or snack time	\vdash	2 / 2	Ь—	2 / 0	L	2 / 2
뒭	_	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	-	3 / 4	⊢	3 / 0	Ŀ	3 / 4
 		Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	⊢		L	3 / 3
Sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	+	3 / 0	L	3 / 3
چ	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	+	3 / 2	+	3 / 0	+	3 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	+	4 / 2	+	4 / 0	+	4 / 2
<u> </u>	_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	+	3 / 2	_	3 / 0	+	3 / 2
L		1 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	ட்	J , Z	ட்	3 / 0	_	10 / 2

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

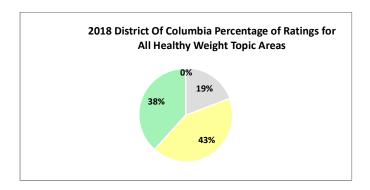
Color Code:

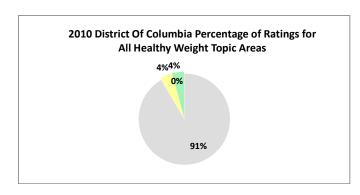
Regulation fully meets the standard Regulation contradicts the standard Rating Code: 0 = Not regulated

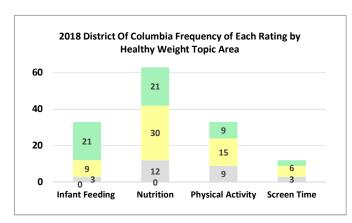
1 = Regulation contradicts the standard
2 = Regulation does not address standard
3 = Regulation partially meets standard
4 = Regulation fully meets standard

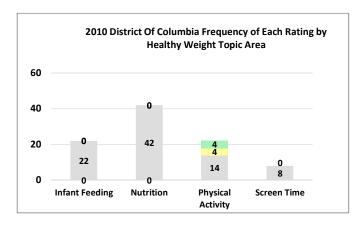
Δ (Change) Code: + = Improved Rating - = Lowered Rating

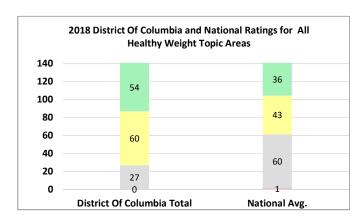
DISTRICT OF COLUMBIA

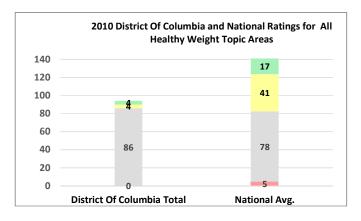












Color and Rating Codes:

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

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

2018/2010

_			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 / 2	+	4 / 2	+	4 / 2
[IB1	Feed infants on cue	+	4 / 2	+	4 / 2	+	4 / 2
ing.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 2	+	4 / 2	+	4 / 2
ed	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
æ	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
뒴	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
nfant 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
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		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	+	3 / 2	+	3 / 2	+	3 / 2
ŀ	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
ŀ		Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced		3 / 2		3 / 2	t	3 / 2
ļ	NA4	fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	Ļ		_		┡	
ļ	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
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	+	3 / 2	_		╌	3 / 2
L	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
ē	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		4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2	L	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 / 3		3 / 3		3 / 3
ŀ	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	_	2 / 2	┢	2 / 2
ŀ	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 2	+	3 / 2	+	3 / 2
ŀ	NH1	Do not force or bribe children to eat	+	3 / 2	+	3 / 2	╌	3 / 2
ŀ	NH2	Do not use food as a reward or punishment	Ė	3 / 3	Ė	3 / 3	Ė	3 / 3
ŀ	PA1	Provide children with adequate space for both inside and outside play	-	4 / 4	\vdash	4 / 4	H	4 / 4
ŀ		Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that			_		┢	
اع	PA2	promote physical activity		2 / 2		2 / 2	L	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	L	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		2 / 2		2 / 2
ŪΙ	PA5	Do not withhold active play from children who misbehave	+	4 / 2	+	4 / 2	+	4 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 2	+	4 / 2	+	4 / 2
- ≽ ŀ	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	+	3 / 2	+	3 / 2	+	3 / 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
Physical Activity	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2	_	2 / 2	L	2 / 2
핗	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
<u></u>	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	-	2 / 3	-	2 / 3	Ŀ	2 / 3
ٳێۣٳ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	Ŀ	2 / 3	_	2 / 3	Ŀ	2 / 3
څ	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	1	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	+	3 / 2	-	2 / 2	┢	2 / 2
ŀ		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
L	r Ľ2	Coo main oquipmont out in as syrings, stationary activity content, finant seats, fillotted seats, etc. Only for short periods if at all	┸	J / Z		212	_	212

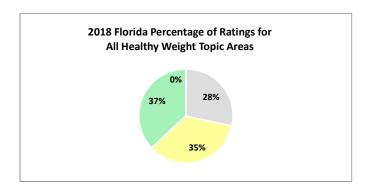
Abbreviation Key: Δ =Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

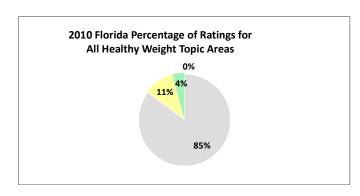
Color Code:

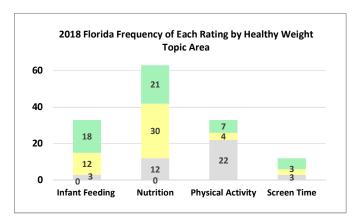
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

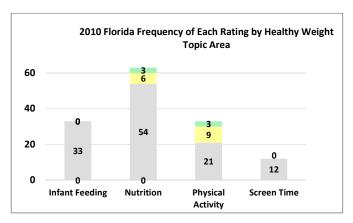
- Δ (Change) Code: + = Improved Rating = Lowered Rating

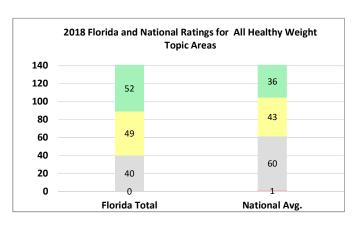
FLORIDA

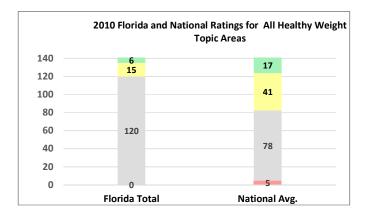




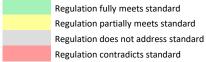








Color and Rating Codes:



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

2018/2010

_			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	-	0 / 3	L	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		4 / 4	-	0 / 4		2 / 2
ij.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4	-	0 / 4		2 / 2
ed	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		3 / 3	-	0 / 3		3 / 3
æ	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3	-	0 / 3		2 / 2
뒴	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 3	-	0/3	T	2 / 2
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	-	0 / 3	1	2 / 2
<u>-</u>	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	T	2 / 2
ŀ	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	_	0 / 1	T	2 / 2
ŀ	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	-	0 / 1	\mathbf{t}	2 / 2
ŀ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2/2	_	0 / 2	t	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	_	0 / 3	-	3 / 3
ŀ		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
ŀ		Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced	<u> </u>			-	╁	
	NA4	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	_	0 / 2	L	2 / 2
L	NB1	Serve whole grain breads, cereals, and pastas		3 / 3	-	0 / 3	L	2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	_	0 / 3	\perp	3 / 3
L	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3	-	0 / 3	L	3 / 3
ے	NC1	Use only 100% juice with no added sweeteners		4 / 4	-	0 / 4	L	2 / 2
١ڦ	NC2	Offer juice (100%) only during meal times	+	4 / 2	-	0 / 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	-	0 / 3	L	2 / 2
킑	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	L	2 / 2
L	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2	-	0 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions		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		3 / 3	_	0/3		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	-	0 / 2	╁	2 / 2
ŀ	-	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		3 / 3	Ė	0 / 2	-	2/2
ŀ		Do not force or bribe children to eat		3 / 3	Ė	0 / 3	+-	3 / 3
 		Do not use food as a reward or punishment		4 / 4	Ė	0 / 3	+	4 / 4
}	_	Provide children with adequate space for both inside and outside play		4 / 4	Ė	0 / 4	-	3 / 3
ŀ		Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that			Ē		╁	
اع	PA2	promote physical activity		2 / 2	_	0 / 2	\perp	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	_	0 / 2	L	2 / 2
e.	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2	_	0 / 2		2 / 2
Ō١	PA5	Do not withhold active play from children who misbehave		2 / 2	_	0 / 2	L	2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2 / 2	_	0 / 2	L	2 / 2
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		3 / 3	_	0 / 3	L	3 / 3
Α	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2	-	0 / 2	L	2 / 2
Physical Activity	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2	_	0 / 2	L	2 / 2
Ę	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3	_	0 / 3	L	3 / 3
إٍ_	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	_	0 / 3	L	3 / 3
<u>i</u>	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	Ŀ	0 / 3	L	3 / 3
چ	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote		2 / 2	-	0 / 2	1	2 / 2
		movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	+	4 / 2	_		┺	-
ŀ		Ensure that infants have supervised tummy time every day when they are awake	+		Ŀ		-	4 / 2
L	re2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3	_	0 / 3	+	3 / 2

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

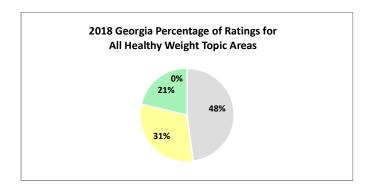
Color Code:

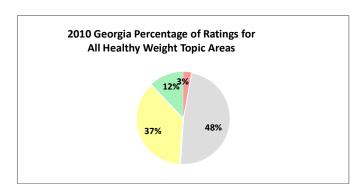
Regulation fully meets the standard Regulation contradicts the standard Rating Code: 0 = Not regulated

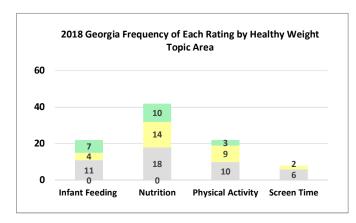
- 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

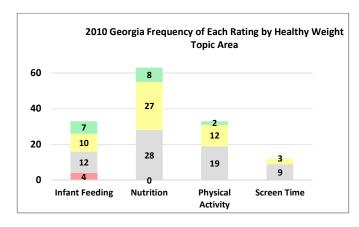
- Δ (Change) Code: + = Improved Rating = Lowered Rating

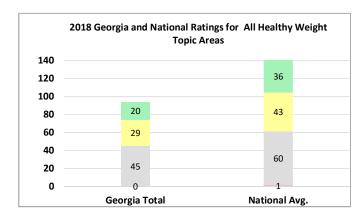
GEORGIA

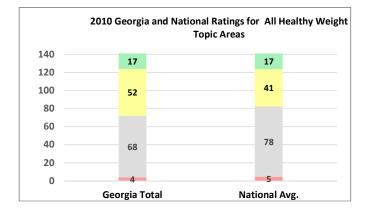




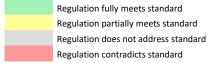








Color and Rating Codes:



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

2018/2010

_			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		3 / 3	L	3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue		4 / 4		4 / 4		4 / 4
ij.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4		4 / 4
ed	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		4 / 4		2 / 2		3 / 3
E.	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
털	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		2 / 2		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	4 / 1	+	4 / 1	+	4 / 1
Ī	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		2 / 2	Г	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		3 / 3	Г	3 / 3	Г	3 / 3
ŀ	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
ŀ	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	_	3 / 2	+	3 / 2	+	3 / 2
ļ		fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	_		⊢		▙	
ļ		Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	+	4 / 2
I	NB1	Serve whole grain breads, cereals, and pastas		3 / 3	<u> </u>	3 / 3		3 / 3
ļ	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	<u> </u>	3 / 3	L	3 / 3
I	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3	<u> </u>	3 / 3		3 / 3
ے	NC1	Use only 100% juice with no added sweeteners		4 / 4	╙	4 / 4		4 / 4
유	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
킬	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	4 / 3	+	4 / 3
L	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	L	2 / 2	L	2 / 2
L	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2	L	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	l	3 / 3		3 / 3
ŀ	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2/2	H	2 / 2	H	2 / 2
ŀ	NG2	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		3 / 3	Н	3 / 3		3 / 3
ŀ	NH2	Do not use food as a reward or punishment		4 / 4	Г	4 / 4		4 / 4
ŀ	PA1	Provide children with adequate space for both inside and outside play		4 / 4	Т	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
Time	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2	Γ	2 / 2	Г	2 / 2
⊆	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2	Г	2 / 2		2 / 2
a	PA5	Do not withhold active play from children who misbehave		2 / 2		2 / 2		2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2 / 2	Г	2 / 2		2 / 2
r	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2		2 / 2		2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
ξ	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		2 / 2
Ę	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		3 / 3		3 / 3		3 / 3
ica	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		2 / 2	$oxed{oxed}$	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	L	2 / 2		2 / 2

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

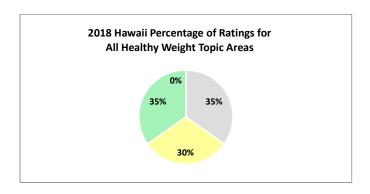
Color Code:

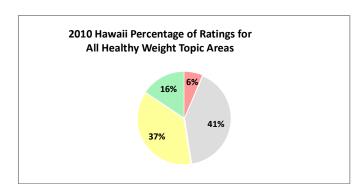
Regulation fully meets the standard Regulation contradicts the standard

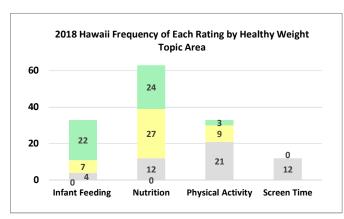
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

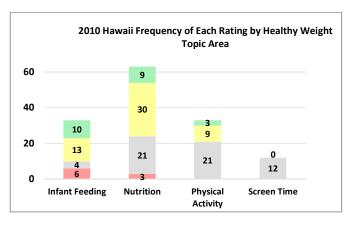
Δ (Change) Code: + = Improved Rating - = Lowered Rating

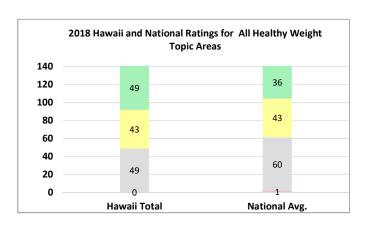
HAWAII

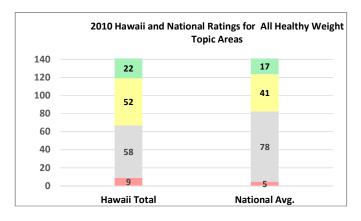




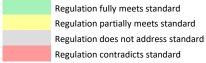








Color and Rating Codes:



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

2018/2010

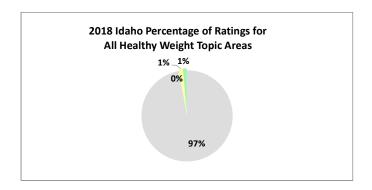
			Δ	CTR	Δ	LRG	Δ	SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		2 / 2		2 / 2		2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		2 / 2		2 / 2		2 / 2
	IB1	Feed infants on cue		2 / 2		2 / 2		2 / 2
Feeding	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2		2 / 2
eq	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		2 / 2		2 / 2		2 / 2
F.	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		2 / 2		2 / 2		2 / 2
ᆵ	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		2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		2 / 2		2 / 2		2 / 2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		2 / 2		2 / 2		2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older		2 / 2		2 / 2	Ш	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
ij	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		2 / 2		2 / 2		2 / 2
Ę	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
ļ		Do not use food as a reward or punishment		2 / 2		2 / 2		2 / 2
ļ	PA1	Provide children with adequate space for both inside and outside play		2 / 2	Щ	4 / 4	Щ	4 / 4
a 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		2 / 2
Time		Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	Ш	2 / 2	Ц	3 / 3	\vdash	3 / 3
eu		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		2 / 2
a)		Do not withhold active play from children who misbehave		2 / 2	Щ	2 / 2		2 / 2
	_	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	Щ	2 / 2
š	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2/2	Щ	2 / 2	Щ	2 / 2
Ξ	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	Щ	2/2	Щ	2 / 2	\vdash	2 / 2
ţ	_	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	Ш	2/2	Щ	2 / 2	\vdash	2 / 2
a		Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		2/2		2 / 2		2 / 2
Sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		2/2	Щ	2 / 2	Ц	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
ļ	_	Ensure that infants have supervised tummy time every day when they are awake		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		2 / 2		2 / 2		2 / 2

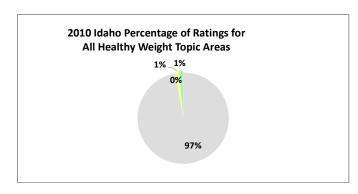
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

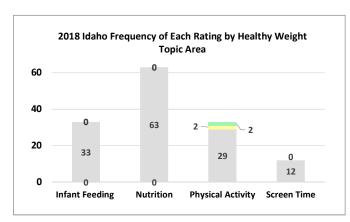
Color Code:

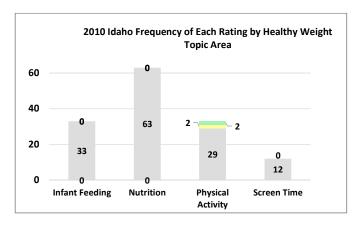
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard
- Δ (Change) Code: + = Improved Rating = Lowered Rating

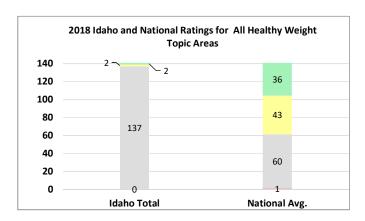
IDAHO

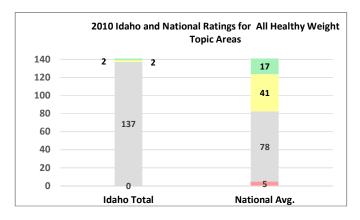




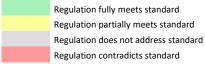








Color and Rating Codes:



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

2018/2010

			Δ	CTR	Δ	LRG	Δς	ML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	+	3 / 2		2/2	2	/ 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		1 / 1		1 / 1	1	/ 1
	IB1	Feed infants on cue	+	3 / 2		4 / 4	4	/ 4
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	3 / 2		2/2	2	/ 2
nfant 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	+	4 / 3		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 / 3		3 / 3	3	/ 3
디	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		4 / 4		3 / 3	3	/ 3
nfa	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		3 / 3		3 / 3	3	/ 3
_	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	+	4 / 2		2 / 2	2	/ 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1		1 / 1	1	/ 1
	ID3	Serve no fruit juice to children younger than 12 months of age	+	3 / 1		1 / 1	1	/ 1
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	+	4 / 2		2 / 2	2	/ 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3	3	/ 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		3 / 3	3	/ 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	+	4 / 3		2 / 2	2	/ 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 3	Ш	2 / 2	2	/ 2
	NB1	Serve whole grain breads, cereals, and pastas		3 / 3		3 / 3	3	/ 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3		4 / 4	3	/ 3
	NB3	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
ţį	NC2	Offer juice (100%) only during meal times	+	4 / 2		2 / 2	2	/ 2
Nutritio	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	Ш	4 / 4	4	/ 4
Ž	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		4 / 4		4 / 4	4	/ 4
	ND1	Make water available both inside and outside	+	4 / 3		3 / 3	3	/ 3
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		3 / 3	Ш	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 / 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		2 / 2	2	/ 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	+	4 / 2		2/2	2	/ 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	4 / 3		2/2	2	/ 2
	NH1	Do not force or bribe children to eat		4 / 4		3 / 3	3	/ 3
	NH2	Do not use food as a reward or punishment		4 / 4		3 / 3	3	/ 3
	PA1	Provide children with adequate space for both inside and outside play		4 / 4		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	2	/ 2
Tim	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
en .		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
<u>.</u>	PA5	Do not withhold active play from children who misbehave	+	4 / 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	+	4 / 3	Ц	2 / 2	2	/ 2
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		3 / 3	Щ	2 / 2	2	/ 2
		Use screen media with children age two years and older only for educational purposes or physical activity		4 / 2	Ц	2 / 2	2	/ 2
Activity		Do not utilize TV, video, or DVD viewing during meal or snack time	_	4 / 2	Ц	2 / 2	-	/ 2
₹ct	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	+	4 / 3	Щ	3 / 3	-	/ 3
al /	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	Ш	3 / 3	-	/ 3
sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	Ц	3 / 3	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		3 / 3	_	/ 3
	PE1	Ensure that infants have supervised tummy time every day when they are awake		4 / 4	Ц	4 / 4		/ 4
	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		2 / 2		2 / 2	2	/ 2

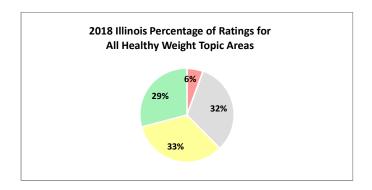
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

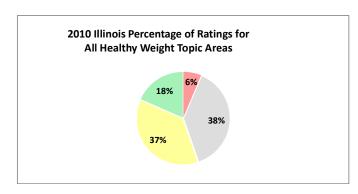
Color Code:

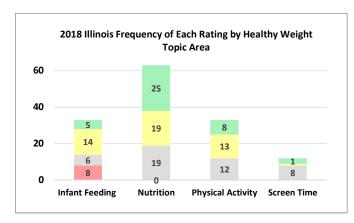
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

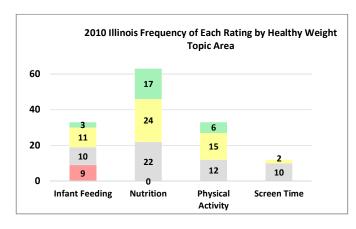
- Δ (Change) Code: + = Improved Rating = Lowered Rating

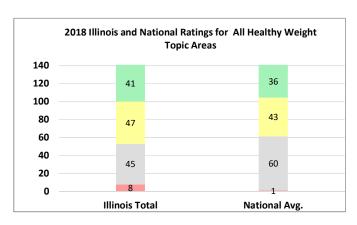
ILLINOIS

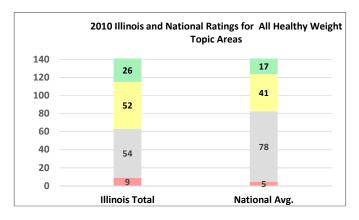




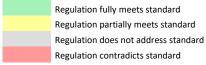








Color and Rating Codes:



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

2018/2010

			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		3 / 3		2 / 2		2 / 2
Feeding	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2		2 / 2
eq	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		4 / 4		3 / 3		3 / 3
F.	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		2 / 2		2 / 2		2 / 2
ᆵ	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		2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		2 / 2		2 / 2		2 / 2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		2 / 2		2 / 2		2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		3 / 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
	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		4 / 4		2 / 2		2 / 2
ĕ	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2		2 / 2
ij	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		2 / 2		2 / 2		2 / 2
Nutrition	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		2 / 2		2 / 2		2 / 2
	ND1	Make water available both inside and outside		3 / 3		2 / 2		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		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		2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2		2 / 2		2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		3 / 3		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 / 4		2 / 2		3 / 3
	PA1	Provide children with adequate space for both inside and outside play		4 / 4		2 / 2		3 / 3
<u>و</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		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
eu	_	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
a)	PA5	Do not withhold active play from children who misbehave		3 / 3		2 / 2		2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		4 / 4		2 / 2	Ш	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	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
اق	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		2 / 2
ţ	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3	Щ	2 / 2	Щ	3 / 3
 		Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	Щ	2 / 2	Щ	3 / 3
Sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	Щ	2 / 2	Щ	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		2 / 2
ļ		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		3 / 3		2 / 2		2 / 2

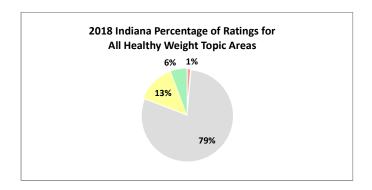
Abbreviation Key: Δ =Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

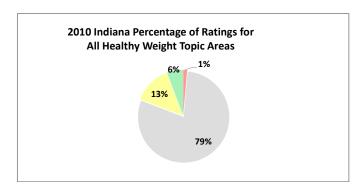
Color Code:

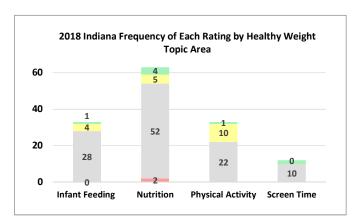
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

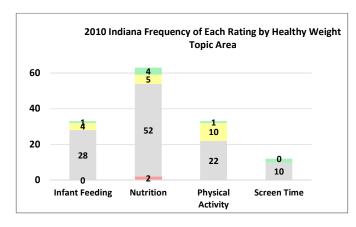
- Δ (Change) Code: + = Improved Rating = Lowered Rating

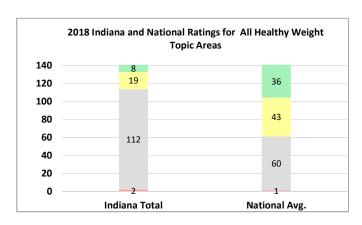
INDIANA

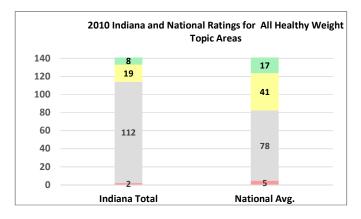




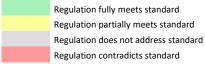








Color and Rating Codes:



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

2018/2010

			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		3 / 3		3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue		4 / 4		4 / 4		4 / 4
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4		4 / 4
nfant 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 / 2		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		3 / 3		3 / 3
ī	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
nfa	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
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	4 / 1	+	4 / 1	+	4 / 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		2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3		3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		3 / 3		3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		3 / 3	+	3 / 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
ے	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
ē	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
Z	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	Ш	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	П	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	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		2 / 2		2 / 2		2 / 2
⊆	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2		2 / 2		2 / 2
ree	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		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	Ш	2 / 2		2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
Activity	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2	Щ	2 / 2	L	2 / 2
ţ	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3	Ц	2 / 2	$oxed{oxed}$	2 / 2
/e	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		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	Ц	3 / 3		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	Ц	3 / 3		3 / 3
	PE1	Ensure that infants have supervised tummy time every day when they are awake		2 / 2	Ц	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

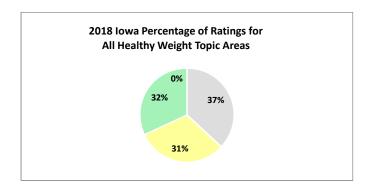
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

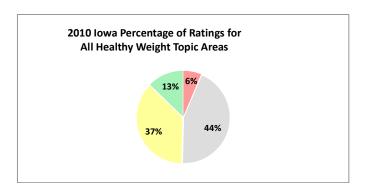
Color Code:

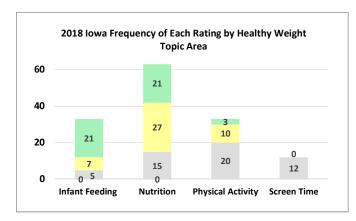
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

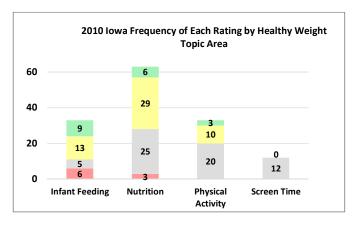
- Δ (Change) Code: + = Improved Rating = Lowered Rating

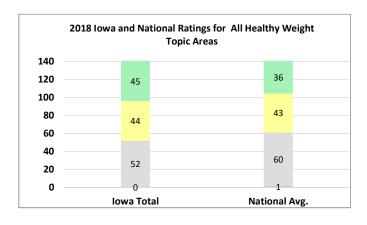
IOWA

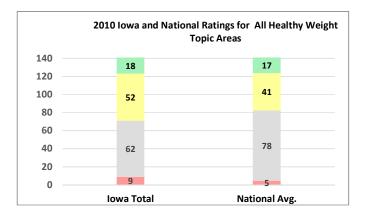




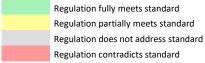








Color and Rating Codes:



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

2018/2010

		Weight Fluctices by Topic Area. Most Recent Ratings & 2010 Baseline	_		_		_	
			Δ	CTR	Δ	LRG	Δ	+ -
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		3 / 3	ᆫ	3 / 3	L	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		2 / 2		2 / 2		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		3 / 3	Г	3 / 3		3 / 3
윤	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3	Г	3 / 3		3 / 3
Ę	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	Т	2 / 2	T	2 / 2
ŀ	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		2 / 2	Т	2 / 2	T	2 / 2
ŀ	ID3	Serve no fruit juice to children younger than 12 months of age		2 / 2	┢	2/2		2 / 2
ŀ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2/2	H	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		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		3 / 3	┢	3 / 3	H	3 / 3
ŀ		Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced	Н		\vdash		\vdash	
	NA4	fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 2	L	2 / 2	L	2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older		2 / 2	+	4 / 2	+	4 / 2
	NB1	Serve whole grain breads, cereals, and pastas		2 / 2		2 / 2		2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3		3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3		3 / 3		3 / 3
_[NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
<u>.</u>	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		2 / 2	Г	2 / 2		2 / 2
Nutritio	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		2 / 2	Г	2/2		2 / 2
	ND1	Make water available both inside and outside		4 / 4	+	3 / 2	+	3 / 2
ı	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2	T	2/2		2 / 2
l	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2	Т	2/2	T	2 / 2
ľ	NF1	Serve small-sized, age-appropriate portions		2 / 2		2/2	T	2 / 2
ŀ	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		1 / 1	T	1 / 1	H	1 / 1
ŀ		caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions			<u> </u>		L	
ŀ		Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	⊢	2 / 2	L	2 / 2
L	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		2 / 2	-	2 / 2	_	2 / 2
L	NH1	Do not force or bribe children to eat		3 / 3	⊢	3 / 2	-	3 / 2
	NH2	Do not use food as a reward or punishment		3 / 3	_	3 / 2	+	3 / 2
	PA1	Provide children with adequate space for both inside and outside play		4 / 4	L	3 / 3	_	3 / 3
ر _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
Ĕ	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	Н	2 / 2	┢	2/2	H	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	Н	2/2	—	2/2	\vdash	2 / 2
ē		Do not withhold active play from children who misbehave		2/2	_	2/2	H	2/2
		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		3 / 3	_	3 / 3	\vdash	3 / 3
ğ	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2	┢	2 / 2	┢	2 / 2
≒.⊦		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> ≥		Do not utilize TV, video, or DVD viewing during meal or snack time		2/2	-	2/2	H	2/2
ا≨		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
Physical Activity		Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	—		H	+
į			H		+	4/3	╀	4 / 3
śić	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	⊢	3 / 3	\vdash	3 / 3
췬	PD1	movement over the course of the day—indoor or outdoor		3 / 3		2 / 2		2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake		2 / 2	Г	2 / 2		2 / 2
Ī	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3	Π	2/2	ĺ	2 / 2
L					_		_	

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

Color Code:

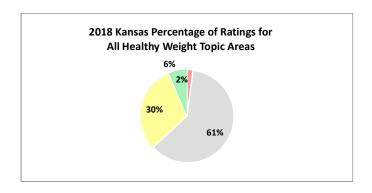
Regulation fully meets the standard Regulation contradicts the standard

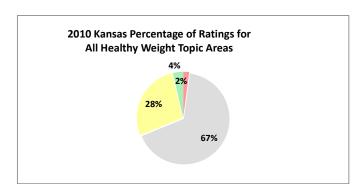
Rating Code:

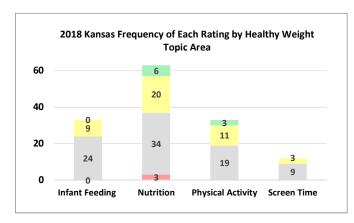
- 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

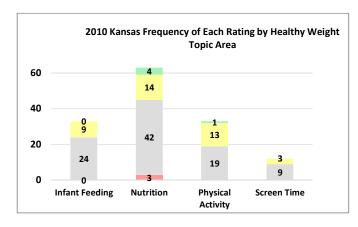
- Δ (Change) Code: + = Improved Rating = Lowered Rating

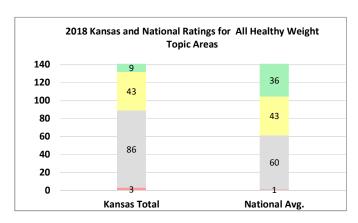
KANSAS

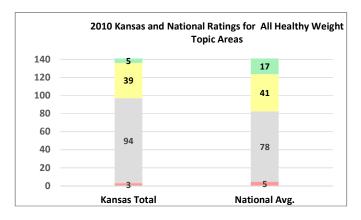




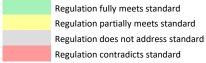








Color and Rating Codes:



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

2018/2010

			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 / 2	+	4 / 2	+	4 / 2
	IB1	Feed infants on cue		2 / 2		2 / 2		2 / 2
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 3	+	4 / 3	+	4 / 3
nfant 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		4 / 4		4 / 4		4 / 4
Fe	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		2 / 2		2 / 2	-	2 / 3
ī	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 / 3
nfa	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		2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		2 / 2		2 / 2		2 / 2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		2 / 2		2 / 2		2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	+	3 / 2	+	3 / 2	+	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 / 3		3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3		3 / 3		3 / 3
ے	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
ē	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		2 / 2		2 / 2		2 / 2
Z	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	+	4 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	+	3 / 2	+	3 / 2	+	3 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions	-	3 / 4	-	3 / 4	-	3 / 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	-	1 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2		2 / 2		2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		2 / 2		2 / 2		2 / 2
	NH1	Do not force or bribe children to eat		2 / 2		2 / 2		2 / 2
	NH2	Do not use food as a reward or punishment	+	4 / 3	+	4 / 3	+	4 / 2
	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4	+	4 / 3
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		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	Ц	2 / 2	_	2 / 2
eu		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		2 / 2
ē	_	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	+	3 / 2	-	3 / 2	_	3 / 3
and	_	Limit total media time for children 2 years and older to not more than 30 min. weekly	+	3 / 2	-	3 / 2	_	3 / 3
		Use screen media with children age two years and older only for educational purposes or physical activity	_	4 / 2	+	4 / 2	+	3 / 2
Activity	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	+	4 / 2	+	4 / 2	+	4 / 2
ζţ	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3	Ц	3 / 3	_	3 / 3
a /	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	Щ	3 / 3		3 / 3
sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	Ц	3 / 3	_	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
	PE1	Ensure that infants have supervised tummy time every day when they are awake		2 / 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		2 / 2		2 / 2		2 / 2

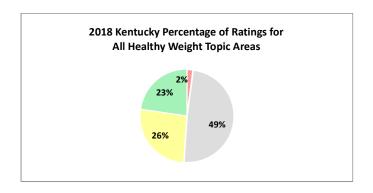
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

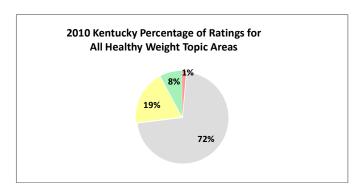
Color Code:

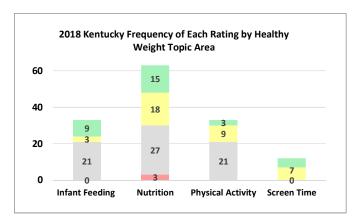
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

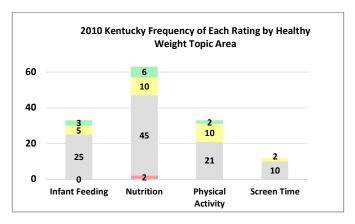
- Δ (Change) Code: + = Improved Rating = Lowered Rating

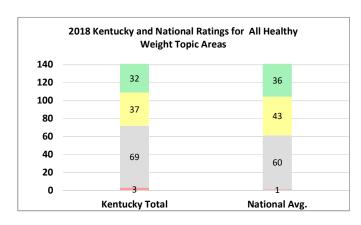
KENTUCKY

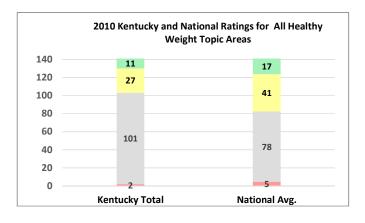




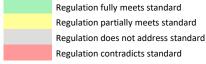








Color and Rating Codes:



Kentucky Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2018 (CTR, LRG, SML) A listing of all documents rated for ASHW, 2010 to date, is available at the following link: http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf

LOUISIANA

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

2018/2010

			Δ	CTR	Δ	LI	RG	ΔS	SML
- [IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		3 / 3	+	3 /	/ 0	0	/ 0
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	+	4 / 1	+	4 /	/ 0	0	/ 0
	IB1	Feed infants on cue		4 / 4	+	4 /	/ 0	0	/ 0
'n	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4	+	4 /	/ 0	0	/ 0
Infant 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 / 4	+	3 /	/ 0	0	/ 0
윤	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3	+	3 /	/ 0	0	/ 0
텔	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 3	+	4 /	/ 0	0	/ 0
튑	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 /	/ 0	0	/ 0
-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 /	/ 0	0	/ 0
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	+	3 /	/ 0	0	/ 0
ı	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 /	/ 0	0	/ 0
ı	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2	+	2 /	/ 0	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 / 3	+	3 /	/ 0	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 /	/ 0	0	/ 0
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	+	3 / 2	+	3 /	/ 0	0	/ 0
Į	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 /	/ 0	0	/ 0
	NB1	Serve whole grain breads, cereals, and pastas		3 / 3	+	3 /	/ 0	0	/ 0
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
	NB3	Serve fruits of several varieties, especially whole fruits	-	3 / 4	+	3 /	/ 0	0	/ 0
اء	NC1	Use only 100% juice with no added sweeteners		4 / 4	+	4 /	/ 0	0	/ 0
恴	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 /	/ 0	0	/ 0
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 /	/ 0	0	/ 0
劃	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
		Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2	┰	+	/ 0	-	/ 0
		Require adults eating meals with children to eat items that meet nutrition standards		2 / 2	┰	-	/ 0		/ 0
ı	NF1	Serve small-sized, age-appropriate portions		4 / 4	+	4 /	/ 0	0	/ 0
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	+	3 / 1	+	3 /	/ 0	0	/ 0
ı	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	+	2 /	/ 0	0	/ 0
ı	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 1	+	3 /	/ 0	0	/ 0
ı	NH1	Do not force or bribe children to eat	+	3 / 2	+	3 /	/ 0	0	/ 0
ı	NH2	Do not use food as a reward or punishment		3 / 3	+	3 /	/ 0	0	/ 0
Ī	PA1	Provide children with adequate space for both inside and outside play		4 / 4	+	4 /	/ 0	0	/ 0
اع	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2 / 2	+	2 /	/ 0	0	/ 0
Ē	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
eu		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2			/ 0		/ 0
ωı	PA5	Do not withhold active play from children who misbehave	+	4 / 3	_	+	/ 0	-	/ 0
		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 2	-	+	/ 0	_	/ 0
≽ŀ		Limit total media time for children 2 years and older to not more than 30 min. weekly	+	3 / 2	┰	+	/ 0		/ 0
څ		Use screen media with children age two years and older only for educational purposes or physical activity	_	1 / 2	┰	+	/ 0	_	/ 0
ا≷∷		Do not utilize TV, video, or DVD viewing during meal or snack time	Щ	2 / 2	-	-	/ 0	-	/ 0
닿	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	_	2 / 3	┰	-	/ 0	_	/ 0
न्	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	┰	-	/ 0	_	/ 0
ŝ	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	+	3 / 2	╄	╀	/ 0	_	/ 0
ŀ		Ensure that infants have supervised tummy time every day when they are awake		2 / 2	┰	-	/ 0		/ 0
	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3	+	13 /	/ 0	0	/ 0

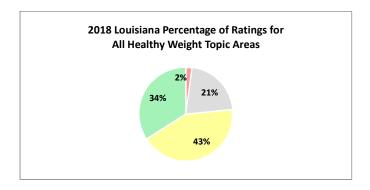
Abbreviation Key: Δ =Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

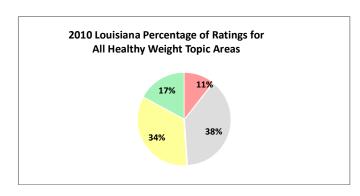
Color Code:

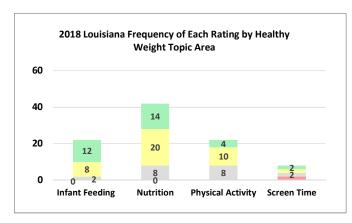
- Rating Code: 0 = Not regulated
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

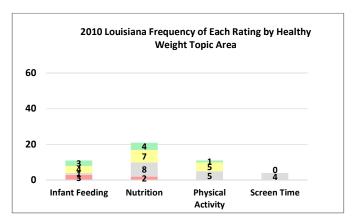
- Δ (Change) Code: + = Improved Rating = Lowered Rating

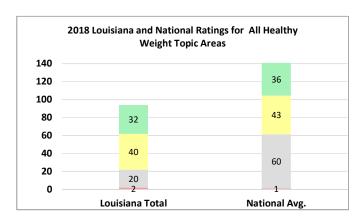
LOUISIANA

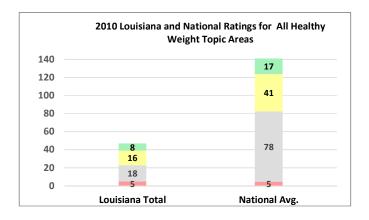




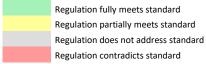








Color and Rating Codes:



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

2018/2010

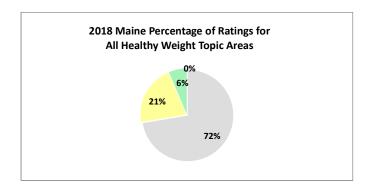
			Δ	CTR	Δ	LRG	Δ	SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		2 / 2	+	3 / 2	+	3 / 2
ı	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		2 / 2		2 / 2		2 / 2
ı	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		2 / 2		2 / 2		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		4 / 4		3 / 3	T	3 / 3
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	T	2 / 2
ᆸ	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		2 / 2		2 / 2		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	Г	2 / 2
ı	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		2 / 2		2 / 2	Г	2 / 2
ı	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		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		3 / 3		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		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		2 / 2		2 / 2		2 / 2
	NB1	Serve whole grain breads, cereals, and pastas		2 / 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 / 2	+	3 / 2
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3	+	3 / 2	+	3 / 2
] _	NC1	Use only 100% juice with no added sweeteners		2 / 2		2 / 2		2 / 2
اق	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		2 / 2		2 / 2		2 / 2
Ę	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		2 / 2		2 / 2		2 / 2
_[ND1	Make water available both inside and outside		3 / 3	+	3 / 2	+	3 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions		3 / 3		2 / 2		2 / 2
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions		2 / 2		2 / 2		2 / 2
ı	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2		2 / 2	T	2 / 2
ı		Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		2 / 2		2 / 2		2 / 2
ı		Do not force or bribe children to eat		3 / 3		3 / 3		3 / 3
Ì		Do not use food as a reward or punishment		3 / 3	П	3 / 3		3 / 3
ı	PA1	Provide children with adequate space for both inside and outside play		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
Ĕ	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		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
Scree	PA5	Do not withhold active play from children who misbehave		2 / 2		2 / 2	Ĺ	2 / 2
S	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		3 / 3	1	2 / 3	-	2 / 3
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		3 / 3		2 / 2		2 / 2
Z a	РВ3	Use screen media with children age two years and older only for educational purposes or physical activity		4 / 4	-	2 / 4	Ŀ	2 / 4
ا₹	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2	L	2 / 2
뜅	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		4 / 4	Ŀ	3 / 4	Ŀ	3 / 4
<u>ڇ</u> ا	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	-	2 / 3	<u>-</u>	2 / 3
ٳؿۣ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 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		2 / 2		2 / 2		2 / 2
Į	PE1	Ensure that infants have supervised tummy time every day when they are awake		2 / 2		2 / 2		2 / 2
	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		2 / 2		2 / 2		2 / 2

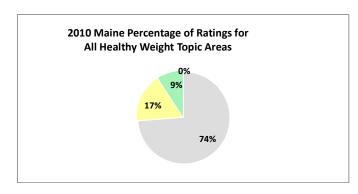
Abbreviation Key: Δ =Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

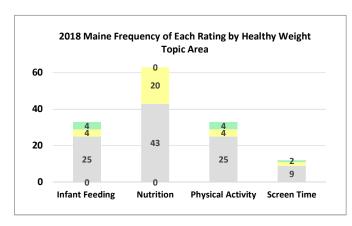
Color Code:

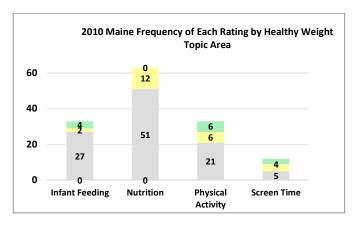
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard
- Δ (Change) Code: + = Improved Rating = Lowered Rating

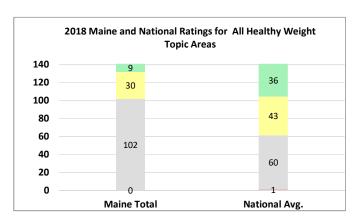
MAINE

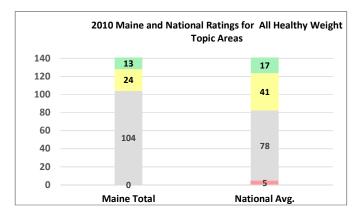




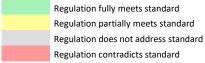








Color and Rating Codes:



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

2018/2010

_			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		4 / 4		4 / 4		4 / 4
ij.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4		4 / 4
ed	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		3 / 3		3 / 3		2 / 2
윤	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3	+	4 / 3		3 / 3
֚֓֞֞֞֞֟֞֓֞֟֞֩֟֡֞֞֓֓֞֩֟֡֞	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	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		2 / 2	Г	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 / 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		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	Г	3 / 3	Г	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	+	3 / 2	+	3 / 2	+	3 / 2
	NB1	Serve whole grain breads, cereals, and pastas		3 / 3		3 / 3		3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3		3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3		3 / 3		3 / 3
]ے	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
١٥	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
Ħ	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 / 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	L	2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4		3 / 3
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions		3 / 3		3 / 3		3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	L	2 / 2		2 / 2
L	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	L	3 / 3		3 / 3
ļ	NH2	Do not use food as a reward or punishment		3 / 3	_	3 / 3		3 / 3
ļ	PA1	Provide children with adequate space for both inside and outside play		4 / 4	<u> </u>	4 / 4	_	4 / 4
a 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		2 / 2
⊢ ⊦		Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2/2	<u> </u>	2 / 2	L	2 / 2
드	_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2/2	<u> </u>	2 / 2	<u> </u>	2 / 2
ŪΙ	_	Do not withhold active play from children who misbehave		2 / 2	_	2 / 2	Н	2 / 2
		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 2	⊢	4 / 2	+	4 / 2
- ≽ ŀ	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	+	3 / 2	+	3 / 2	+	3 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	+	3 / 2	+	3 / 2	+	3 / 2
∑	_	Do not utilize TV, video, or DVD viewing during meal or snack time	+	4 / 2	+	4 / 2	+	4 / 2
Acı	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	_	4 / 4	\vdash	4 / 4	\vdash	4 / 4
ē	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	\vdash	3 / 3	_	3 / 3
ŝi	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	\vdash	3 / 3	_	3 / 3
ਕ	PD1	movement over the course of the day—indoor or outdoor		3 / 3	_	3 / 3	_	3 / 3
ļ		Ensure that infants have supervised tummy time every day when they are awake		2 / 2	<u> </u>	2 / 2	<u> </u>	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		2 / 2	$ldsymbol{ldsymbol{ldsymbol{ldsymbol{ldsymbol{L}}}}$	2 / 2	ட	2 / 2

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

Color Code:

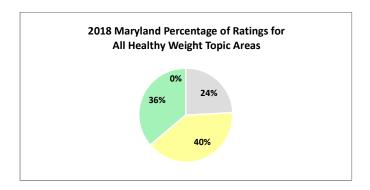
Regulation fully meets the standard Regulation contradicts the standard

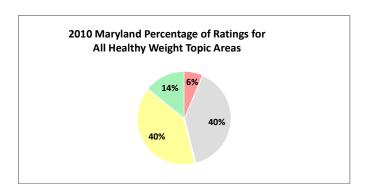
Rating Code:

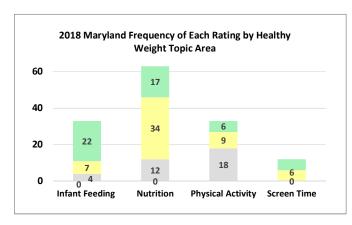
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

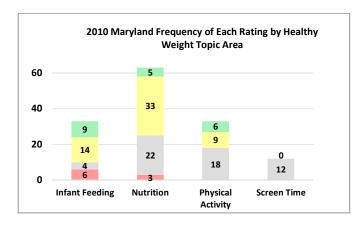
- Δ (Change) Code: + = Improved Rating = Lowered Rating

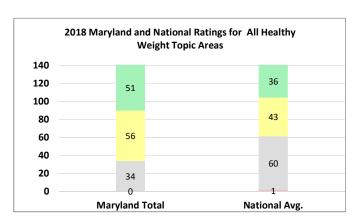
MARYLAND

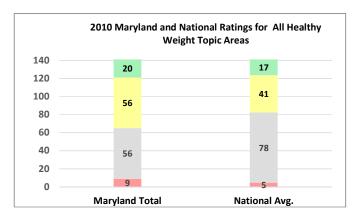




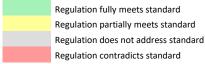








Color and Rating Codes:



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

2018/2010

_			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		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
ij	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2	П	2 / 2
e	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		4 / 4		4 / 4	П	4 / 4
윤	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		2/2		2 / 2	П	2 / 2
뒴	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		2/2		2 / 2	П	2 / 2
nfant Feedin	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
-	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
Ī	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		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	П	2 / 2
ŀ	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	\Box	2 / 2
ŀ	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
ŀ	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	H	2 / 2		2 / 2	H	2/2
ļ		fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	Щ				Ш	
ļ		Serve skim or 1% pasteurized milk to children two years of age and older		2 / 2		2 / 2	Ш	2/2
ļ		Serve whole grain breads, cereals, and pastas	Щ	2 / 2		2 / 2	Ш	2/2
ŀ	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	Ш	2 / 2		2 / 2	Ш	2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits		2 / 2		2 / 2	Ш	2 / 2
ے	_	Use only 100% juice with no added sweeteners		2 / 2		2 / 2	Ш	2 / 2
유	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2	Ш	2 / 2
Nutritio	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		2 / 2		2 / 2	Ш	2 / 2
퀽	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		2 / 2		2 / 2	Ш	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	Ш	3 / 3
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2	Ш	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
ŀ	NG1	Limit salt by avoiding salty foods such as chips and pretzels	Н	2 / 2		2 / 2	\vdash	2/2
ŀ	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		2/2		2/2	H	2/2
ŀ	NH1	Do not force or bribe children to eat	Н	4 / 4		4 / 4	H	4 / 4
ŀ		Do not use food as a reward or punishment		4 / 4		4 / 4	H	4 / 4
-	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4	\vdash	4 / 4
ŀ	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	П	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	\sqcap	2 / 2
		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	П	2 / 2
ē	_	Do not withhold active play from children who misbehave	П	3 / 3		3 / 3		3 / 3
- ≒t		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	П	2 / 2		2 / 2	\rightarrow	2 / 2
r	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	П	2/2		2 / 2	Н	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	П	2/2		2 / 2	П	2 / 2
Ę		Do not utilize TV, video, or DVD viewing during meal or snack time		2/2		2 / 2	П	2 / 2
討	_	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3		3 / 3	П	3 / 3
ا≱	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3		3 / 3	П	3 / 3
ca	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3		3 / 3	П	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	П	2 / 2
ŀ		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	П	3 / 3
L								

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

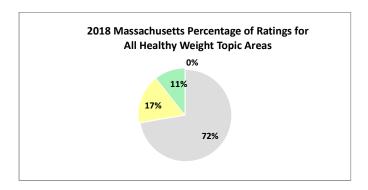
Color Code:

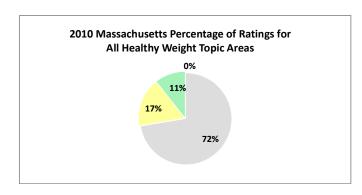
Regulation fully meets the standard Regulation contradicts the standard

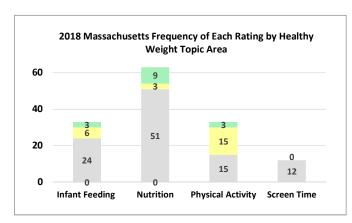
Rating Code:

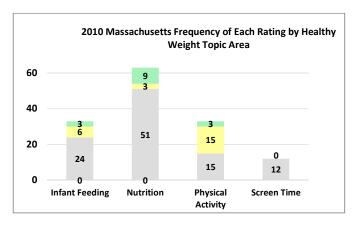
- 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard
- Δ (Change) Code: + = Improved Rating = Lowered Rating

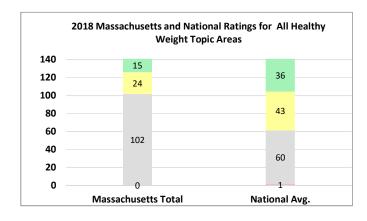
MASSACHUSETTS

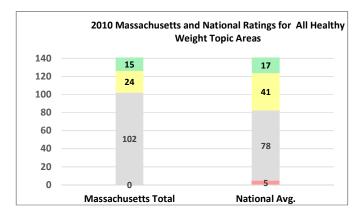




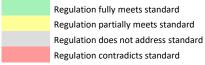








Color and Rating Codes:



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

2018/2010

			Δ	CTR	Δ	LRG	Δ	SML
L	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		4 / 4		3 / 3	L	3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
-	IB1	Feed infants on cue		4 / 4		4 / 4		4 / 4
ij	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4		4 / 4
eq	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		3 / 3		2 / 2		2 / 2
B.	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
털	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
-1	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		4 / 4		2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	+	3 / 1	+	3 / 1
Ī	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		2 / 2	Г	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	Г	3 / 3		3 / 3
ſ	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3	Г	3 / 3		3 / 3
ļ	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	+	4 / 2	+	3 / 2	+	3 / 2
ŀ		fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	_	-	⊢		▙	
F		Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	+	4 / 2
⊢		Serve whole grain breads, cereals, and pastas		3 / 3	<u> </u>	3 / 3		3 / 3
- 1		Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	L	3 / 3	L	3 / 3
⊢		Serve fruits of several varieties, especially whole fruits		3 / 3	_	3 / 3		3 / 3
⊊ŀ		Use only 100% juice with no added sweeteners		4 / 4	_	4 / 4		4 / 4
읡	_	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
Nutritio		Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	+	4 / 3
		Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	4 / 3	+	4 / 3
┢		Make water available both inside and outside	+	4 / 2	L	4 / 4		4 / 4
- 1		Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2	L	2 / 2	L	2 / 2
- 1		Require adults eating meals with children to eat items that meet nutrition standards	+	3 / 2	L	2 / 2	L	2 / 2
L	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	l	3 / 3		3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	Г	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	Г	2 / 2		2 / 2
ļ	NH2	Do not use food as a reward or punishment		3 / 3	Г	3 / 3		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
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
⊆	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	+	4 / 2		2 / 2		2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 3		3 / 3		3 / 3
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 / 3	Ĺ	3 / 3		3 / 3
≒ [PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2	$oxedsymbol{oxed}$	2 / 2	Ĺ	2 / 2
Ę	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
]ڇ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3		3 / 3		3 / 3
ایز	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	$ldsymbol{ldsymbol{ldsymbol{eta}}}$	3 / 3	L	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
		Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	+	3 / 2	ı	2 / 2	ı	2 / 2

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

Color Code:

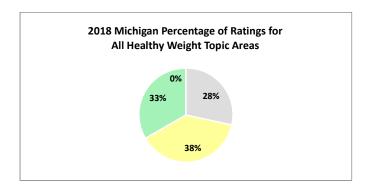
Regulation fully meets the standard Regulation contradicts the standard

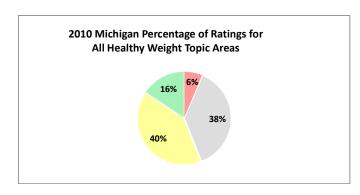
Rating Code:

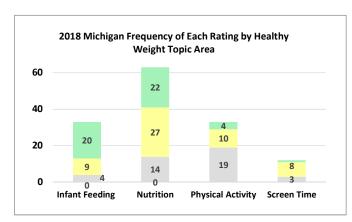
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

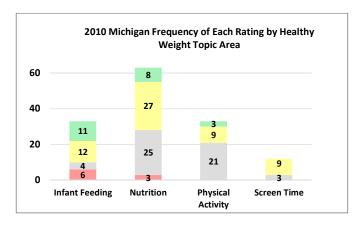
- Δ (Change) Code: + = Improved Rating = Lowered Rating

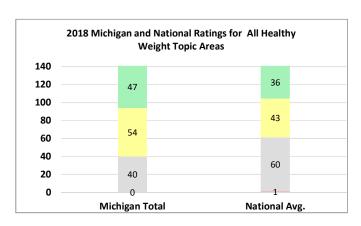
MICHIGAN

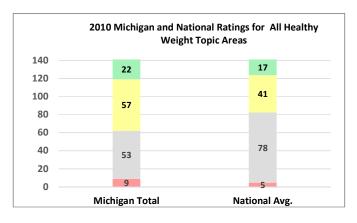




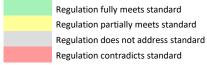








Color and Rating Codes:



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

2018/2010

			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		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		3 / 3		4 / 4		4 / 4
	IB1	Feed infants on cue		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
eq	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		2 / 2		3 / 3		3 / 3
Fe	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
ī	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		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		2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3		3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		3 / 3		3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	+	3 / 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
ے	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
ē	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
Z	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	Ш	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	П	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	П	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
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		2 / 2		2 / 2		2 / 2
⊆	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2		2 / 2		2 / 2
ree	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
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
Activity	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2	Ш	2 / 2	L	2 / 2
Ę	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	L	3 / 3
<u>⊬</u>	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3		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	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor		3 / 3		3 / 3		3 / 3
	PE1	Ensure that infants have supervised tummy time every day when they are awake		2 / 2	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		2 / 2	l	2 / 2

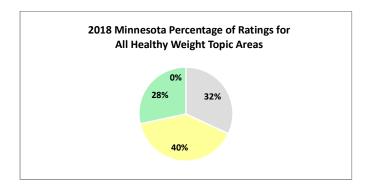
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

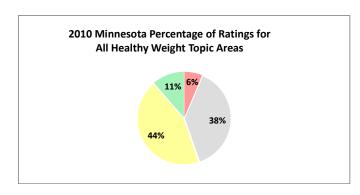
Color Code:

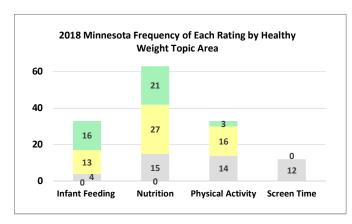
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

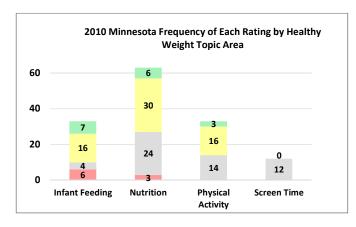
- Δ (Change) Code: + = Improved Rating = Lowered Rating

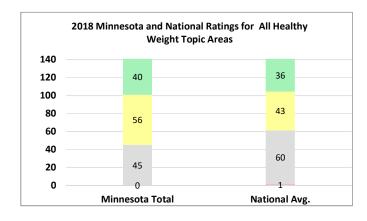
MINNESOTA

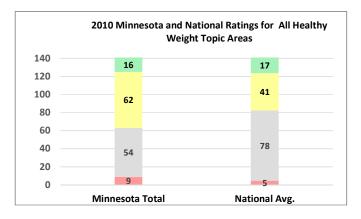




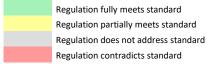








Color and Rating Codes:



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

2018/2010

_			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		4 / 4		4 / 4
L	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
ij.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4		4 / 4
nfant 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		4 / 4		4 / 4		4 / 4
윤	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
털	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
쓅	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
-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
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1		1 / 1		1 / 1
	ID3	Serve no fruit juice to children younger than 12 months of age		3 / 3		3 / 3		3 / 3
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		3 / 3		3 / 3		3 / 3
ı	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		4 / 4		4 / 4		4 / 4
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		3 / 3
Ī	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
ľ	NA5	Serve skim or 1% pasteurized milk to children two years of age and older		4 / 4		4 / 4	Г	4 / 4
ľ	NB1	Serve whole grain breads, cereals, and pastas		4 / 4		4 / 4		4 / 4
ľ	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		4 / 4		4 / 4		4 / 4
ľ	NB3	Serve fruits of several varieties, especially whole fruits		4 / 4		4 / 4	Т	4 / 4
ľ	NC1	Use only 100% juice with no added sweeteners		1 / 1		1 / 1		1 / 1
o U	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2		2 / 2
픧	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		3 / 3		3 / 3		3 / 3
Nutritio	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
ľ	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	+	4 / 2	+	4 / 2
	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4		4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions		3 / 3		3 / 3		3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels		4 / 4		4 / 4		4 / 4
ľ	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		3 / 3		3 / 3		3 / 3
ľ	NH1	Do not force or bribe children to eat		3 / 3		3 / 3		3 / 3
ļ	NH2	Do not use food as a reward or punishment		4 / 4		4 / 4	Π	4 / 4
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
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
⊆	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		3 / 3		3 / 3		3 / 3
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		3 / 3		3 / 3		3 / 3
F	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		3 / 3		3 / 3		3 / 3
Αa	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		4 / 4		4 / 4		4 / 4
ξ	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2	L	2 / 2
Ę	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
<u></u>	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3		3 / 3		3 / 3
ٳؿؚ	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		2 / 2		2 / 2		2 / 2
	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		2 / 2		2 / 2		2 / 2

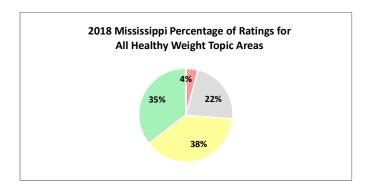
Abbreviation Key: Δ =Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

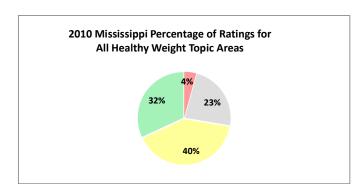
Color Code:

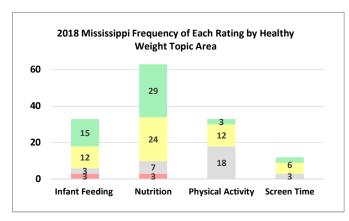
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

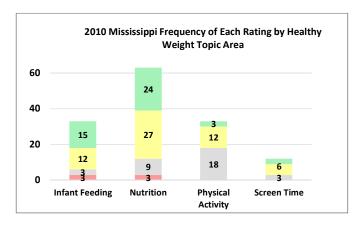
- Δ (Change) Code: + = Improved Rating = Lowered Rating

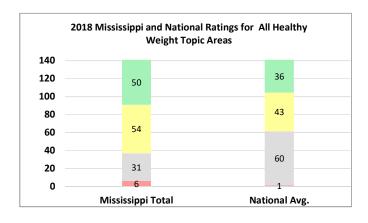
MISSISSIPPI

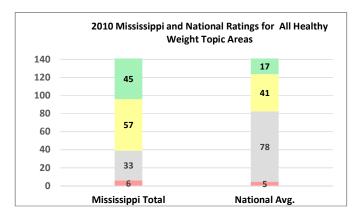




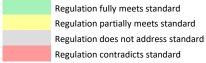








Color and Rating Codes:



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

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

MISSOURI

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

2018/2010

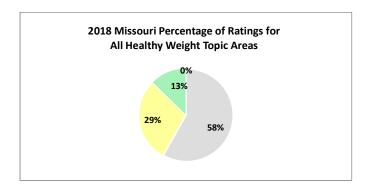
_			Δ	CTR	Δ	LRG	Δ	SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		2 / 2		2 / 2		2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		2 / 2		2 / 2		2 / 2
	IB1	Feed infants on cue		3 / 3		3 / 3		2 / 2
ij.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2		2 / 2
ed	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
æ	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
뒴	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
nfant Feedin	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
ľ	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		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	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
ŀ	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
ŀ		Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced		2/2		2/2		
ļ	NA4	fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	L		_		_	2 / 2
		Serve skim or 1% pasteurized milk to children two years of age and older		2 / 2		2 / 2		2 / 2
		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
L	NB3	Serve fruits of several varieties, especially whole fruits		4 / 4		4 / 4		4 / 4
⊊ŀ	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
Nutritio	NC2	Offer juice (100%) only during meal times		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	_	3 / 3		3 / 3		3 / 3
퀽	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		3 / 3		3 / 3		3 / 3
L	ND1	Make water available both inside and outside		3 / 3		3 / 3		3 / 3
L	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
L	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		2 / 2		2 / 2		2 / 2
ŀ	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	_	2/2		2/2
- 1	_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		2/2		2/2		2/2
ŀ	NH1	Do not force or bribe children to eat		3 / 3	_	3 / 3		3 / 3
ŀ		Do not use food as a reward or punishment	\vdash	3 / 3		3 / 3		3 / 3
ŀ	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4		4 / 4
ŀ	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
占		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		2 / 2
ē	_	Do not withhold active play from children who misbehave		4 / 4		4 / 4		4 / 4
->t		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2 / 2		2/2		2 / 2
F	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2		2/2		2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2/2		2 / 2
ŧ		Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2/2		2 / 2
討		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
إ≱	_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3		3 / 3		3 / 3
ca	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 / 2	+	4 / 2	+	4 / 2
ļ		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
L					_		_	

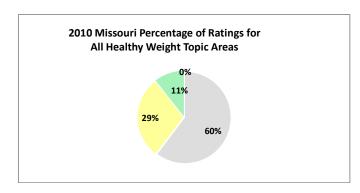
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

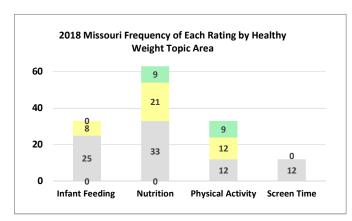
Color Code:

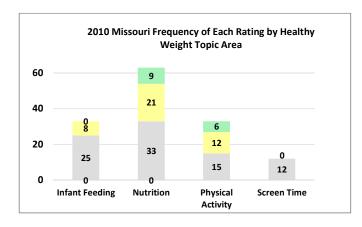
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard
- Δ (Change) Code: + = Improved Rating = Lowered Rating

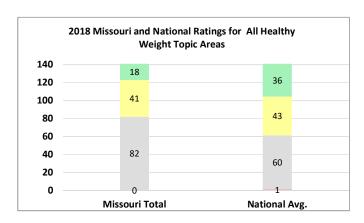
MISSOURI

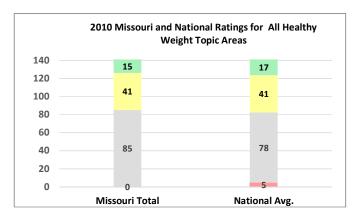




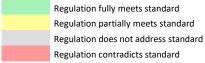








Color and Rating Codes:



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

2018/2010

_			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		3 / 3		3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
[IB1	Feed infants on cue		4 / 4		4 / 4		4 / 4
ij	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4		4 / 4
e	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
윤	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
뒽	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		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
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
l	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
ŀ	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
ŀ		Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced	,	3 / 2	\Box	3 / 2		3 / 2
ļ	NA4	fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	+		+			
ļ	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
ļ	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
흱	NC2	Offer juice (100%) only during meal times		4 / 4	+	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
킬	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	4 / 3	+	4 / 3
L	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
L	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		2 / 2		2 / 2		2 / 2
ŀ	NG2	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		2 / 2		2 / 2		2 / 2
ŀ		Do not use food as a reward or punishment		2 / 2		2 / 2		2 / 2
ŀ	PA1	Provide children with adequate space for both inside and outside play		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
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
⊆	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
a	PA5	Do not withhold active play from children who misbehave		2 / 2		2 / 2		2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2 / 2		3 / 3		3 / 3
r	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2		3 / 3		3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
ξ	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		2 / 2
Ę	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		2 / 2		3 / 3		3 / 3
اٍٍ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		2 / 2		2 / 2		2 / 2
ica	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		2 / 2		2 / 2		2 / 2
	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3		3 / 3		3 / 3

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

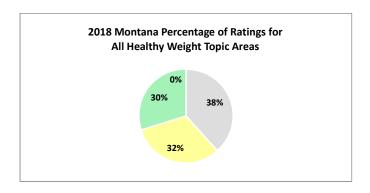
Color Code:

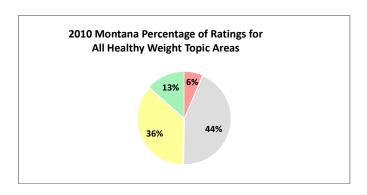
Regulation fully meets the standard Regulation contradicts the standard

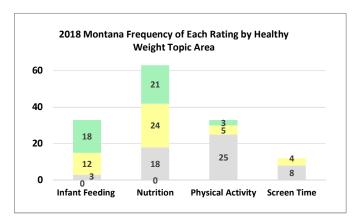
Rating Code:

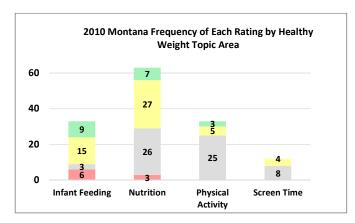
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard
- Δ (Change) Code: + = Improved Rating = Lowered Rating

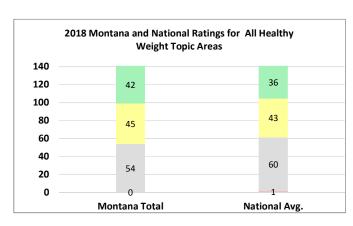
MONTANA

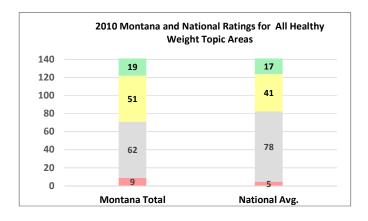




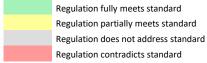








Color and Rating Codes:



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

2018/2010

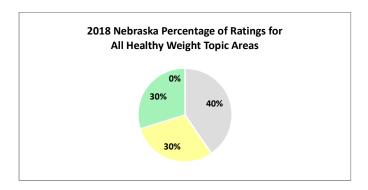
_			Δ	CTR	Δ	LRG	Δ	SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		3 / 3	+	3 / 2	+	3 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4	+	4 / 2	+	4 / 2
[IB1	Feed infants on cue		4 / 4	+	4 / 2	+	4 / 2
. <u>e</u>	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4	+	4 / 2	+	4 / 2
nfant 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		3 / 3
æ	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
뒴	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
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 / 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
ľ	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	+	3 / 2	+	3 / 2
ı	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 2	+	4 / 2
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		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		3 / 3		3 / 3	T	3 / 3
ŀ	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3	+	3 / 2	+	3 / 2
ŀ		Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced		3 / 2	+	3 / 2	t	3 / 2
ļ	NA4	fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	Ļ		_		┡	
ļ	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	╌	4 / 2
ļ	NB1	Serve whole grain breads, cereals, and pastas		3 / 3	+	3 / 2	+	3 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	_	3 / 3	L	3 / 3
L	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3		3 / 3	L	3 / 3
اء	NC1	Use only 100% juice with no added sweeteners		4 / 4	+	4 / 2	+	4 / 2
.호	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 / 2	+	4 / 2
劃	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
L	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 caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions		3 / 3	+	3 / 2	+	3 / 2
ŀ	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	_	2 / 2	┢	2 / 2
ŀ	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 1	+	3 / 2	+	3 / 2
ŀ	NH1	Do not force or bribe children to eat	Ė	2 / 2	Ė	2/2	H	2/2
ŀ		Do not use food as a reward or punishment		3 / 3		3 / 3	┢	3/3
ŀ	PA1	Provide children with adequate space for both inside and outside play	-	4 / 4	\vdash	4 / 4	H	4 / 4
ŀ		Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that					H	
اع	PA2	promote physical activity		2 / 2		2 / 2	L	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	L	2 / 2
등	_	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
ŪΙ	PA5	Do not withhold active play from children who misbehave		2 / 2		2 / 2	L	2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2 / 2		2 / 2	L	2 / 2
- ≽ ŀ	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2		2 / 2	L	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
Physical Activity	_	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2	_	2 / 2	L	2 / 2
팅	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
إي	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		2 / 2		2 / 2	L	2 / 2
ٳؿۣٳ	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		2 / 2		2 / 2	L	2 / 2
Š	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote		2 / 2		2 / 2	1	2 / 2
		movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake		2/2	_	2/2	┢	2 / 2
-		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
L	rc2	ose iniair equipment such as swings, stationary activity centers, iniair seats, filoliced seats, etc. Unity for short periods if at all		212		2/2	_	2/2

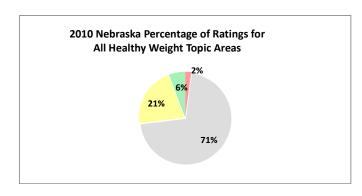
Abbreviation Key: Δ =Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

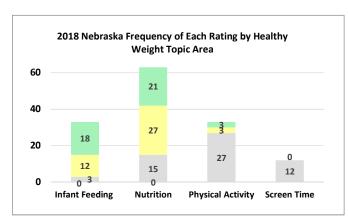
Color Code:

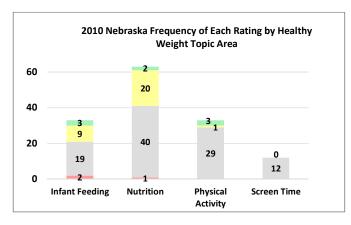
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard
- Δ (Change) Code: + = Improved Rating = Lowered Rating

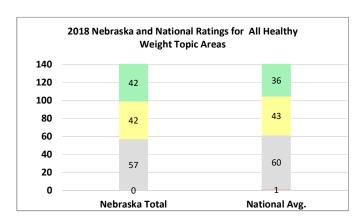
NEBRASKA

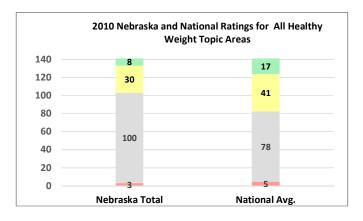




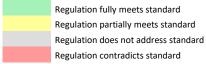








Color and Rating Codes:



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

2018/2010

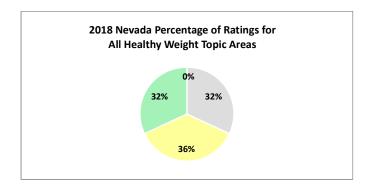
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their of IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided list Feed infants on cue IB1 Feed infants on cue IB2 Do not feed infants beyond satiety. Allow infant to stop the feeding in the caregiver/fleacher's arms or sitting up on to IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary can recommend to IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary can recommend to IC1 Introduce age-appropriate solid foods on sooner than 4 months of age, and preferably around 6 months of age IC2 Introduce age-appropriate solid foods no sooner than 6 months of age, but preferably around 6 months of age IC2 Introduce age-appropriate solid foods no sooner than 6 months of age, but preferably around 6 months of age IC2 Serve whole fulls, mashed or pureed, for infants 7 months up to 1 year of age IC2 Serve whole fulls, mashed or pureed, for infants 7 months up to 1 year of age IC2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried me Na3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older NA3 Serve whole grain breads, cereals, and pastas NA5 Serve whole grain breads, cereals, and pastas NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes at Serve whole grain breads, cereals, and pastas NB2 Serve fulls of several varieties, especially whole fruits NC1 Use only 100% juice with no added sweeteners NC2 Offer juice (100%) only during meal times NC3 Serve no more than 8 to 12 guice/day for children 7-12 years of age NC4 Serve no more than 8 to 12 guice/day for children 7-12 years of age NC5 Serve in on the final formula filt of		_				_	
Page Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided light Feed infants on cue		Δ	CTR	Δ	LRG	Δ	SML
Bit Feed infants on cue	children on-site	+	3 / 2	+	3 / 2	+	3 / 2
182 Do not feed infants beyond satiety: Allow infant to stop the feeding 183 Hold infants while bottle feeding: Position an infant for bottle feeding in the caregiver/leacher's arms or sitting up on to the Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care 182 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age 183 Introduce breasted infants gradually to iron-fortified foods no sooner than four months of age, but preferably around 6 months of age 183 Introduce breasted infants gradually to iron-fortified foods no sooner than four months of age, but preferably around 6 months of age 183 Serve whole finits, mashed or pureed, for infants 7 months up to 1 year of age 183 Serve whole finits, mashed or pureed, for infants 7 months up to 1 year of age 183 Serve no fruit juice to children younger than 12 months of age 184 NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried for NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried me NA3 Serve whole pasteurized milk to those who are at risk for hypercholesterolemia or obesity NA4 Serve whole pasteurized milk to those who are at risk for hypercholesterolemia or obesity NA4 Serve skim or 1% pasteurized milk to children two years of age and older NA5 Serve whole gasteurized milk to children two years of age and older NA5 Serve whole pasteurized milk to children two years of age and older NA6 Serve futils of several varieties, especially whole fruits NC1 Use only 100% juice with no added sweeteners NC2 Serve futils of several varieties, especially whole fruits NC2 Serve no more than 8 to 12 oz juice/day for children 1-6 years of age NC2 Serve no more than 8 to 12 oz juice/day for children for hyperatorial profiler hybrit and individual childr. Te	4	+	4 / 2	+	4 / 2	+	4 / 2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around IC3	+	+	4 / 2	+	4 / 2	+	4 / 2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around IC3	+	+	4 / 2	+	4 / 2	+	4 / 2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around IC3	the lap	Ī	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.	e provider	T	3 / 3		3 / 3		3 / 3
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction.	+	+	4 / 2	+	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.	I six months	+	4 / 2	+	4 / 2	+	4 / 2
ID3 Serve no fruit juice to children younger than 12 months of age NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried for NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried me NA3 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed for fat (2%) pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed for fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity NA6 Serve whole pasteurized milk to children two years of age and older NB1 Serve whole grain breads, cereals, and pastas NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes at NB3 Serve fruits of several varieties, especially whole fruits NC1 Use only 100% juice with no added sweeteners NC2 Offer juice (100%) only during meal times NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC5 Require adults eating meals with children to eat items that meet nutrition standards NF1 Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their in the provide children to eat items that meet nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their in the provide children of the provide children who require limited portions about portion size and monitor their provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/tea	uction	1	2 / 2		2 / 2		2 / 2
ID3 Serve no fruit juice to children younger than 12 months of age NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried for NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried me NA3 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed for fat (2%) pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed for fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity NA6 Serve whole pasteurized milk to children two years of age and older NB1 Serve whole grain breads, cereals, and pastas NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes at NB3 Serve fruits of several varieties, especially whole fruits NC1 Use only 100% juice with no added sweeteners NC2 Offer juice (100%) only during meal times NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC5 Require adults eating meals with children to eat items that meet nutrition standards NF1 Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their in the provide children to eat items that meet nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their in the provide children of the provide children who require limited portions about portion size and monitor their provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/tea	4	+	3 / 2	+	3 / 2	+	3 / 2
NAI Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried for NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried me NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed for fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity NAS Serve skim or 1% pasteurized milk to children two years of age and older NB1 Serve whole grain breads, cereals, and pastas NB2 Serve well serve whole grain breads, cereals, and pastas NB3 Serve fruits of several varieties, especifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes at NB3 Serve fruits of several varieties, especially whole fruits NC2 Offer juice (100%) only during meal times NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC5 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC6 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC7 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutrition Permit children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutrition Permit children to have one or more additional servings of the nutrition standards NF1 Serve small-sized, age-appropriate portions NF2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NH1 Do not use food as a reward or punishment PAA Provide children with adequate space for both inside and outside play PAA Provide children with adequate space for both inside and outside play PAA Provide orientation and annual trai	4	+	4 / 2	+	4 / 2	+	4 / 2
NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried me NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed for fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity NA5 Serve skim or 1% pasteurized milk to children two years of age and older NB6 Serve skim or 1% pasteurized milk to children two years of age and older NB7 Serve whole grain breads, cereals, and pastas NB2 Serve wegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes at NB3 Serve fruits of several varieties, especially whole fruits NC1 Use only 100% juice with no added sweeteners NC2 Offer juice (100%) only during meal times NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC5 NC5 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC6 Make water available both inside and outside NE7 Serve small-sized, age-appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutrition not provide adults eating meals with children to eat items that meet nutrition standards NE7 Serve small-sized, age-appropriate portions NE9 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium calorio needs of the individual child; Teach children who require limited portions about portion size and monitor their in the provide children to eat whether the provide children to eat whether the provide children to eat not use food as a reward or punishment PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appro	ods	T	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 NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed for fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity NA5 Serve skim or 1% pasteurized milk to children two years of age and older NB1 Serve whole grain breads, cereals, and pastas NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes at NB3 Serve fruits of several varieties, especially whole fruits NC1 Use only 100% juice with no added sweeteners NC2 Offer juice (100%) only during meal times NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC5 NC7 NC8 NC9 Require adults eating meals with children to eat items that meet nutrition standards NC9 Require adults eating meals with children to eat items that meet nutrition standards NC9 Remit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their limit salt by avoiding salty foods such as chips and pretzels NC9 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NC9 PA1 PO not use food as a reward or punishment PA2 PA3 Provide children with adequate space for both inside and outside play PA3 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor accommoder of physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can pass on the utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		\rightarrow	3 / 2	+		+	3 / 2
NAM Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed for fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity NAS Serve skim or 1% pasteurized milk to children two years of age and older NBI Serve whole grain breads, cereals, and pastas NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes at NB3 Serve fruits of several varieties, especially whole fruits NC1 Use only 100% juice with no added sweeteners NC2 Offer juice (100%) only during meal times NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC5 Serve small-sized, age-appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutriti NC5 Require adults eating meals with children to eat items that meet nutrition standards NF1 Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their long. Limit sail by avoiding salty foods such as chips and pretzels NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk on ont force or bribe children to eat NH2 Do not use food as a reward or punishment PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor according to the provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor according to the provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor according to the provide orienta		\rightarrow	3 / 2	+	3 / 2	+	3 / 2
NA5 Serve skim or 1% pasteurized milk to those who are at risk for hypercholesterolemia or obesity NA5 Serve skim or 1% pasteurized milk to children two years of age and older NB1 Serve whole grain breads, cereals, and pastas NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes at NB3 Serve fruits of several varieties, especially whole fruits NC1 Use only 100% juice with no added sweeteners NC2 Offer juice (100%) only during meal times NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC5 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC6 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC7 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutrition networks are additional servings of the nutrition standards NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their not limit salt by avoiding salty foods such as chips and pretzels NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk not not one of orce or bribe children to eat NH2 Do not use food as a reward or punishment PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor accommon to the promote physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can pass and post the not utilize media (television [TV], video, and DVD) viewing and computers with children younger t		+					
NB1 Serve whole grain breads, cereals, and pastas NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes at NB3 Serve fruits of several varieties, especially whole fruits NC1 Use only 100% juice with no added sweeteners NC2 Offer juice (100%) only during meal times NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC5 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC6 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC7 NC8 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC9 NC9 Fermit children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutrition serve adults eating meals with children to eat items that meet nutrition standards NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their limit salt by avoiding salty foods such as chips and pretzels NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk nutrition on the promote children to eat NH2 Do not use food as a reward or punishment PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor ac promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can be promote physical activity promote play from children who misbehave PB5 Do not w		+	3 / 2	+	3 / 2	+	3 / 2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes at NB3 Serve fruits of several varieties, especially whole fruits NC1 Use only 100% juice with no added sweeteners NC2 Offer juice (100%) only during meal times NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC5 NC6 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC6 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC7 NC8 Require adults eating meals with children to eat items that meet nutrition standards NC9 Require adults eating meals with children to eat items that meet nutrition standards NC9 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their nutrition standards NC9 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk nutrition to not use food as a reward or punishment NC9 Provide children with adequate space for both inside and outside play PA2 Provide children with adequate space for both inside and outside play PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can promote physical activity play, and participate in active games at times when they can promote physical activity play, and participate in active games at times when they can promote physical activity play, and participate in active games at times when they can promote physical activity play, and participate in active games at times when they can promote physical activity play promote physical activity play play promote physical activi	4	+	4 / 2	+	4 / 2	+	4 / 2
NB3 Serve fruits of several varieties, especially whole fruits NC1 Use only 100% juice with no added sweeteners NC2 Offer juice (100%) only during meal times NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age NC1 Make water available both inside and outside NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritic NE2 Require adults eating meals with children to eat items that meet nutrition standards NF1 Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their in NC1 Limit salt by avoiding salty foods such as chips and pretzels NC2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor ac promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can promote physical activity play, and participate in active games at times when they can promote physical activity play promote physical activity play play promote physical activity play play promote physical activity play play play promote physical activity play play play play play play play pla	4	+	3 / 2	+	3 / 2	+	3 / 2
NC1 Use only 100% juice with no added sweeteners NC2 Offer juice (100%) only during meal times NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age ND1 Make water available both inside and outside NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutrition NE2 Require adults eating meals with children to eat items that meet nutrition standards NF1 Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their lower and the sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk lower and the lower provide children with adequate space for both inside and outside play PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor acromote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can be passed in the promotion of DVD) viewing and computers with children younger than 2 years	and viandas	+	3 / 2	+	3 / 2	+	3 / 2
Nc2 Offer juice (100%) only during meal times Nc3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age Nc4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age Nc5 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age Nc6 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age Nc7 Nc8 Nc9 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age Nc9 Nc9 Nc9 Nc9 Serve small-sized, age-appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutrition 10 Nc9 Serve small-sized, age-appropriate portions Nc9 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their lower than 10 Nc9 Limit salt by avoiding salty foods such as chips and pretzels Nc9 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milks nc9 N	+	+	3 / 2	+	3 / 2	+	3 / 2
ND1 Make water available both inside and outside NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritive. NE2 Require adults eating meals with children to eat items that meet nutrition standards NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their nutrition. NG1 Limit salt by avoiding salty foods such as chips and pretzels NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk nutrition. NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment PA1 Provide children with adequate space for both inside and outside play PR2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor accomposed promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can be promoted in the promotion of promoted promoted promoted in active games at times when they can be promoted in the promotion of promoted promoted promoted in active games at times when they can be promoted in the promotion of promoted promoted promoted in active games at times when they can be promoted promoted in active games at times when they can be promoted promo	4	+	4 / 2	+	4 / 2	+	4 / 2
ND1 Make water available both inside and outside NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritive. NE2 Require adults eating meals with children to eat items that meet nutrition standards NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their nutrition. NG1 Limit salt by avoiding salty foods such as chips and pretzels NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk nutrition. NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment PA1 Provide children with adequate space for both inside and outside play PR2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor accomposed promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can be promoted in the promotion of promoted promoted promoted in active games at times when they can be promoted in the promotion of promoted promoted promoted in active games at times when they can be promoted in the promotion of promoted promoted promoted in active games at times when they can be promoted promoted in active games at times when they can be promoted promo	4	+	4 / 2	+	4 / 2	+	4 / 2
ND1 Make water available both inside and outside NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritive. NE2 Require adults eating meals with children to eat items that meet nutrition standards NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their nutrition. NG1 Limit salt by avoiding salty foods such as chips and pretzels NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk nutrition. NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment PA1 Provide children with adequate space for both inside and outside play PR2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor accomposed promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can be promoted in the promotion of promoted promoted promoted in active games at times when they can be promoted in the promotion of promoted promoted promoted in active games at times when they can be promoted in the promotion of promoted promoted promoted in active games at times when they can be promoted promoted in active games at times when they can be promoted promo	-	+	4 / 2	+	4 / 2	+	4 / 2
ND1 Make water available both inside and outside NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritive. NE2 Require adults eating meals with children to eat items that meet nutrition standards NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their nutrition. NG1 Limit salt by avoiding salty foods such as chips and pretzels NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk nutrition. NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment PA1 Provide children with adequate space for both inside and outside play PR2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor accomposed promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can be promoted in the promotion of promoted promoted promoted in active games at times when they can be promoted in the promotion of promoted promoted promoted in active games at times when they can be promoted in the promotion of promoted promoted promoted in active games at times when they can be promoted promoted in active games at times when they can be promoted promo	+	+	4 / 2	+	4 / 2	+	4 / 2
NE2 Require adults eating meals with children to eat items that meet nutrition standards NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their not limit salt by avoiding salty foods such as chips and pretzels NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk not not force or bribe children to eat NH2 Do not use food as a reward or punishment PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activity promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can promote promote play from children who misbehave PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years			4 / 4		4 / 4		4 / 4
NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their in NG1 Limit salt by avoiding salty foods such as chips and pretzels NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk in NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activity in promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can promote the promotion of promote play in the promote play in the promotion of promote play in the	ional needs		2 / 2		2/2		2 / 2
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their needs. NG1 Limit salt by avoiding salty foods such as chips and pretzels NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk needs of the control o		Ī	2 / 2		2 / 2		2 / 2
and monitor their land to a caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their land to be called the control of the individual child; Teach children who require limited portions about portion size and monitor their land to be called the control of the children to eat land to not force or bribe children to eat land to not use food as a reward or punishment PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor and promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can land the caregivers/teachers to promote children who misbehave PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	+	4 / 3	+	4 / 3	+	4 / 3
NG1 Limit salt by avoiding salty foods such as chips and pretzels NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor according promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can promote the promotion of physical activity play and participate in active games at times when they can promote the promotion of physical activity play and participate in active games at times when they can promote the promotion of physical activity play and participate in active games at times when they can promote the promotion of physical activity play and participate in active games at times when they can promote the promotion of physical activity play and participate in active games at times when they can promote play and participate in active games at times when they can promote play and participate in active games at times when they can promote play and participate in active games at times when they can promote play and participate in active games at times when they can promote play and participate in active games at times when they can promote play and participate in active games at times when they can promote play and participate in active games at times when they can promote play and participate in active games at times when they can promote play and participate in active games at times when they can promote play and participate in active games at times when they can promote play and participate in active games at times when they can promote play and particip			3 / 3		3 / 3		3 / 3
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment PA1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor according to the promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can be promoted by the promoted play from children who misbehave PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	portions	+	2 / 2	_	2/2	_	2/2
NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor accomposition of physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can promote the promotion of physical activity play, and participate in active games at times when they can promote the promotion of physical activity play, and participate in active games at times when they can promote the promotion of physical activity play, and participate in active games at times when they can promote the promotion of physical activity play, and participate in active games at times when they can promote the promotion of physical activity play, and participate in active games at times when they can promote play promote physical activity play, and participate in active games at times when they can promote play promote physical activity play, and participate in active games at times when they can promote physical activity and the removal of potential barriers to physical activity promote physical activ	k	\rightarrow	3 / 1	+	3 / 1	+	3 / 1
PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor acceptance physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can promote physical activity play promote physical activity play and participate in active games at times when they can promote play promote physical activity play and participate in active games at times when they can promote play promote physical activity promote p	N T	\rightarrow	3 / 3	_	3 / 3	_	3 / 3
PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor acceptable promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can promote physical activity play promote physical activity PA5 Do not withhold active play from children who misbehave PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		\dashv	4 / 4		4 / 4		4 / 4
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can perform the promotion of physical activity and participate in active games at times when they can perform the promotion of physical activity and participate in active games at times when they can perform the promotion of physical activity and participate in active games at times when they can perform the promotion of physical activity and participate in active games at times when they can perform the promotion of physical activity and participate in active games at times when they can perform the promotion of physical activity and the removal of potential barriers to physical activity and participate in active games at times when they can perform the promotion of physical activity and participate in active games at times when they can perform the promotion of physical activity and the removal of potential barriers to physical activity and participate in active games at times when they can perform the promotion of physical activity and participate in active games at times when they can perform the promotion of physical activity and the removal of potential barriers to physical activity and participate in active games at times when they can perform the promotion of physical activity and the removal of potential barriers to physical activity and participate in active games at times when they can perform the promotion of physical activity and the removal of potential barriers to physical activity and participate in active games at times when they can perform the promotion of physical activity and the removal of potential barriers to promote physical activity and participate in active games at times when the promote physical activity and the promo		-	4 / 4		4 / 4		4 / 4
PA2 promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they care play and participate in active games at times when they care play because the play from children who misbehave PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	ctivities and games that	+		\vdash	<u> </u>	_	
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can past play past play, and participate in active games at times when they can past play play play play play play play play	_	4	2 / 2		2 / 2		2 / 2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can past Do not withhold active play from children who misbehave PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	· · · ·	\rightarrow	2 / 2	L	2 / 2		2 / 2
PA5 Do not withhold active play from children who misbehave PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	an safely do so	-	2 / 2		2 / 2		2 / 2
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly		\rightarrow	3 / 3		3 / 3		3 / 3
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly		\perp	2 / 2	$oxed{oxed}$	2 / 2		2 / 2
			2 / 2		2 / 2		2 / 2
PB3 Use screen media with children age two years and older only for educational purposes or physical activity			2 / 2		2/2		2 / 2
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time		\perp	2 / 2		2/2		2 / 2
Pc1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		\perp	3 / 3		3 / 3		3 / 3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity			3 / 3		3 / 3		3 / 3
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	н	+	3 / 2	+	3 / 2	+	3 / 2
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or gar movement over the course of the day—indoor or outdoor	mes that promote	_[2 / 2		2 / 2		2 / 2
PE1 Ensure that infants have supervised tummy time every day when they are awake			2 / 2		2 / 2		2 / 2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short period	ods if at all	-	2 / 3	-	2 / 3	Ŀ	2 / 3

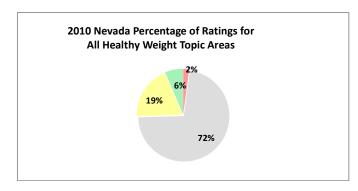
Abbreviation Key: Δ =Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

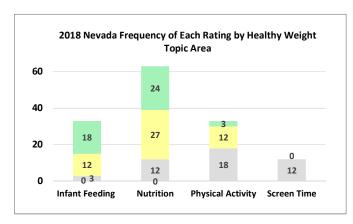
Color Code:

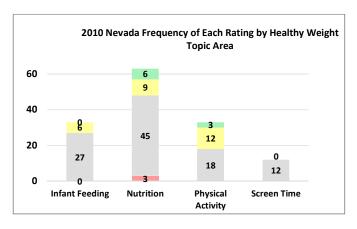
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard
- Δ (Change) Code: + = Improved Rating = Lowered Rating

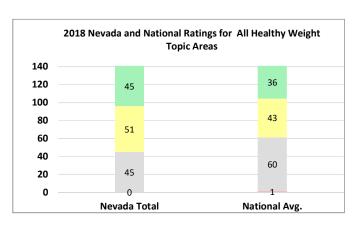
NEVADA

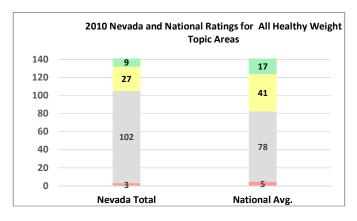




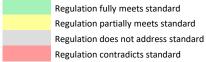








Color and Rating Codes:



Nevada Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2018 (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

2018/2010

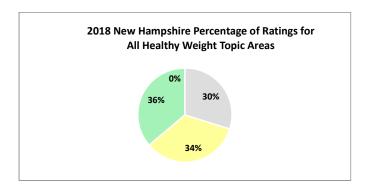
			Δ	CTR	Δ	LRG	Δ	SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	+	3 / 2	+	3 / 2	+	3 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
	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	+	4 / 3	+	4 / 3	+	4 / 3
nfant 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		3 / 3
Fe	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
ı	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
nfa	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
	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		2 / 2		2 / 2		2/2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3		3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	+	3 / 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 / 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
ے	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
ö	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
N	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	+	3 / 2	+	3 / 2	+	3 / 2
	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	Н	2 / 2	_	2/2
		Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 2	+	3 / 2	+	3 / 2
	NH1	Do not force or bribe children to eat	·	3 / 3	Ė	3 / 3	Ė	3 / 3
	NH2	Do not use food as a reward or punishment	+	4 / 3	+	4 / 3	+	4 / 3
	PA1	Provide children with adequate space for both inside and outside play	H	4 / 4	Н	4 / 4	Ė	4 / 4
يو	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
⊆	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
ree	PA5	Do not withhold active play from children who misbehave	-	2 / 3	-	2 / 3	-	2 / 3
Sci	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
	РВ3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
Activity	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		2 / 2
Ċţi	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
إٍ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	+	4 / 2	+	4 / 2	+	4 / 2
ica	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	+	3 / 2	+	3 / 2	+	3 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake		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	+	4 / 3	+	4 / 3	+	4 / 3

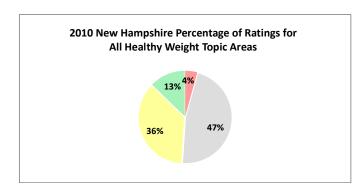
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

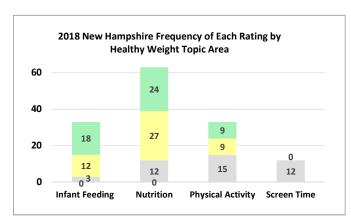
Color Code:

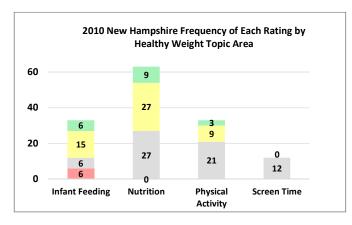
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard
- Δ (Change) Code: + = Improved Rating = Lowered Rating

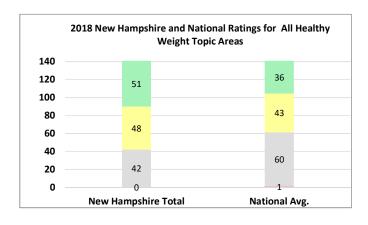
NEW HAMPSHIRE

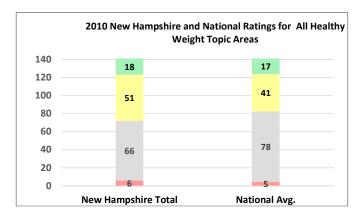




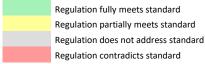








Color and Rating Codes:



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: http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf

NEW JERSEY

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

2018/2010

_			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		2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	+	4 / 2	+	4 / 2		2 / 2
[IB1	Feed infants on cue		2 / 2		2 / 2		2 / 2
. <u>.</u>	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 2	+	4 / 2		2 / 2
nfant 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		2 / 2
æ	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
뒽	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
뒫	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
-	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
l	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 2	+	3 / 2		2 / 2
Ī	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 2	+	4 / 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
ı	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
ŀ		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
ŀ		Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced		4 / 2	_	4 / 2		2 / 2
ļ	NA4	fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	Ļ		_		L	
	-	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	_	2 / 2
L	-	Serve whole grain breads, cereals, and pastas	+	4 / 3	+	4 / 3		2 / 2
	_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	+	4 / 3	+	4 / 3	L	2 / 2
ŀ	NB3	Serve fruits of several varieties, especially whole fruits	+	4 / 3	+	4 / 3		2 / 2
اء		Use only 100% juice with no added sweeteners	+	4 / 3	+	4 / 3		2 / 2
Nutritio	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2		2 / 2
Ξ	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 2	+	4 / 2	L	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
L	ND1	Make water available both inside and outside		3 / 3		3 / 3		4 / 4
L	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
L	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions	+	4 / 3	+	4 / 3		3 / 3
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions		3 / 3		3 / 3		3 / 3
ŀ	NG1	Limit salt by avoiding salty foods such as chips and pretzels	+	4 / 2	+	4 / 2		2 / 2
⊢	-	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 2	+	3 / 2		2 / 2
ŀ		Do not force or bribe children to eat		3 / 3		3 / 3		3 / 3
ŀ		Do not use food as a reward or punishment		3 / 3		3 / 3	┪	3 / 3
ŀ	_	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4	H	4 / 4
ŀ	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		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
⊆	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
a	PA5	Do not withhold active play from children who misbehave	+	4 / 3	+	4 / 3		2 / 2
ŞĊ	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 2	+	4 / 2	-	2 / 3
F	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	+	3 / 2	+	3 / 2		3 / 3
ā	РВ3	Use screen media with children age two years and older only for educational purposes or physical activity	+	4 / 2	+	4 / 2		2 / 2
ξÌ	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 / 3	+	3 / 2
ا≥	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	+	4 / 3	+	4 / 3		3 / 3
<u>i</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	+	3 / 2	+	3 / 2		2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	+	4 / 2	+	4 / 2	+	4 / 2
Ī	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 / 3
-			_		_		_	

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

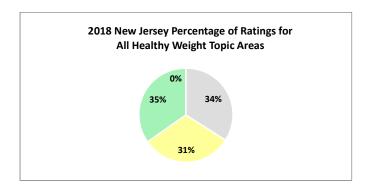
Color Code:

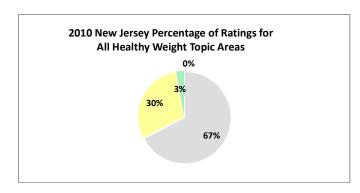
Regulation fully meets the standard Regulation contradicts the standard

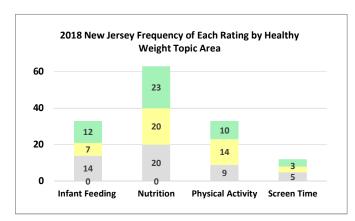
Rating Code:

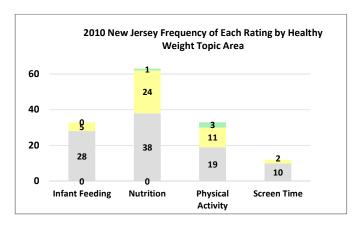
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard
- Δ (Change) Code: + = Improved Rating = Lowered Rating

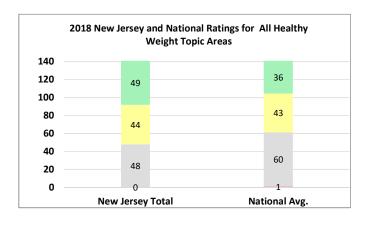
NEW JERSEY

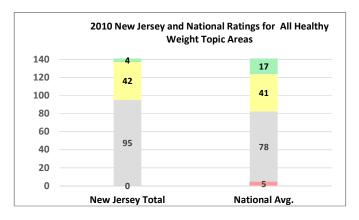












Regulation fully meets standard Regulation partially meets standard Regulation does not address standard Regulation contradicts standard

Color and Rating Codes:

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

2018/2010

			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		3 / 3		3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue		4 / 4		4 / 4		4 / 4
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		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		3 / 3		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 / 3		3 / 3		3 / 3
ī	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		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		2 / 2		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3		3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3		3 / 3		3 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		3 / 3		3 / 3		3 / 3
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	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
ے	NC1	Use only 100% juice with no added sweeteners		3 / 3		3 / 3		3 / 3
į	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
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		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		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	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	Ц	2 / 2		2 / 2
eu		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		2 / 2
ē		Do not withhold active play from children who misbehave		2 / 2	-	2 / 2		2 / 2
S		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		Limit total media time for children 2 years and older to not more than 30 min. weekly		3 / 3	Ц	3 / 3		3 / 3
	_	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2	Щ	2 / 2		2 / 2
Activity		Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2	Ц	2 / 2		2 / 2
Act	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3	Ц	3 / 3		3 / 3
a '	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	Ц	3 / 3		3 / 3
sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	Ц	3 / 3		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
	PE1	Ensure that infants have supervised tummy time every day when they are awake		2 / 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		2 / 2		2 / 2		2 / 2

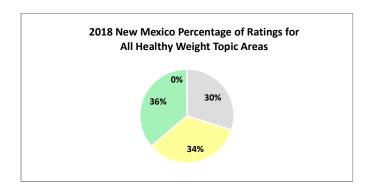
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

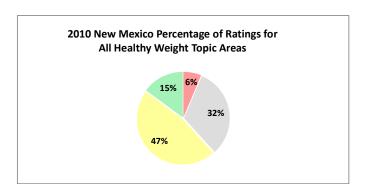
Color Code:

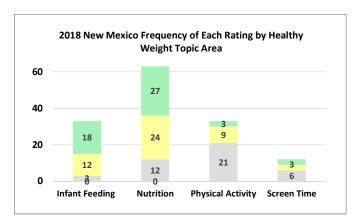
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

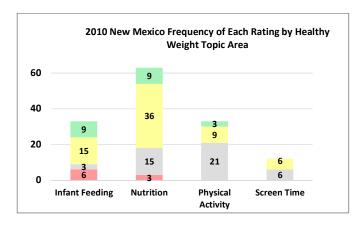
- Δ (Change) Code: + = Improved Rating = Lowered Rating

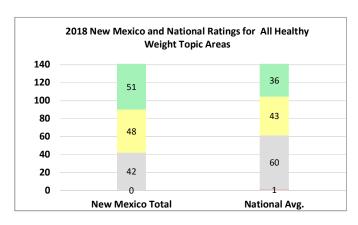
NEW MEXICO





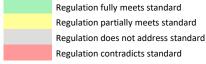








Color and Rating Codes:



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:

 $\underline{\text{http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf}}$

NEW YORK

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

2018/2010

			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	+	3 / 2		3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	+	4 / 2		2 / 2		2 / 2
	IB1	Feed infants on cue	+	4 / 2		2 / 2		2 / 2
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 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	-	3 / 4		3 / 3		3 / 3
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	+	3 / 2	+	3 / 2	+	3 / 2
Infant	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 2		2 / 2		2 / 2
nfa	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 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	+	3 / 2		2 / 2		2 / 2
	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 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	+	3 / 2		2 / 2		2 / 2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	+	3 / 2		2 / 2		2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	+	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
	NB3	Serve fruits of several varieties, especially whole fruits	+	3 / 2		2 / 2		2 / 2
ے	NC1	Use only 100% juice with no added sweeteners	+	4 / 2	+	3 / 2	+	3 / 2
.5	NC2	Offer juice (100%) only during meal times	+	4 / 2		2 / 2		2 / 2
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3		3 / 3		3 / 3
ž	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3		3 / 3		3 / 3
	ND1	Make water available both inside and outside		4 / 4		4 / 4		4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2		2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4		4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions		4 / 4		4 / 4		4 / 4
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	П	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		2 / 2		2 / 2
	NH1	Do not force or bribe children to eat		3 / 3	+	4 / 3	+	4 / 3
	NH2	Do not use food as a reward or punishment		3 / 3	+	4 / 3	+	4 / 3
	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4		4 / 4
و	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
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
en		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
ř	PA5	Do not withhold active play from children who misbehave		3 / 3		3 / 3		3 / 3
Scre	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	3 / 2	_	2 / 2		2 / 2
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	+	4 / 2	+	4 / 2	+	4 / 2
Ĭ	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	+	4 / 2	+	4 / 2	+	4 / 2
ţţ	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	Щ	3 / 3	_	3 / 3		3 / 3
a /	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	-	3 / 2	+	3 / 2	+	3 / 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 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	+	4 / 2	+	3 / 2	+	3 / 2
	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3		3 / 3		3 / 3

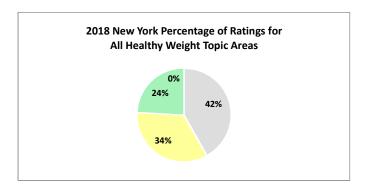
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

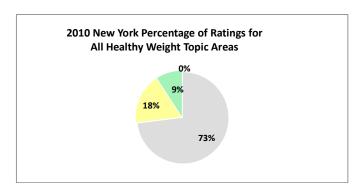
Color Code:

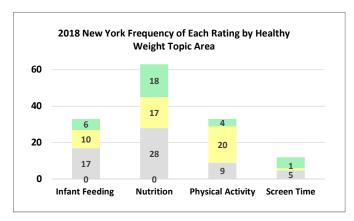
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

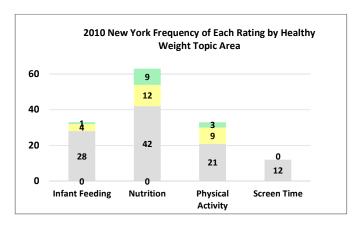
- Δ (Change) Code: + = Improved Rating = Lowered Rating

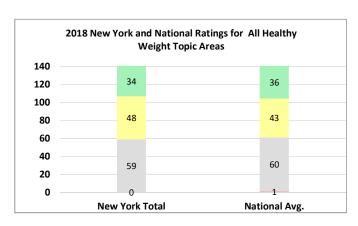
NEW YORK

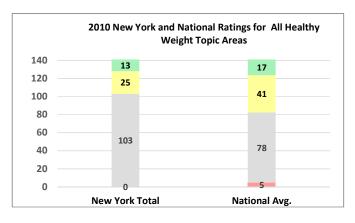




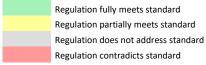








Color and Rating Codes:



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

2018/2010

_			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		4 / 4		4 / 4
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue		4 / 4		4 / 4		4 / 4
ij	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4		4 / 4
eq	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
윤	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	+	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
— r	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	+	3 / 1
	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		2 / 2	Г	2 / 2	T	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	Г	3 / 3	Г	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3	Г	3 / 3		3 / 3
f	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	+	3 / 2	+	3 / 2	+	3 / 2
- 1		fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	Ė		⊢		⊢	
F		Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	+	4 / 2
-		Serve whole grain breads, cereals, and pastas		3 / 3	<u> </u>	3 / 3	_	3 / 3
⊢	_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	<u> </u>	3 / 3	L	3 / 3
H	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3	<u> </u>	3 / 3	L	3 / 3
⊆⊢	NC1	Use only 100% juice with no added sweeteners		4 / 4	_	4 / 4		4 / 4
Nutritio	-	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
뒫	_	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	+	4 / 3
퀽	_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	4 / 3	+	4 / 3
L	-	Make water available both inside and outside	+	4 / 3	+	4 / 3	+	4 / 3
L	_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2	L	2 / 2	L	2 / 2
L	_	Require adults eating meals with children to eat items that meet nutrition standards	+	4 / 2	+	4 / 2	+	4 / 2
L	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	l	3 / 3		3 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	Г	2 / 2	Т	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		3 / 3	+	3 / 1	+	3 / 1
l		Do not force or bribe children to eat	+	3 / 2	+	3 / 2	+	3 / 2
f	NH2	Do not use food as a reward or punishment	+	4 / 3	+	4 / 3	+	4 / 3
ſ	PA1	Provide children with adequate space for both inside and outside play		4 / 4	Г	4 / 4	Ī	4 / 4
	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2 / 2		2 / 2		2 / 2
Ĕ	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2	Г	2 / 2	Γ	2 / 2
⊆	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2		2 / 2		2 / 2
8	PA5	Do not withhold active play from children who misbehave	+	4 / 2	+	4 / 2	+	4 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		4 / 4	Г	4 / 4		4 / 4
F	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		3 / 3	Г	3 / 3		3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
ξ	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		2 / 2
Physical Activity	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
ica	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3		3 / 3		3 / 3
آ≲ٍ		Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote		2 / 2		2 / 2		2 / 2
ᇹ	PD1	movement over the course of the day—indoor or outdoor			_		_	
		Ensure that infants have supervised tummy time every day when they are awake		4 / 4		4 / 4		4 / 4

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

Color Code:

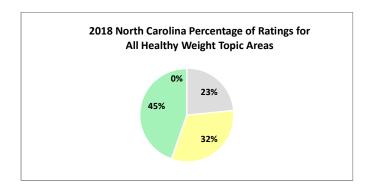
Regulation fully meets the standard Regulation contradicts the standard

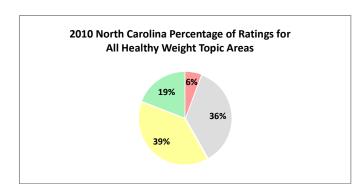
Rating Code:

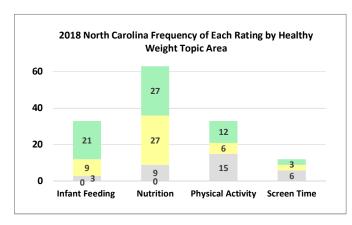
- Raung Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

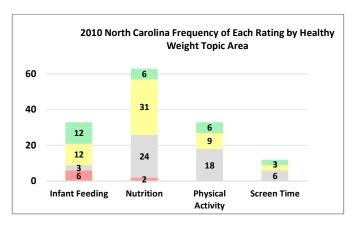
- Δ (Change) Code: + = Improved Rating = Lowered Rating

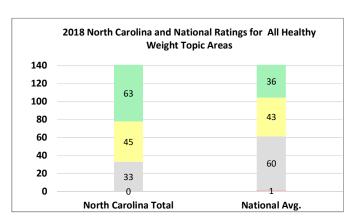
NORTH CAROLINA

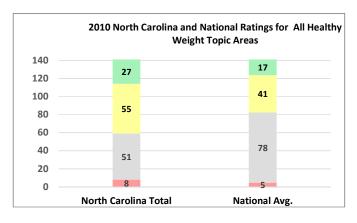




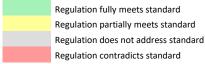








Color and Rating Codes:



North Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2017*; 2018 (CTR, LRG, SML) 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

2018/2010

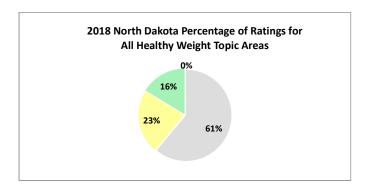
			Δ	CTR	Δ	LRG	Δ	SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		3 / 3		3 / 3		3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		3 / 3		3 / 3		3 / 3
	IB1	Feed infants on cue	+	4 / 2	+	4 / 2	+	4 / 2
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2		2 / 2
nfant 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 / 4		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	-	2/3		2 / 2		2 / 2
nt	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
nfa	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	+	4 / 2		4 / 4		4 / 4
	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		2/2		2/2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		2 / 2		2 / 2		2 / 2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		2 / 2		2 / 2		2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older		2 / 2		2 / 2		2 / 2
	NB1	Serve whole grain breads, cereals, and pastas		2 / 2		2/2		2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		2 / 2		2 / 2		2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits		2 / 2		2 / 2		2 / 2
	NC1	Use only 100% juice with no added sweeteners		2 / 2		2 / 2		2 / 2
io	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		2 / 2		2 / 2		2 / 2
틸	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		2 / 2		2 / 2		2 / 2
_	ND1	Make water available both inside and outside		3 / 3		2 / 2		2 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		3 / 3		3 / 3	+	3 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2		2/2
	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4	+	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		2 / 2		2 / 2		2 / 2
		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 / 2		2 / 2
		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 Do not use food as a reward or punishment		3 / 3	-	3 / 3		3 / 3
	NH2			3 / 3		3 / 3		3 / 3
	PA1	Provide children with adequate space for both inside and outside play Provide orientation 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	+	3 / 2	+	3 / 2	+	3 / 2
n Ti	_	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
eer		Do not withhold active play from children who misbehave	+	4 / 3		4 / 3		4 / 3
Scr	_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2 / 2	\vdash	2 / 2		2 / 2
ğ	_	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		2/2
ity		Do not utilize TV, video, or DVD viewing during meal or snack time		2/2	Н	2/2		2/2
<u> </u>	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	+	4 / 2	+	4 / 3	+	4 / 3
Ψ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	+	4 / 2	+	4 / 2	-	4 / 2
ca	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
4	PE1	Ensure that infants have supervised tummy time every day when they are awake		2 / 2		2 / 2		2 / 2
	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	+	3 / 2	+	3 / 2	+	3 / 2

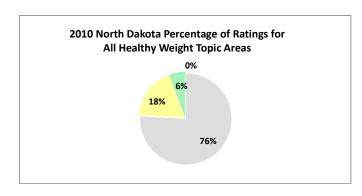
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

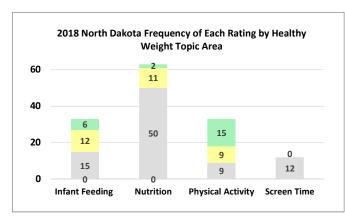
Color Code:

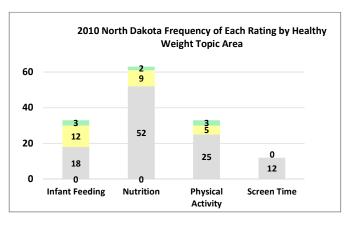
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard
- Δ (Change) Code: + = Improved Rating = Lowered Rating

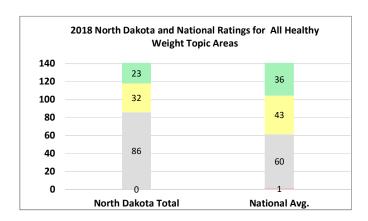
NORTH DAKOTA

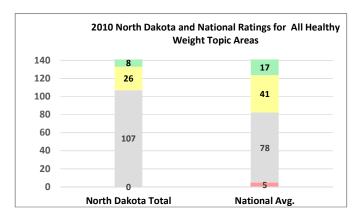












Color and Rating Codes:

Regulation fully meets standard

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:

OHIO

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

2018/2010

			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		3 / 3		3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue	-	2 / 4	-	2 / 4	-	2 / 4
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	-	2 / 4	-	2 / 4	-	2 / 4
nfant 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		3 / 3
Fe	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
디	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
nfa	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	-	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
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	2 / 1	+	2 / 1	+	2 / 1
	ID3	Serve no fruit juice to children younger than 12 months of age	+	2 / 1	+	2 / 1	+	2 / 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
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	-	2 / 3	-	2 / 3	-	2 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	-	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	-	2 / 4	-	2 / 4	-	2 / 4
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3		3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3		3 / 3		3 / 3
_	NC1	Use only 100% juice with no added sweeteners	-	3 / 4	-	3 / 4	-	3 / 4
ij	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	-	2 / 3	-	2 / 3	-	2 / 3
Z	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	-	2 / 3	-	2 / 3	-	2 / 3
	ND1	Make water available both inside and outside		4 / 4		4 / 4		4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	-	2 / 3	-	2 / 3		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2	Ш	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	-	2 / 3	-	2 / 3	-	2 / 3
	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	Н	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
	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	H	3 / 3	H	3 / 3		3 / 3
	PA1	Provide children with adequate space for both inside and outside play		4 / 4	П	4 / 4		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		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
⊆	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
ree	PA5	Do not withhold active play from children who misbehave		3 / 3	+	3 / 2		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
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
Activity	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	+	4 / 2	+	4 / 2	+	4 / 2
Ćţ	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	Ш	3 / 3	Ш	3 / 3		3 / 3
/ €	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		2 / 2		2 / 2		2 / 2
Sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	Щ	2 / 2	Ш	2 / 2		2 / 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
	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		2 / 2		2 / 2		2 / 2

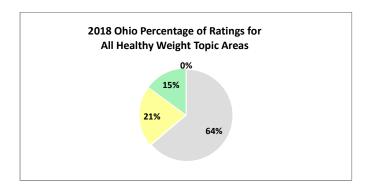
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

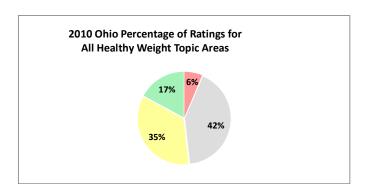
Color Code:

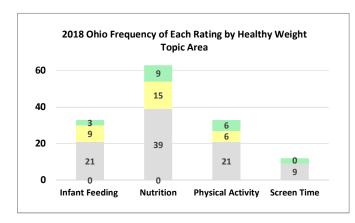
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

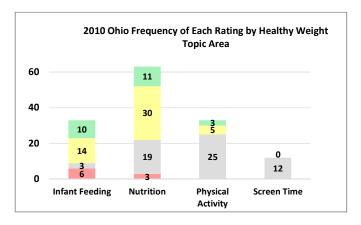
- Δ (Change) Code: + = Improved Rating = Lowered Rating

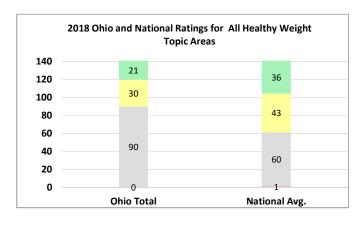
OHIO

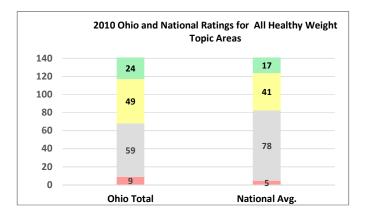




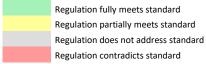








Color and Rating Codes:



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

2018/2010

_			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		4 / 4	+	4 / 2	+	4 / 2
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 2	+	4 / 2	+	4 / 2
nfant 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		3 / 3
æ	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
뒽	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		2 / 2	+	4 / 2	+	4 / 2
월	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		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
ľ	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		2 / 2	+	3 / 2	+	3 / 2
ı	ID3	Serve no fruit juice to children younger than 12 months of age		2 / 2	+	4 / 2	+	4 / 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	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
ŀ	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
ŀ		Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced	_				Ι.	
ļ	NA4	fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	_	3 / 2	_	3 / 2	▙	3 / 2
ļ		Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	+	4 / 2
ļ	NB1	Serve whole grain breads, cereals, and pastas		3 / 3		3 / 3	L	3 / 3
ļ	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3		3 / 3	L	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3		3 / 3		3 / 3
ے	NC1	Use only 100% juice with no added sweeteners	+	4 / 2	+	4 / 2	+	4 / 2
Nutritio	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
ξ.	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 / 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	L	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2	L	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
ŀ	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	_	2 / 2	Н	2 / 2
ŀ	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 2	+	3 / 2	+	3 / 2
ŀ	NH1	Do not force or bribe children to eat	+	4 / 2		3 / 3	Ė	3 / 3
ŀ		Do not use food as a reward or punishment	+	4 / 3	-	3 / 3	┢	3 / 3
ŀ	PA1	Provide children with adequate space for both inside and outside play	Ė	4 / 4	H	4 / 4	┢	4 / 4
}		Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that					1	
e l	PA2	promote physical activity		2 / 2	_	2 / 2	L	2 / 2
⊢ ⊦		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	+	3 / 2		2 / 2		2 / 2
ŪΙ		Do not withhold active play from children who misbehave		4 / 4	Ŀ	2 / 4	Ŀ	2 / 4
	_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		3 / 3	Ŀ	2 / 3	Ŀ	2 / 3
- ≽ ŀ	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		3 / 3	Ŀ	2 / 3	Ŀ	2 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
Physical Activity		Do not utilize TV, video, or DVD viewing during meal or snack time	+	3 / 2		2 / 2	L	2 / 2
닿	_	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3	Ŀ	2 / 3	Ŀ	2 / 3
 		Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		2 / 2		2 / 2	_	2 / 2
Sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		2 / 2		2 / 2	L	2 / 2
چ	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	l	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	+	4 / 2		2 / 2	T	2 / 2
ŀ		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
L								<u>,</u>

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

Color Code:

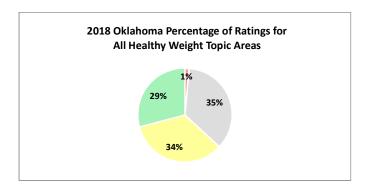
Regulation fully meets the standard Regulation contradicts the standard

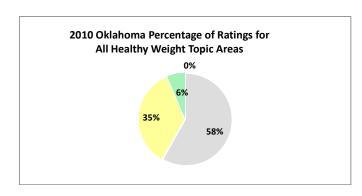
Rating Code:

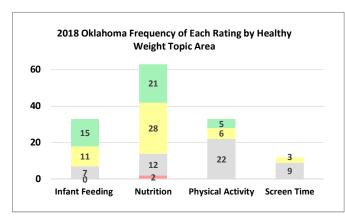
- Raung Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

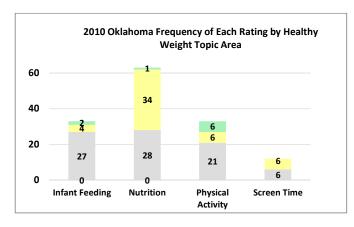
- Δ (Change) Code: + = Improved Rating = Lowered Rating

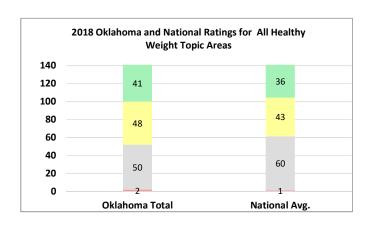
OKLAHOMA

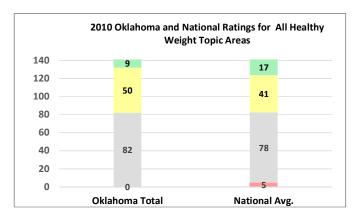




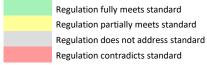








Color and Rating Codes:



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

2018/2010

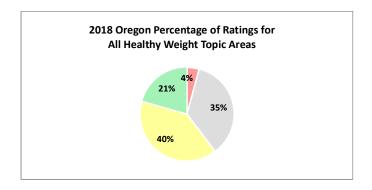
			Δ	CTR	Δ	LRG	Δ	SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		3 / 3	Г	3 / 3		3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4	Г	4 / 4		4 / 4
	IB1	Feed infants on cue		4 / 4	Г	4 / 4		4 / 4
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4		4 / 4
nfant 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	Г	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 / 3	Г	3 / 3		3 / 3
nt	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		1 / 1		1 / 1	+	4 / 3
nfa	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	+	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	Г	2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1	Г	1 / 1	+	3 / 1
	ID3	Serve no fruit juice to children younger than 12 months of age		1 / 1	П	1 / 1	+	4 / 1
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2	Г	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	Г	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	Г	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	+	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	Г	3 / 3		3 / 3
	NC1	Use only 100% juice with no added sweeteners		4 / 4	Г	4 / 4		4 / 4
Ö	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2	+	4 / 2
Nutritio	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		3 / 3	Г	3 / 3	+	4 / 3
틸	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		3 / 3	Г	3 / 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		2 / 2	Г	2 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2	Г	2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions		4 / 4	Г	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		3 / 3		3 / 3		3 / 3
		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		3 / 3	┝	3 / 3		2 / 2
		Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		3 / 3	L	3 / 3	+	3 / 1
	NH1	Do not force or bribe children to eat		3 / 3	\vdash	3 / 3		2 / 2
	NH2	Do not use food as a reward or punishment		3 / 3	\vdash	3 / 3		3 / 3
	PA1	Provide children with adequate space for both inside and outside play		4 / 4	L	4 / 4		2 / 2
μe	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	L	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	\vdash	2 / 2	L	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		2 / 2	\vdash	2 / 2		2 / 2
ē	_	Do not withhold active play from children who misbehave		2/2	\vdash	2/2	L	2 / 2
Sc K	_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2/2	<u> </u>	3 / 3	L	3 / 3
and		Limit total media time for children 2 years and older to not more than 30 min. weekly		2 / 2	\vdash	3 / 3		3 / 3
		Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2	\vdash	2 / 2		2 / 2
Activity		Do not utilize TV, video, or DVD viewing during meal or snack time		2/2	<u> </u>	2/2	L	2 / 2
4ct	PC1	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
a '	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	\vdash	3 / 3		2 / 2
sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	\vdash	3 / 3	L	2 / 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
	PE1	Ensure that infants have supervised tummy time every day when they are awake		2 / 2	\vdash	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	ı	2 / 2		2 / 2

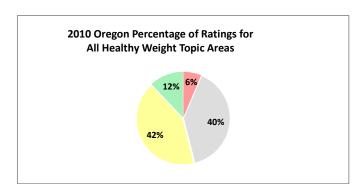
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

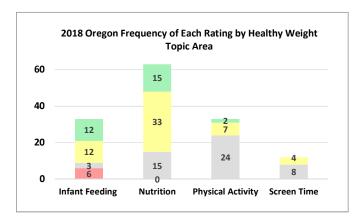
Color Code:

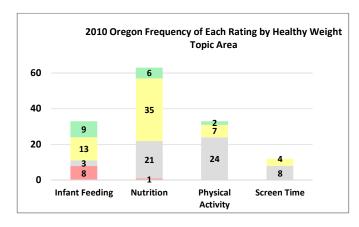
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard
- Δ (Change) Code: + = Improved Rating = Lowered Rating

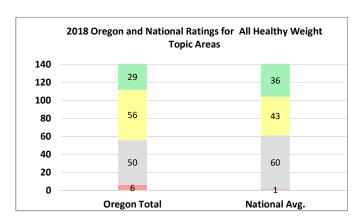
OREGON

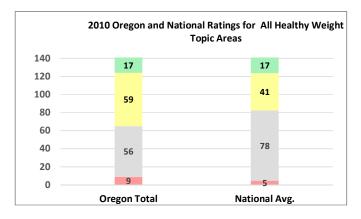




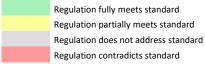








Color and Rating Codes:



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

2018/2010

		Weight Fluctices by Topic Area. Most Recent Ratings & 2010 Baseline	_		_	_	÷	
			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	L	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	L	2 / 2	┖	2 / 2
bn	IB1	Feed infants on cue		3 / 3	L	3 / 3		3 / 3
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		3 / 3	L	3 / 3		3 / 3
Æ	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
Ţ	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	Г	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		3 / 3	Г	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	T	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	Γ	2 / 2	Γ	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	Г	4 / 4		4 / 4
	NB3	Serve fruits of several varieties, especially whole fruits		4 / 4	Г	4 / 4		4 / 4
	NC1	Use only 100% juice with no added sweeteners		2/2	Г	2 / 2		2 / 2
ou	NC2	Offer juice (100%) only during meal times		2 / 2		2 / 2	1	2 / 2
Nutrition	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		2 / 2	T	2 / 2	T	2 / 2
티	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		2/2	Г	2 / 2	T	2 / 2
_	ND1	Make water available both inside and outside		4 / 4	Г	4 / 4	t	4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2	H	2 / 2	t	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2/2	T	2 / 2	⇈	2 / 2
		Serve small-sized, age-appropriate portions		4 / 4	Н	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		3 / 3	Г	3 / 3	╁	3 / 3
		caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions			L		┺	
	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	L	2 / 2	-	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		2 / 2	L	2 / 2	+-	2 / 2
	NH1	Do not force or bribe children to eat		2 / 2	$ldsymbol{f eta}$	2 / 2	-	2 / 2
	NH2	Do not use food as a reward or punishment	Щ	2 / 2	L	2 / 2	+	2 / 2
	PA1	Provide children with adequate space for both inside and outside play	Ш	4 / 4	L	4 / 4	┺	2 / 2
ne	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	Щ	2 / 2	L	2 / 2	—	2 / 2
⊆		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	L	2 / 2	-	2 / 2
Scree		Do not withhold active play from children who misbehave	Щ	2 / 2	L	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	L	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	L	2 / 2	L	2 / 2
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2	L	2 / 2	L	2 / 2
Ζį	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2	L	2 / 2	L	2 / 2
ct	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3	L	3 / 3	L	3 / 3
7	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		2 / 2	L	2 / 2	L	2 / 2
ij	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		2 / 2	L	2 / 2	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
_	PE1	Ensure that infants have supervised tummy time every day when they are awake		2 / 2	L	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	L	2 / 2	L	2 / 2

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

Color Code:

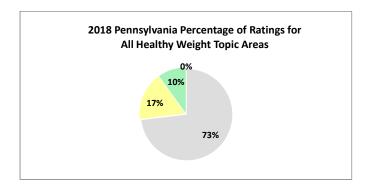
Regulation fully meets the standard Regulation contradicts the standard

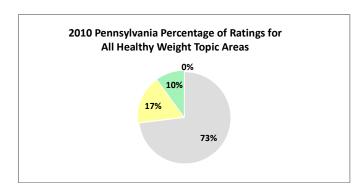
Rating Code:

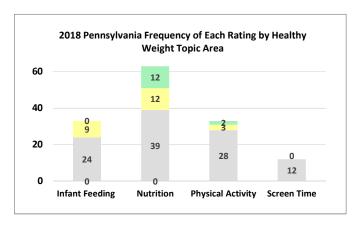
- 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

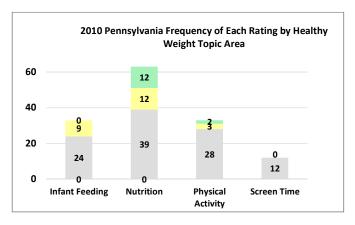
Δ (Change) Code: + = Improved Rating - = Lowered Rating

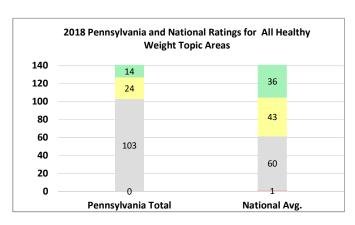
PENNSYLVANIA

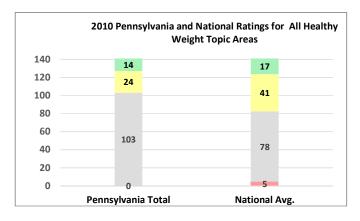




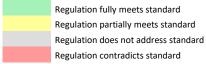








Color and Rating Codes:



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

2018/2010

_			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 / 3		3 / 3
L	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	+	4 / 3		4 / 4		4 / 4
	IB1	Feed infants on cue	+	4 / 3		4 / 4		4 / 4
ij.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 2		4 / 4		4 / 4
nfant 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 / 2		2 / 2
윤	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	+	4 / 2	+	4 / 3	+	4 / 3
뛴	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		2 / 2		2 / 2		2 / 2
	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
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2	Г	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	+	3 / 2	Г	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	+	3 / 2	Г	3 / 3		3 / 3
ŀ	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	+	3 / 2	Г	3 / 3		3 / 3
ļ		fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity			<u> </u>		_	
ļ		Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 3	+	4 / 3
ļ		Serve whole grain breads, cereals, and pastas	+		<u> </u>	3 / 3	_	3 / 3
ŀ	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	+	3 / 2	<u> </u>	3 / 3	_	3 / 3
I	NB3	Serve fruits of several varieties, especially whole fruits	+	3 / 2	<u> </u>	3 / 3		3 / 3
ے	NC1	Use only 100% juice with no added sweeteners	+	4 / 2	_	4 / 4		4 / 4
읡	NC2	Offer juice (100%) only during meal times	+	4 / 2	<u> </u>	4 / 4		4 / 4
Nutritio	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 2	L	4 / 4		4 / 4
퀽	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 2	_	4 / 4		4 / 4
I		Make water available both inside and outside		4 / 4	<u> </u>	4 / 4		4 / 4
ļ	_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2	L	2 / 2	_	2 / 2
L	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2	<u> </u>	2 / 2	_	2 / 2
L	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	l	3 / 3		3 / 3
ŀ	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2/2	Г	2 / 2		2 / 2
ŀ	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 2	Г	3 / 3		3 / 3
ŀ	NH1	Do not force or bribe children to eat	+	4 / 2	Г	2 / 2		2 / 2
ŀ	NH2	Do not use food as a reward or punishment	+	4 / 3	T	3 / 3		3 / 3
ŀ	PA1	Provide children with adequate space for both inside and outside play		4 / 4	Г	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
Ĕ	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2		2 / 2		2 / 2
⊆	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2		2 / 2		2 / 2
ree	PA5	Do not withhold active play from children who misbehave	+	4 / 2		4 / 4		4 / 4
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	3 / 2		3 / 3		3 / 3
F	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	+	3 / 2		3 / 3		3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2	Ĺ	2 / 2		2 / 2
!	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	+	4 / 2	$oxedsymbol{oxed}$	2 / 2		2 / 2
Ę	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	+	3 / 2		3 / 3		3 / 3
اٍٍ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	+	4 / 3		3 / 3		3 / 3
ica	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		2 / 2	$oxed{oxed}$	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		2 / 2	L	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:

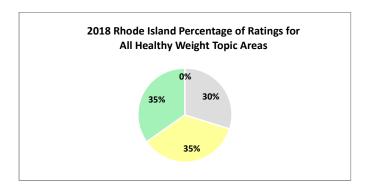
Regulation fully meets the standard Regulation contradicts the standard

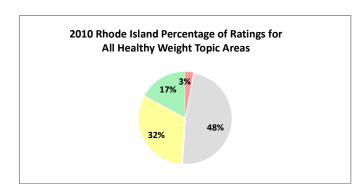
Rating Code:

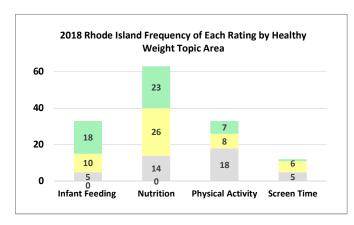
- 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

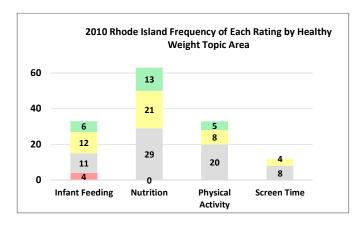
- Δ (Change) Code: + = Improved Rating = Lowered Rating

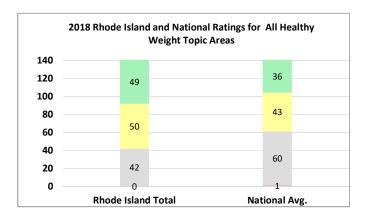
RHODE ISLAND

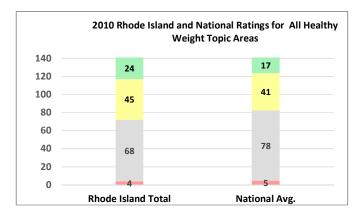




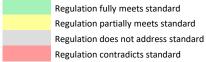








Color and Rating Codes:



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/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf

SOUTH CAROLINA

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

2018/2010

			Δ	CTR	Δ	LRG	i 4	SML
	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	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	Į.	2 / 2
[IB1	Feed infants on cue		4 / 4	Г	4 / 4	Į.	2 / 2
Feeding	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4	ıТ	2 / 2
eq	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	Г	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		3 / 3	Г	3 / 3	3	2 / 2
ı	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 3	+	4/3	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	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	Г	2/2	<u> </u>	2 / 2
Ì	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 1	+	3 / 2	十	2 / 2
ı	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 1	ī	2 / 2
ľ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2	Г	2/2	<u>,</u>	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	Г	3 / 3	3	2 / 2
ľ	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3	Г	3 / 3	3	2 / 2
ľ	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	+	3 / 2	+	3 / 2	T	2 / 2
ļ		fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity			⊢		-	
ļ		Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	+	2 / 2
ļ		Serve whole grain breads, cereals, and pastas		3 / 3	<u> </u>	3 / 3	┰	2 / 2
ļ		Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	<u> </u>	3 / 3	-	2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3	L	3 / 3	┰	2 / 2
_	NC1	Use only 100% juice with no added sweeteners		4 / 4	L	4 / 4	+	2 / 2
읝	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 / 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	<u> </u>	2 / 2
		Make water available both inside and outside		4 / 4	L	4 / 4	_	2 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2	L	2 / 2	_	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2	L	2 / 2	<u>²</u>	2 / 2
	NF1	Serve small-sized, age-appropriate portions		4 / 4	L	4 / 4	١ <u> </u>	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	l	3 / 3	3	2 / 2
ŀ	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2 / 2	┢	2/2	<u>.</u>	2 / 2
ŀ	_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 1	+	3 /	-	2/2
		Do not force or bribe children to eat		3 / 3	H	3 / 3	┰	2/2
ŀ		Do not use food as a reward or punishment		3 / 3	Г	3 / 3	+	2 / 2
ŀ		Provide children with adequate space for both inside and outside play		4 / 4	Т	3 / 3	+	2 / 2
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
Time	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2 / 2	Г	2/2	<u> </u>	2 / 2
⊆	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2	Г	2/2	2	2 / 2
8	PA5	Do not withhold active play from children who misbehave		2 / 2		2/2	<u> </u>	2 / 2
Scr		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		3 / 3	Г	3 / 3	_	2 / 2
and	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		3 / 3	Г	3 / 3	3	2 / 2
a/	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2/2	2	2 / 2
ξĺ	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2/2	<u> </u>	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	Г	3 / 3	3	2 / 2
ا≥	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		2 / 2	Г	2/2	2	2 / 2
<u>:</u>	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		2 / 2		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		2 / 2		2/2	2	2 / 2
"	PE1	Ensure that infants have supervised tummy time every day when they are awake		2 / 2		2/2	2	2 / 2
ľ	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3	Г	3 / 3	3	2 / 2
L			_		_		_	

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

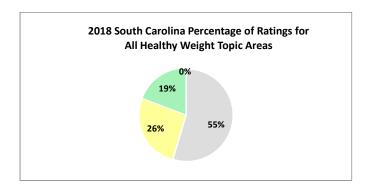
Color Code:

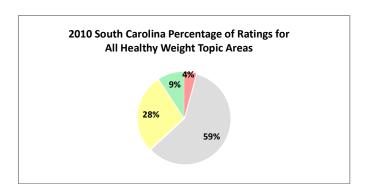
Regulation fully meets the standard Regulation contradicts the standard

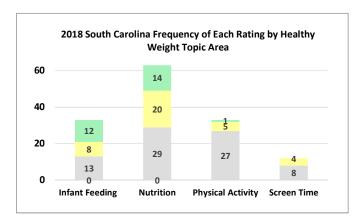
Rating Code:

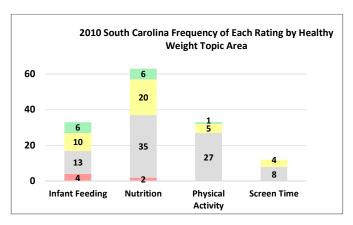
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard
- Δ (Change) Code: + = Improved Rating = Lowered Rating

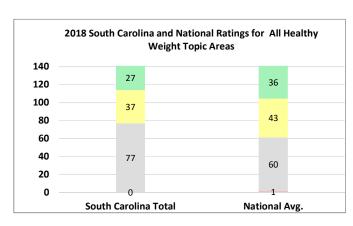
SOUTH CAROLINA

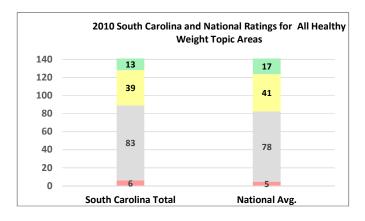




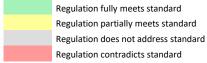








Color and Rating Codes:



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

2018/2010

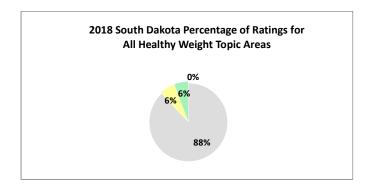
			Δ	CTR	Δ	LRG	Δ	SML
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		2 / 2		2 / 2	1	2 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		2/2		2 / 2	1	2 / 2
	IB1	Feed infants on cue		4 / 4		4 / 4	4	1 / 4
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2	1	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		4 / 4		4 / 4	4	1 / 4
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		2 / 2		2 / 2		2 / 2
ī	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		2 / 2		2 / 2	1	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	1	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	1	2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		2 / 2		2 / 2	1	2 / 2
	ID3	Serve no fruit juice to children younger than 12 months of age		2 / 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		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
ţŗ	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	\vdash	2 / 2
	NF1	Serve small-sized, age-appropriate portions		2/2		2 / 2	H	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		3 / 3		3 / 3		3 / 3
	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		2 / 2
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		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	L	2 / 2		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		2 / 2		2 / 2		2 / 2
Scree	PA5	Do not withhold active play from children who misbehave		2 / 2	L	2 / 2	-	2 / 2
S	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2/2	$ldsymbol{ld}}}}}}}$	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	L	2 / 2	-	2 / 2
		Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2	L	2 / 2	-	2 / 2
Ξ	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	Щ	2/2	\vdash	2 / 2	-	2 / 2
Act	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	L	3 / 3	L	2 / 2	-	2 / 2
a /	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	L	2 / 2	-	2 / 2
sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, high to six years, two or more structured or caregiver/ teacher/ adult led activities or games that promote		3 / 3	\vdash	2 / 2	Щ	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
		Ensure that infants have supervised tummy time every day when they are awake		2 / 2	H	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	ı	2 / 2	1 4	2 / 2

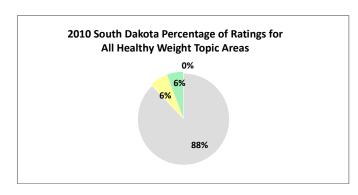
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

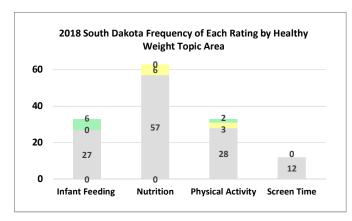
Color Code:

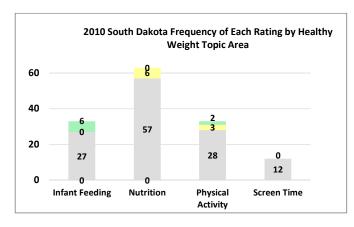
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard
- Δ (Change) Code: + = Improved Rating = Lowered Rating

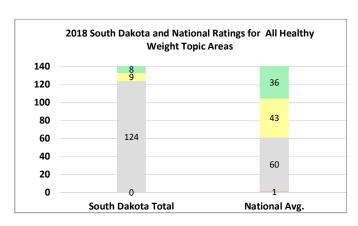
SOUTH DAKOTA

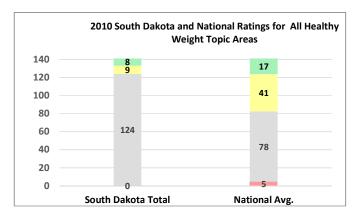




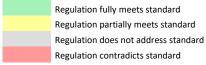








Color and Rating Codes:



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

2018/2010

			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	+	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 / 2	+	4 / 2	+	4 / 2
	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 / 2	+	4 / 2	+	4 / 2
nfant 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 / 2		3 / 3
Fe	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3		3 / 3	+	3 / 2
nt	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
nfa	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	+	3 / 2	+	3 / 2	+	3 / 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 / 2	+	4 / 2	+	4 / 2
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	-	2 / 3		2 / 2		2 / 2
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3		3 / 3		3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	+	3 / 2	+	3 / 1	+	3 / 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	+	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 / 3		3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3	-	3 / 4		3 / 3
	NC1	Use only 100% juice with no added sweeteners	+	4 / 2		4 / 4		4 / 4
ö	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
ij	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 2	+	4 / 3	+	4 / 3
Nutritio	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 2	+	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 / 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	+	3 / 2		3 / 3		3 / 3
	NC4	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	-	2 / 2	_	2/2
			\vdash	3 / 4	-	3 / 3		3 / 3
		Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat	$\overline{}$	3 / 4	-	3/3		
	NH1 NH2	Do not use food as a reward or punishment	H	4 / 4	+	4/3	+	3 / 3
	PA1	Provide children with adequate space for both inside and outside play	H	4 / 4	É	4/3	+	4 / 3
o 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	+	3 / 2	+	3 / 2
Tim	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		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	+	3 / 2	+	3 / 2	+	3 / 2
ee	PA5	Do not withhold active play from children who misbehave	-	2 / 4		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
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	+	4 / 3	+	4 / 3	+	4 / 3
Κį	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	+	4 / 2	+	4 / 2	+	4 / 2
cti	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
إ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	+	4 / 3	+	4 / 2	+	4 / 2
ica	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	+	4 / 3	+	4 / 2	+	4 / 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	+	3 / 2	+	3 / 2
	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	+	4 / 3	+	4 / 2	+	4 / 2

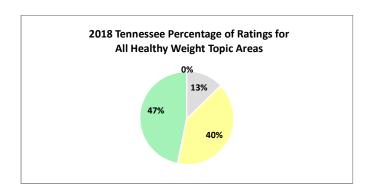
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

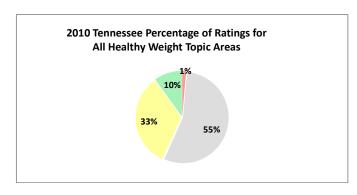
Color Code:

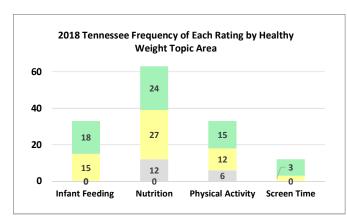
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

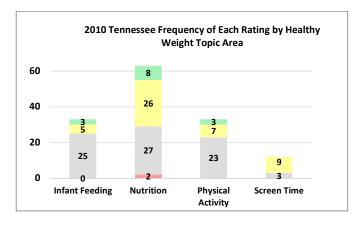
- Δ (Change) Code: + = Improved Rating = Lowered Rating

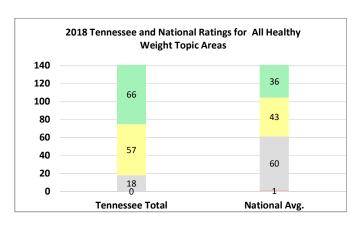
TENNESSEE

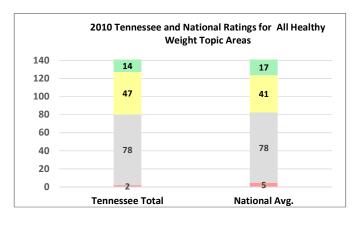




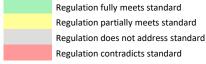








Color and Rating Codes:



Tennessee Regulation Rating History: 2010 (CTR, LRG, SML); 2018 (CTR, LRG, SML) A listing of all documents rated for ASHW, 2010 to date, is available at the following link: http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf

TEXAS

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

2018/2010

			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 / 2	+	4 / 2	+	4 / 2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		2/2		2 / 2		2 / 2
	IB1	Feed infants on cue		3 / 3		3 / 3		3 / 3
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2		2 / 2		2 / 2
nfant 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		3 / 3
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		2 / 2
nt	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
nfa	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	П	2/2		2 / 2
	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 2	+	4 / 2	+	4 / 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		3 / 3		3 / 3		3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		2 / 2		2/2		2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older		2 / 2		2 / 2		2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	+	4 / 3	+	4 / 3	+	4 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3		3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3		3 / 3		3 / 3
_	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4		4 / 4
Ö	NC2	Offer juice (100%) only during meal times		3 / 3		3 / 3		3 / 3
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
틧	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	4 / 3	+	4 / 3
_	ND1	Make water available both inside and outside		4 / 4		4 / 4		4 / 4
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2/2		2/2		2/2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2/2		2 / 2		2/2
	NF1	Serve small-sized, age-appropriate portions		4 / 4		4 / 4		4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the		3 / 3		3 / 3		3 / 3
		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	_	2/2		2/2
		Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+	3 / 2	+	3 / 2	+	3 / 2
	NH1	Do not force or bribe children to eat		3 / 3	_	3 / 3		3 / 3
	NH2	Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play.	Н	4 / 4	Н	4 / 4		4 / 4
	PA1	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that	Н	4 / 4	Н	4 / 4	_	4 / 4
me	PA2	promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	Ц	2 / 2	\sqcup	2 / 2		2 / 2
Tim	PA3		H		Н		-	
ě		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	\vdash	2/2	Н	2 / 2		2 / 2
Scre		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+	4 / 4	Н	3 / 3	_	
d S	_		H		Н	_	_	3 / 3
and		Limit total media time for children 2 years and older to not more than 30 min. weekly	H	3 / 3	Н	3/3		3 / 3
		Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	H	2/2	Н	2/2		2 / 2
Activity	PB4		+	2/2	٢	2/2	_	2 / 2
AC	PC1	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.	H	4 / 3	+	4/3	+	4 / 3
ä	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	Н	3 / 3	Н	3/3	_	3 / 3
Physical	PC3 PD1	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	Н	2 / 2	Н	3 / 3	-	3 / 3
P		movement over the course of the day—indoor or outdoor	Н		Н			
	PE1	Ensure that infants have supervised tummy time every day when they are awake	Н	4 / 4	Н	4 / 4		4 / 4
	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3		3 / 3	ı	3 / 3

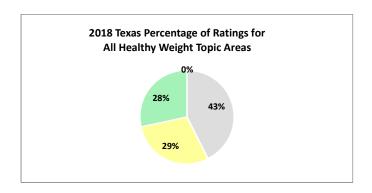
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

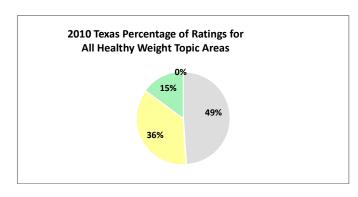
Color Code:

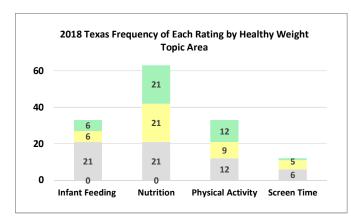
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

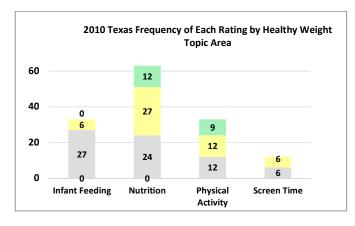
- Δ (Change) Code: + = Improved Rating = Lowered Rating

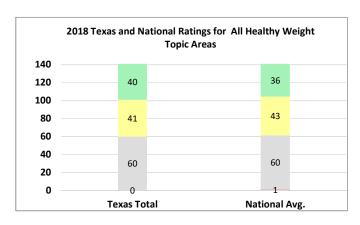
TEXAS

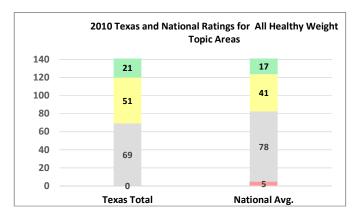




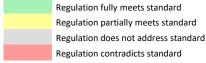








Color and Rating Codes:



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:

 $\underline{\text{http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf}}$

UTAH

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

2018/2010

			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 / 3	H	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	П	4 / 4	+	4 / 3
ľ	IB1	Feed infants on cue		4 / 4	П	4 / 4	+	4 / 2
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4	П	4 / 4	+	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		3 / 3	Н	3 / 3		3 / 3
E	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		3 / 3	П	3 / 3	+	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 / 3	+	4 / 2
Jfa.	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
<u> -</u>	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2 / 2	Н	2 / 2		2/2
ŀ	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	Н	4 / 1	+	4 / 2
ŀ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2/2	H	2 / 2	Ė	2/2
ŀ	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3	Н	3 / 3	+	3 / 2
ŀ	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3	Н	3 / 3	+	3 / 2
ŀ	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
ŀ	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	+	4 / 2
ŀ	NB1	Serve whole grain breads, cereals, and pastas		3 / 3	Н	3 / 3	+	3 / 2
ŀ		Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	Н	3 / 3	_	3 / 2
ŀ		Serve fruits of several varieties, especially whole fruits		3 / 3	Н	3 / 3	+	3 / 2
ŀ	_	Use only 100% juice with no added sweeteners		4 / 4	Н	4 / 4	+	4 / 2
Ę	_	Offer juice (100%) only during meal times	+	4 / 3	+	4 / 3	+	4 / 2
ıĕŀ		Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	${f H}$	4 / 3	+	4 / 2
Nutritio		Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	\vdash	4/3	_	4/2
Z		Make water available both inside and outside	\vdash	4 / 3	\vdash	4/3	_	4 / 3
-	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	H	2 / 2	H	2/2	Ė	2/2
ŀ	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2/2	Н	2/2	-	2/2
ŀ	NF1	Serve small-sized, age-appropriate portions		4 / 4	Н	4/4	+	4/2
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			
	NF2	caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions		3 / 3	Ш	3 / 3	+	3 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels		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
	NH1	Do not force or bribe children to eat		3 / 3		3 / 3		3 / 3
	NH2	Do not use food as a reward or punishment		3 / 3	Ш	3 / 3		3 / 3
	PA1	Provide children with adequate space for both inside and outside play		4 / 4	+	4 / 2	+	4 / 2
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		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	Ш	2 / 2		2 / 2
드		Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 / 2	Ш	2 / 2		2 / 2
Scree	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	+	3 / 2	+	3 / 2	+	3 / 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
S A	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2	Ш	2 / 2		2 / 2
ξĮ	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2	\square	2 / 2		2 / 2
Ę	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	Ш	3 / 3	+	3 / 2	+	3 / 2
إٍ	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	+	4 / 2	+	4 / 2	+	4 / 3
<u>;;</u>	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
_[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		3 / 3	+	3 / 2	+	3 / 2

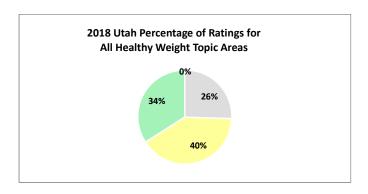
Abbreviation Key: Δ =Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

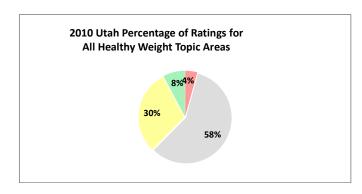
Color Code:

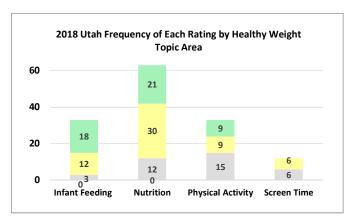
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

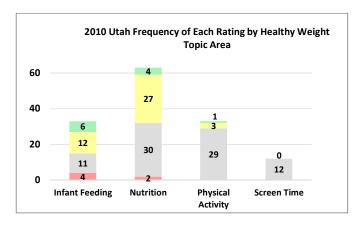
- Δ (Change) Code: + = Improved Rating = Lowered Rating

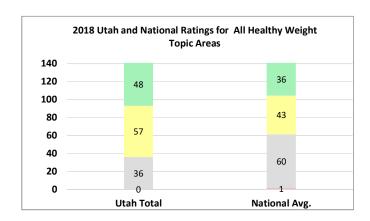
UTAH

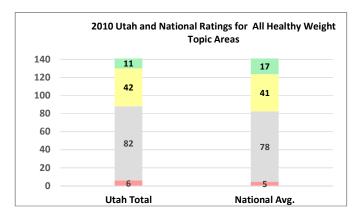




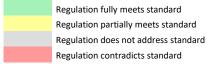








Color and Rating Codes:



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

2018/2010

			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		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		4 / 4		4 / 4		4 / 4
ng	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	4 / 2	+	4 / 2	+	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		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
nt	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
nfant	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	П	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	+	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
	NC1	Use only 100% juice with no added sweeteners	+	4 / 2	+	4 / 2	+	4 / 2
jor	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	+	3 / 2	+	3 / 2	+	3 / 2
	NC4	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	-	2 / 2	_	2 / 4
			+	3 / 2	+	3 / 2	Ė	3 / 3
	NH1	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Do not force or bribe children to eat	_	3 / 3	_	3 / 3		3 / 3
	NH2	Do not use food as a reward or punishment		3 / 3	Н	3 / 3		3 / 3
	PA1	Provide children with adequate space for both inside and outside play	H	4 / 4	+	4/2	+	4/3
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	H	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	П	2 / 4	Ξ	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	П	2 / 2	П	2 / 2		2 / 2
ee	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	+	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
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	-	3 / 4	-	3 / 4	-	3 / 4
Κį	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		2 / 2
cti	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
۲	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	+	4 / 3	+	4 / 2	+	4 / 2
ica	PC3	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 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake		2 / 2		2 / 2		2 / 2
	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3	+	3 / 2	+	3 / 2

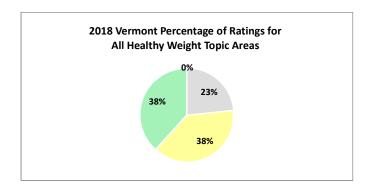
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

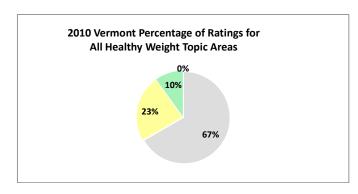
Color Code:

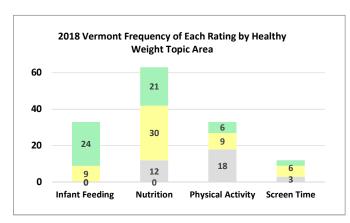
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

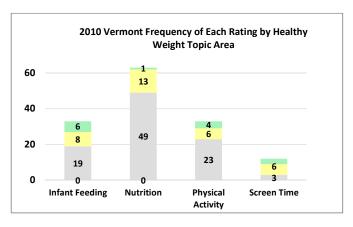
- Δ (Change) Code: + = Improved Rating = Lowered Rating

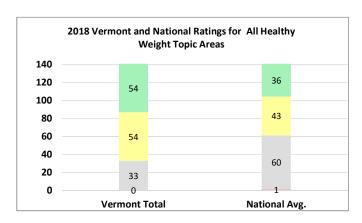
VERMONT

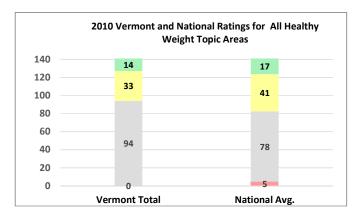




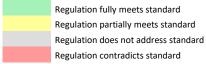








Color and Rating Codes:



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

2018/2010

_			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		3 / 3		3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue		4 / 4		4 / 4		4 / 4
ij.	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		4 / 4		4 / 4		4 / 4
nfant 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		3 / 3
æ	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
뒽	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+	4 / 3		4 / 4		4 / 4
월	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
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
ŀ	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
ŀ	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
ŀ	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		3 / 2		4 / 4	┢	4 / 4
I	NA4	fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	_			4 / 4		4 / 4
ļ		Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	Ш	4 / 4	_	4 / 4
L	NB1	Serve whole grain breads, cereals, and pastas		3 / 3		3 / 3		3 / 3
ļ	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	$ldsymbol{le}}}}}}$	3 / 3	L	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3		3 / 3		3 / 3
ے	NC1	Use only 100% juice with no added sweeteners		4 / 4		4 / 4	_	4 / 4
유	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
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 / 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	L	2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2	L	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		2/2		2 / 2	Н	2 / 2
ŀ	NG2	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		3 / 3		3 / 3	Ė	3 / 3
ŀ		Do not use food as a reward or punishment		3 / 3	H	3 / 3	 	3 / 3
-	PA1	Provide children with adequate space for both inside and outside play		4 / 4	Н	4 / 4	H	4 / 4
ŀ	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that		2/2		2/2		2 / 2
Time		promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	-	2/2	\vdash	2 / 2	\vdash	2 / 2
		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	┢	2/2
<u></u>		Do not withhold active play from children who misbehave		2/2	H	4/4	 	4 / 4
- ≒t		Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2/2	\vdash	3 / 3	┢	3 / 3
S p	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2/2	\vdash	3 / 3	\vdash	3 / 3
- ≽ ŀ	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2/2	\vdash	2 / 2	┢	2 / 2
		Do not utilize TV, video, or DVD viewing during meal or snack time		2/2		2/2		2/2
Physical Activity		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3	\vdash	4/4	\vdash	4 / 4
Ą	_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		2 / 2	\vdash	3 / 3	\vdash	3 / 3
g	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		2/2		3 / 3	-	3 / 3
Şi		Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote			\vdash		┢	
	PD1	movement over the course of the day—indoor or outdoor		2 / 2		4 / 4		4 / 4
ļ		Ensure that infants have supervised tummy time every day when they are awake		4 / 4		3 / 3	<u> </u>	3 / 3
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		3 / 3	乚	3 / 3

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

Color Code:

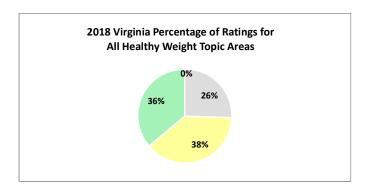
Regulation fully meets the standard Regulation contradicts the standard

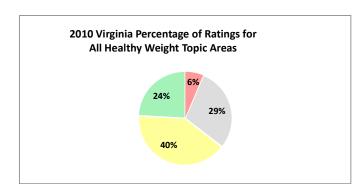
Rating Code:

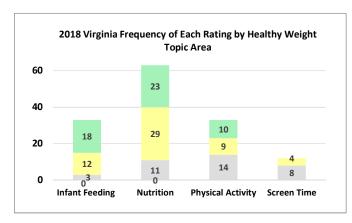
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

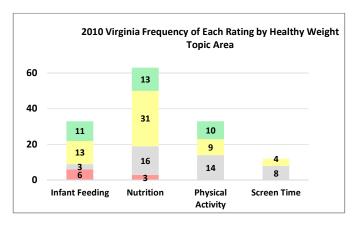
- Δ (Change) Code: + = Improved Rating = Lowered Rating

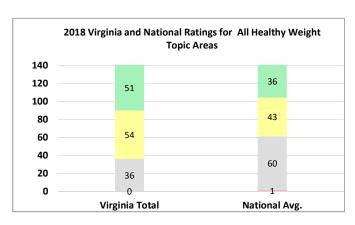
VIRGINIA

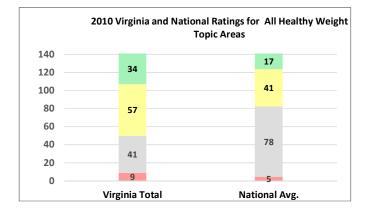




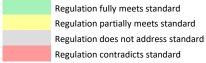








Color and Rating Codes:



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

2018/2010

_			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		3 / 3	L	3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue		4 / 4	Г	4 / 4		4 / 4
ij	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		2 / 2	Г	4 / 4		4 / 4
ed	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		4 / 4		4 / 4		4 / 4
æ	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		4 / 4		3 / 3		3 / 3
Ħ	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
nfant 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
- i	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
ŀ	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1	+	3 / 1	+	3 / 1
ŀ	ID3	Serve no fruit juice to children younger than 12 months of age		1 / 1	+	4 / 1	+	4 / 1
ŀ	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2/2	Н	2 / 2	T	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	T	3 / 3
ŀ		Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3 / 3	┢	3 / 3	H	3 / 3
ŀ		Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced			Н		H	
ļ	NA4	fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		3 / 3	<u> </u>	3 / 3	L	3 / 3
L	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	Ŀ	1 / 2	+	4 / 2	+	4 / 2
L	NB1	Serve whole grain breads, cereals, and pastas		2 / 2	L	3 / 3	L	3 / 3
ļ	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	L	3 / 3	L	3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3	L	3 / 3	L	3 / 3
اے	NC1	Use only 100% juice with no added sweeteners		4 / 4	L	4 / 4		4 / 4
.[]	NC2	Offer juice (100%) only during meal times		2 / 2	+	4 / 2	+	4 / 2
ΞĮ	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		2 / 2	+	4 / 3	+	4 / 3
Nutritio	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		2 / 2		2 / 2		2 / 2
L	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions		2 / 2		4 / 4		4 / 4
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions		2 / 2	l	3 / 3		3 / 3
ŀ	NG1	Limit salt by avoiding salty foods such as chips and pretzels		2/2	┢	2 / 2	T	2 / 2
ŀ	-	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		3 / 3	+	3 / 1	+	3 / 1
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		3 / 3	H	3 / 3	H	3 / 3
	PA1	Provide children with adequate space for both inside and outside play		4 / 4	Н	4 / 4	H	4 / 4
ŀ	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	Г	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	Г	2 / 2	Г	2 / 2
	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2/2	Г	2 / 2	T	2 / 2
8	PA5	Do not withhold active play from children who misbehave		2 / 2	+	4 / 2	+	4 / 2
:::h	-	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2/2	Г	3 / 3	T	3 / 3
r	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		2/2	Г	3 / 3	Г	3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		4 / 4	T	4 / 4
ŧΙ	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2/2	Г	2 / 2	T	2 / 2
訇	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3	Г	3 / 3	Г	3 / 3
ا≱	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	Г	3 / 3	Г	3 / 3
<u>ica</u>	РС3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	Г	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	Ī	2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake		4 / 4	+	4 / 2	+	4 / 2
Ī	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3	Г	2 / 2	T	2 / 2
L			_					

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

Color Code:

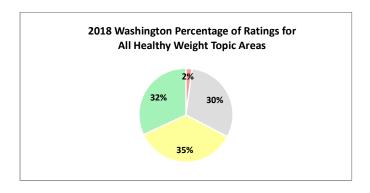
Regulation fully meets the standard Regulation contradicts the standard

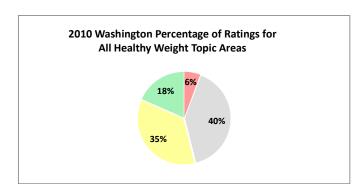
Rating Code:

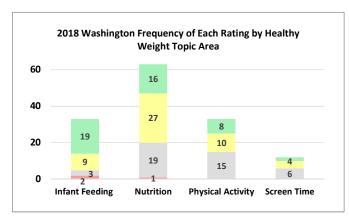
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

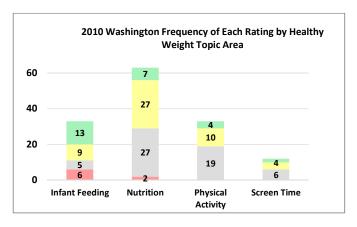
Δ (Change) Code: + = Improved Rating - = Lowered Rating

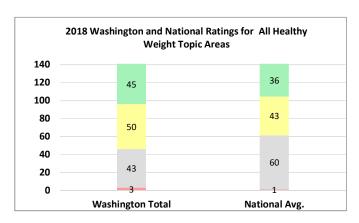
WASHINGTON

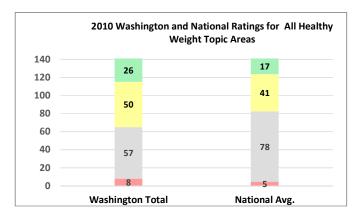




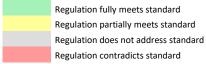








Color and Rating Codes:



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

2018/2010

			Δ	CTR	Δ	LRG	Δ SI	ИL
	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site		2 / 2		2/2	2 /	2
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		3 / 3		2/2	2 /	2
	IB1	Feed infants on cue		4 / 4		2/2	2 /	2
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		3 / 3		2/2	2 i	2
nfant 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	3 /	3
Fe	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider		4 / 4		3 / 3	2 /	2
nt	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		3 / 3		2/2	2 /	2
nfa	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		3 / 3		2/2	2 /	2
-	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2 / 2		2/2	2 /	2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1		2/2	2 /	2
	ID3	Serve no fruit juice to children younger than 12 months of age		1 / 1		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
	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	-	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
	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
	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
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3		2/2	2 /	2
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3		2/2	2 /	2
_	NC1	Use only 100% juice with no added sweeteners		4 / 4		2/2	2 /	2
Ö	NC2	Offer juice (100%) only during meal times		3 / 3		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		2/2	2 /	2
틧	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
		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
		Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		1 / 1		3 / 3		2
	NH1	Do not force or bribe children to eat	+	4 / 3		3 / 3		3
	NH2	Do not use food as a reward or punishment	+	4/3		3 / 3	_	3
	PA1	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that		4 / 4	\vdash	4 / 4		4
me	PA2	promote physical activity		2/2		2/2		2
Tim		Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	H	2 / 2	\vdash	2 / 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 Do not withhold active play from children who misbehave		2/2	\vdash	2 / 2		2
cre	_		\vdash	4 / 4	\dashv	4 / 4	4 /	
d Sc	_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 20 min, weekly	\vdash	3 / 3	\vdash	3 / 3		2
and		Limit total media time for children 2 years and older to not more than 30 min. weekly		3 / 3	\vdash	3 / 3	_	2
		Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2	\vdash	2 / 2		2
Activity		Do not utilize TV, video, or DVD viewing during meal or snack time	\vdash	2/2	\vdash	2/2	-	2
Aci	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	\vdash	3 / 3	\dashv	3 / 3		3
ē	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3		3 / 3		3
rsic	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	H	3 / 3	\vdash	3 / 3		3
Physical	PD1	movement over the course of the day—indoor or outdoor		2 / 2		2 / 2	\vdash	2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	+	4 / 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

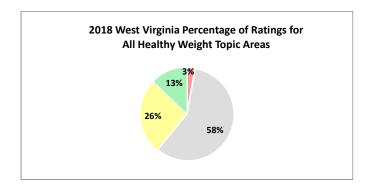
Color Code:

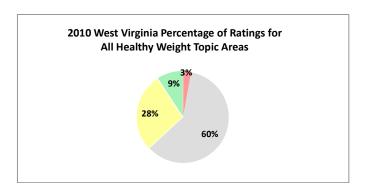
Regulation fully meets the standard Regulation contradicts the standard

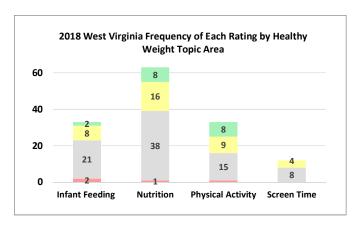
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

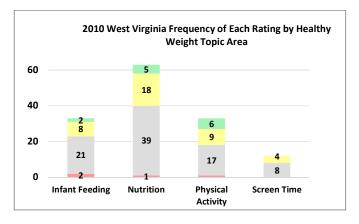
Δ (Change) Code: + = Improved Rating - = Lowered Rating

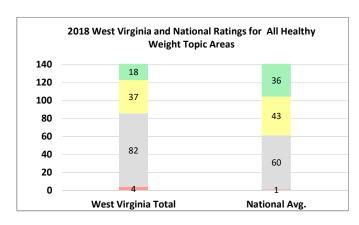
WEST VIRGINIA

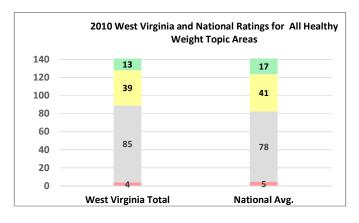












Color and Rating Codes:

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

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

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

 $\underline{\text{http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf}}$

WISCONSIN

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

2018/2010

	reality Weight Fractices by Topic Area. Most Recent Ratings & 2010 Baseline				_		Ė	
			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	匚	3 / 3		3 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided		4 / 4		4 / 4		4 / 4
	IB1	Feed infants on cue		4 / 4		4 / 4		4 / 4
ing	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		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		3 / 3	Г	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	Г	3 / 3		3 / 3
nt	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		3 / 3	T	3 / 3		3 / 3
nfant	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		3 / 3	T	3 / 3		3 / 3
=	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2 / 2	_	2 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1	┢	1 / 1	_	1 / 1
	ID3	Serve no fruit juice to children younger than 12 months of age		1 / 1	┢	1 / 1		1 / 1
	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		2 / 2	┢	2/2		2 / 2
		Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3 / 3	—	3 / 3	_	
	NA2				⊢			3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced		3 / 3	⊢	3 / 3		3 / 3
	NA4	fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	4 / 2	+	4 / 2
	NB1	Serve whole grain breads, cereals, and pastas		3 / 3		3 / 3		3 / 3
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		3 / 3	Г	3 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits		3 / 3	Г	3 / 3		4 / 4
	NC1	Use only 100% juice with no added sweeteners		4 / 4	T	4 / 4		4 / 4
o	NC2	Offer juice (100%) only during meal times		2 / 2	┢	2 / 2		2 / 2
ij	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		3 / 3	H	3 / 3		3 / 3
Nutritio	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		3 / 3	┢	3 / 3		3 / 3
z		Make water available both inside and outside		4 / 4	┢	4 / 4	+	4 / 2
		Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		2 / 2	┢	2/2	_	2/2
		Require adults eating meals with children to eat items that meet nutrition standards		2/2	┢	2/2	_	2/2
		Serve small-sized, age-appropriate portions		4 / 4	┢	4 / 4	_	4 / 4
		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			┢			
	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		2 / 2	П	2 / 2		2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk		1 / 1		1 / 1		1 / 1
	NH1	Do not force or bribe children to eat		3 / 3	Г	3 / 3		3 / 3
	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
۵.	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that		2 / 2		2/2		2 / 2
шe		promote physical activity Develop written policies on the promotion of physical activity and the removal of petential barriers to physical activity porticipation	H		▙	2/2	\vdash	
Ξ		Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2/2	—		-	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		2/2	-	2 / 2		2 / 2
Scre		Do not withhold active play from children who misbehave		4 / 4	-	4 / 4	_	4 / 4
Š		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	\vdash	3 / 3		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
Physical Activity		Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2	—	2 / 2		2 / 2
ζţ		Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		3 / 3	<u> </u>	3 / 3	_	3 / 3
/ Je	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	oxdot	3 / 3		3 / 3
Sic	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3 / 3	$oxed{oxed}$	3 / 3		3 / 3
Ä	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
۵	PE1	Ensure that infants have supervised tummy time every day when they are awake		4 / 4	\vdash	4 / 4		4 / 4
		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
	r = 2	Coo main oquipmon odori do omingo, stationary dottoro, miant ocato, moliculo ocato, etc. only for onort periodo il at all		212		212		212

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

Color Code:

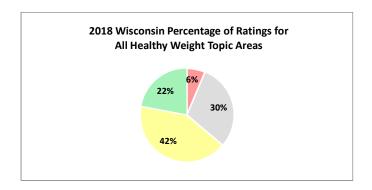
Regulation fully meets the standard Regulation contradicts the standard

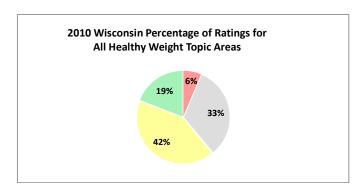
Rating Code:

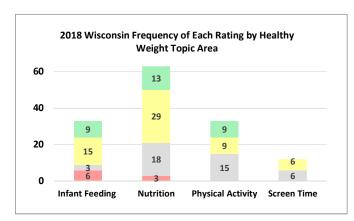
- 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

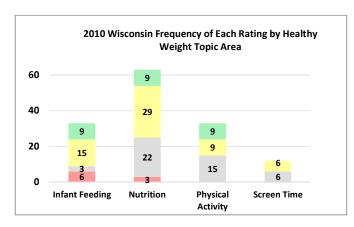
Δ (Change) Code: + = Improved Rating - = Lowered Rating

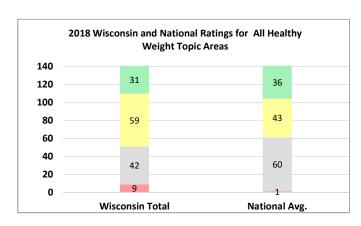
WISCONSIN

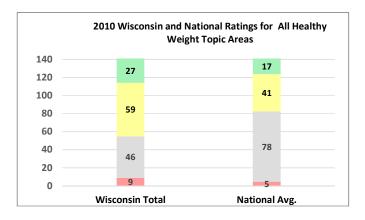




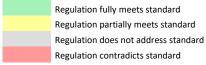








Color and Rating Codes:



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

2018/2010

			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		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
nfant 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
Fe	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
nt	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
nfa	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		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		2 / 2	Т	2 / 2		2/2
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		2 / 2		2 / 2		2 / 2
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older		2 / 2		2 / 2		2/2
	NB1	Serve whole grain breads, cereals, and pastas		2 / 2		2 / 2		2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas		2 / 2		2 / 2		2/2
	NB3	Serve fruits of several varieties, especially whole fruits		2 / 2		2 / 2		2 / 2
_	NC1	Use only 100% juice with no added sweeteners		2 / 2		2 / 2		2 / 2
ion	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		2 / 2		2 / 2		2 / 2
틧	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		2 / 2		2 / 2		2/2
	ND1	Make water available both inside and outside		2 / 2		2 / 2		2/2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	+	3 / 2	+	3 / 2	+	3 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards		2 / 2		2 / 2		2/2
	NF1	Serve small-sized, age-appropriate portions	+	4 / 2	+	4 / 2	+	4 / 2
	NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	+	3 / 2	+	3 / 2	+	3 / 2
	NG1	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 / 2		2 / 2		2 / 2
	NH1	Do not force or bribe children to eat	-	3 / 4	_	3 / 4	-	3 / 4
	NH2	Do not use food as a reward or punishment	H	3 / 3	Н	3 / 3	Т	3 / 3
	PA1	Provide children with adequate space for both inside and outside play	П	4 / 4	П	4 / 4	Т	4 / 4
و	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
⊆	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		3 / 3		3 / 3		3 / 3
SCI	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
	РВ3	Use screen media with children age two years and older only for educational purposes or physical activity		2 / 2		2 / 2		2 / 2
Activity	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		2 / 2		2 / 2		2 / 2
Ċţį	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
۲	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		2 / 2		2 / 2		2 / 2
ica	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		2 / 2		2 / 2		2 / 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
_	PE1	Ensure that infants have supervised tummy time every day when they are awake		2 / 2		2 / 2		2 / 2
	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3 / 3		3 / 3		3 / 3

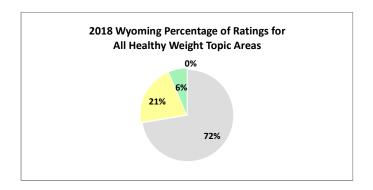
Abbreviation Key: △=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

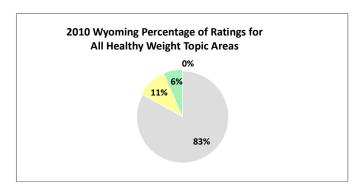
Color Code:

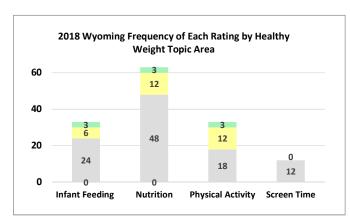
- Rating Code:
 1 = Regulation contradicts the standard
 2 = Regulation does not address standard
 3 = Regulation partially meets standard
 4 = Regulation fully meets standard

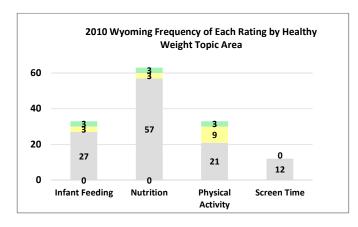
- Δ (Change) Code: + = Improved Rating = Lowered Rating

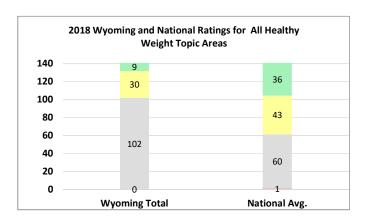
WYOMING

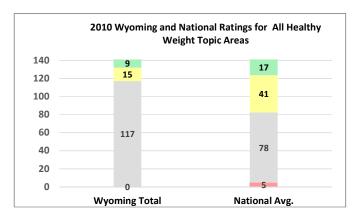












Color and Rating Codes:

Regulation fully meets standard

Regulation ruly friects standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts standard

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

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

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
		T				
AL	Alabama					
	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	Х		
	Minimum Standards for Family Day Care Homes, Family Nighttime Homes, Group Day Care Homes, and Group Nighttime Homes Regulations and Procedures	11/30/2018	2018		Х	х
	Minimum Standards for Day Care Centers and Nighttime Centers	11/30/2018	2018	Х		
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		

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

2016

2017

^{*} 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 0.00	Year	CTR	LRG	SML
	Minimum Licensing Requirements for Child Care Family Homes	11/1/2011	2011		Χ	
	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	
	Minimum Licensing Requirements for Registered Child Care Family Homes	1/1/2015	2015			Χ
CA	California					
	Title 22, Division 12, Chapter 1, Articles 1, 2 - Child Care Centers General Licensing Requirements	6/15/2005	2010	Χ		
	Title 22, Division 12, Chapter 1, Article 6 - Child Care Centers Continuing Requirements (continued)	6/8/2005	2010	Χ		
	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	Χ	Χ	Х
	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					

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:

^{*} 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
	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					
	Rules for Early Care and Education and School-Age Centers	1/1/2007	2010	Χ		
	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	Х		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	Х		
	2012 Florida Child Care Statutes Section 402	2012	2012	Х	Х	Х
	Chapter 65C-22 Florida Administrative Code Child Care Standards	8/2013	2013	Х		
	Chapter 65C-22 Florida Administrative Code Child Care Standards	8/2013	2017	Х		
	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

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

2014

2017

2015 2013 * 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 Year	Child Care Types Covered by Document		
				CTR	LRG	SML
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	Χ		
	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
	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			Х
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

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

20

2017

^{*} 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 Year	Child Care Types Covered by Document		
				CTR	LRG	SML
	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	Χ		
IA	Iowa					
	Chapter 109: Child Care Centers	6/1/2010	2010	Х		
	Chapter 110: Child Development Homes	11/1/2009	2010		Х	Х
	Chapter 109: Child Care Centers	5/1/2012	2012	Χ	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		Х	Х
	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	
	922 KAR 2:100 Certification of Family Child Care Homes	7/18/2018	2018			Х
	922 KAR 2:120. Child-care Center Health and Safety Standards	7/18/2018	2018	Х	Х	
LA	Louisiana					
	Child Day Care Center Class A Minimum Standards	11/1/2003	2010	Х		
	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					

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:

^{*} 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 the Licensing of Child Care Facilities	8/27/2008	2010	Χ	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	
	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	Х	Х	Х
MI	Michigan					
	Licensing Rules for Child Care Centers	6/4/2008	2010	Х		
	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	Х		
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

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

^{*} 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 Year	Child Care Types Covered by Document			
				CTR	LRG	SML	
	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		
	Licensing Rules for Family Day Care Homes	2016	2016			Х	
MT	Montana						
	Licensing Requirements for Child Day Care Centers	9/1/2006	2010	Х			
	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	Х	Х	Х	
	Chapter 432A Services and Facilities for Care of Children	9/21/2017	2018	Х	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	

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

^{*} 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
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	Χ	
	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					
	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	Х	Х	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	Х	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	Х	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		Χ	
	Section 417 Family Day Care Homes	5/2014	2014			Х
	Part 418-1: Day Care Centers	6/2015	2015	Х		
	Part 418-2: Small Day Care Centers	6/2015	2015		Х	
NC	North Carolina					

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

2014

2013

2015

^{*} 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 Year	Child Care Types Covered by Document		
				CTR	LRG	SML
	Chapter 9 - Child Care Rules	8/1/2010	2010	Х	Х	Х
	Chapter 110- Article 7	8/1/2012	2012	Х	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
	Chapter 9- Child Care Rules	10/1/2017	2018	Х	Х	Х
ND	North Dakota					
	Family Child Care Homes Early Childhood Services Chapter 75-03-08	1/1/1999	2010			Х
	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	Х		
	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	Х		
	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

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

2016

2017

^{*} 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 Year	Child Care Types Covered by Document		
		3.00		CTR	LRG	SML
	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	X		
	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	X		
	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			X

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

Color Code: Update years highlighted as follows:

2010

2011

2012

2013

2014 2015

^{*} 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 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	X		
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	Χ		
	Chapter 1240-4-4 Standards for Family Child Care Homes	3/14/2009	2010			Х
	Chapter 1240-4-12 Registration of Family Day Care Homes	12/13/1990	2010			X
	Chapter 1240-04-01 Licensure Rules for Child Care Agencies	7/30/2018	2018	Χ	Х	X
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	X		
	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		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:

2010

2011

2012

2013

2014 20

2015

2016

2017

^{*} 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
	R430-100 Child Care Centers	7/1/2009	2010	Χ		
	R381-100 Child Care Centers	12/28/2017	2017	Χ		
	R430-90 Licensed Family Child Care	12/28/2017	2017		Х	
	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 Homes	9/1/2016	2016		х	Х
VA	Virginia					
	Standards for Licensed Child Day Centers	3/6/2008	2010	Х		
	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	Х		
	Chapter 170-296 Child Care Business Regulations for Family Home Child Care	5/31/2008	2010		Χ	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	Х		
	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			Х
	Title 78 Child Care Centers Licensing	7/2014	2014	Х		
WI	Wisconsin					

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

^{*} 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 Year	Child Care Types Covered by Document		
				CTR	LRG	SML
	DCF 202 - Child Care Certification	11/2008	2010			Х
	DCF 250 - Licensing Rules for Family Child Care Centers	1/1/2009	2010			Х
	DCF 251 - Licensing Rules for Group Child Care Centers	1/1/2009	2010	Х	Х	
WY	Wyoming					
	Administrative Rules For Certification of Child Care Facilities	9/1/2008	2010	Χ	Х	Х
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	4/1/2012	2012	X	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
	Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers	12/2013	2013		Х	
	Chapter 8- Administrative Rules for Certification of Child Care facilities Rules relating specifically to Child Care Centers	12/2013	2013	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:

2010

2011

2012

2013 2014

2015

20

016

2017 20

^{*} previously undiscovered document; rated in 2017 and ratings applied retroactively