



2019 Supplement: State Profile Pages for Large Family Child Care Homes

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





University of Colorado Anschutz Medical Campus



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



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## **INTRODUCTION**

The report <u>Achieving a State of Healthy Weight 2019</u>, ASHW 2019,<sup>1</sup> is the ninth update of Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010 (ASHW 2010).<sup>2</sup> In that original baseline study, the National Resource Center for Health and Safety in Child Care and Early Education (NRC) assessed all states' child care licensing regulations for content regulating 47 High-Impact Obesity Prevention Standards (HIOPS) (previously referred to as Healthy Weight Practices). The ASHW HIOPS were drawn from standards included in Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3<sup>rd</sup> Ed. (CFOC3).<sup>3</sup> More specifically, the CFOC standards used to derive the HIOPS were those included in a topical CFOC 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 Early Education: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Early Education: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3<sup>rd</sup> Edition (PCO).<sup>4</sup> NRC developed the HIOPS with input from representatives of key federal agencies and national stakeholders in children's wellbeing and healthy development (see <u>Origin of Achieving a State of Healthy Weight High-Impact Obesity Prevention Standards</u>).<sup>5</sup>

In annual updates thereafter, the NRC rated new and revised state licensing regulations that impacted the HIOPS. Beginning in 2013, the NRC extracted state profiles from the ASHW reports, publishing the data as ASHW supplements. This document presents updated ASHW ratings for a single care type.

#### IMPORTANT CHANGES TO ASHW SUPPLEMENTS

ASHW supplements offer state-specific data on regulatory support for each HIOPS. ASHW supplements from 2013-2018 presented data for all three types of care in a single, large document. As of *ASHW 2019*, the NRC produces separate supplements for the three care types assessed: Child Care Centers (CTR), Large Family Child Care Homes (LFCCH), and Small Family Child Care Homes (SFCCH).

The NRC revised the state profiles collaboratively with the Center for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity (DNPAO) in 2020, with changes first taking effect in *ASHW 2019*. In addition to producing three smaller supplements and the HIOPS terminology, a familiar reader will note additional changes as follow:

- a) State profiles consist of a one-page table showing support in the state regulations for the 47 ASHW HIOPS.
- b) The tables identify four categories of HIOPS: Infant Feeding, Nutrition, Physical Activity, and Screen Time Limits, with Screen Time now differentiated from Physical Activity as a separate category of HIOPS.
- c) For Infant Feeding and Nutrition, subcategories group similar practices.
- d) Rating values for each HIOPS appear in adjacent columns for 2010 and for the current year, colorcoded and with printed numerical ratings. (See the following Guide page.)
- f) In the past, some states that do not recognize LFCCHs as a licensed care type were awarded LFCCH ratings based on center regulations if center rules could be interpreted as encompassing the care type. From 2019 forward, these states' profiles display "0" for all HIOPS. This is consistent with a 2019 policy change (see ASHW 2019, report Appendix C. Methodology). Previous LFCCH rating values were retained in the ASHW database and dataset.

### **INTRODUCTION**

#### **USE OF ASHW SUPPLEMENTS**

The <u>CDC's Spectrum of Opportunities</u> for Obesity Prevention in Early Care and Education defines strategies to combat obesity in early care and education, including child care licensing.<sup>6</sup> Policy makers and licensing agencies may use state profiles to identify areas of strength and needed improvement to inform promulgation of new and revised rules.<sup>7</sup> Furthermore, review of other states' profiles will reveal those states that have achieved regulatory text fully consistent with the HIOPS in support prevent of childhood obesity. A guide to understanding the structure of the state profile follows, after which each state's and the District of Columbia's data profiles are presented. Following the last state profile (Wyoming), two tables are included. The tables may facilitate use of the state profiles: Table 1. Assessment Years for Each State, and Table 2. State Documents Assessed for ASHW: 2010 to Date.

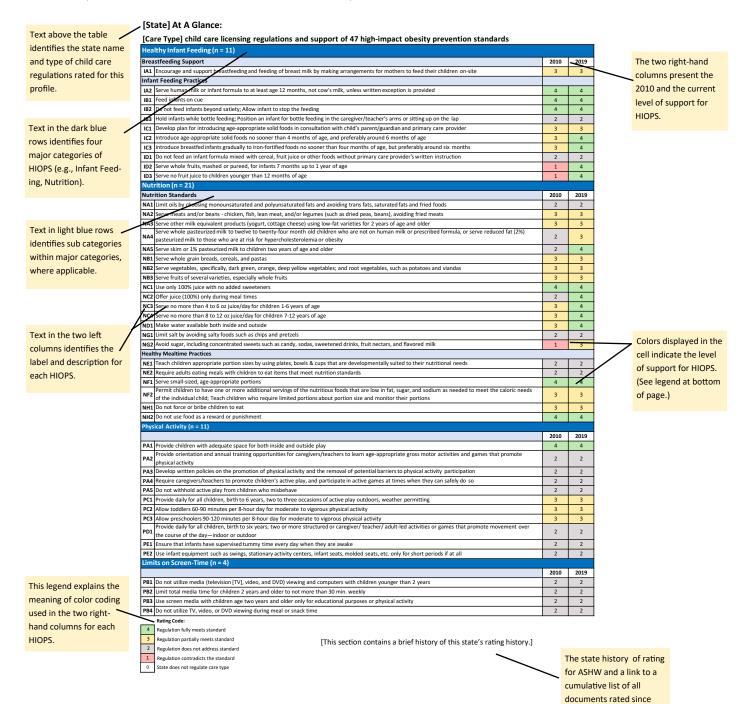
#### **NOTES & REFERENCES:**

- <sup>1</sup> National Resource Center for Health and Safety in Child Care and Early Education. Achieving a state of healthy weight: 2019 update. Aurora, CO: University of Colorado Denver. <u>https://nrckids.org/HealthyWeight</u>. Published September 18, 2020.
- <sup>2</sup> The baseline assessment, Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010, which details the study methodology, and subsequent annual ASHW updates (2011-2018) may be accessed @ <u>https://cfoc.nrckids.org/files/regulations\_report\_2010.pdf</u>
- <sup>3</sup> American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs,* 3rd ed. Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association:2011.
- <sup>4</sup> American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. *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 ed. Elk Grove Village, IL: American Academy of Pediatrics:2010.
- <sup>5</sup> National Resource Center for Health and Safety in Child Care and Early Education. (2020). Origin of Achieving a State of Healthy Weight High-Impact Obesity Prevention Standards. Aurora, CO: University of Colorado Denver <u>https://</u> <u>nrckids.org/files/HIOPSOrigin.pdf</u>. Published September 18, 2020.
- <sup>6</sup> Reynolds MA, Jackson Cotwright C, Polhamus B, Gertel-Rosenberg A, Chang D. Obesity prevention in the early care and education setting: successful initiatives across a spectrum of opportunities. *J Law Med Ethics*. 2013 Winter;41 Suppl 2:8-18. doi: 10.1111/jlme.12104.
- <sup>7</sup> ASHW 2019 Supplements for all three care types, child care center, large family child care homes, and small family child care homes, may be accessed at the National Resource Center for Health and Safety in Child Care and Early Education website @ <u>https://nrckids.org/HealthyWeight</u>. Published September 18, 2020.

### INTRODUCTION

#### **Guide to State Profiles**

The following state profiles display all states' ASHW results through 2019. Profiles show the status of support for each High-Impact Obesity Prevention Standard (HIOPS) in state child care regulations for the identified care type. Where a state regulates a care type in two or more documents, the highest rating for the HIOPS for that care type (the final rating) is used (see ASHW 2010). The following annotated illustration explains the layout and features of each state profile. The state ratings included in this supplement are for child care regulations in effect through December 31, 2019. The format of the state profiles was redesigned collaboratively with the Division of Nutrition, Physical Activity and Obesity of the Centers for Disease Control and Prevention (April 2020).



ASHW 2019 Supplement: Large Family Homes

ASHW 2010 appear here.

#### **ALABAMA At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

astfeeding Support	2010	2019
Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	2
nt Feeding Practices		
Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	2
Feed infants on cue	4	2
Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2
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
Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2
Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	2
Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	2
	2	2
Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		
Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	2
Serve no fruit juice to children younger than 12 months of age	1	2
trition (n = 21)		
trition Standards	2010	2019
I Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	2
Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	2
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%)	2	2
pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
1 Serve whole grain breads, cereals, and pastas	3	3
2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
Serve fruits of several varieties, especially whole fruits	3	3
Use only 100% juice with no added sweeteners	4	2
Offer juice (100%) only during meal times	2	2
Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	2
4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	2
1 Make water available both inside and outside	2	2
1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
		-
2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	2
Ithy Mealtime Practices		-
Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
Require adults eating meals with children to eat items that meet nutrition standards	2	2
I Serve small-sized, age-appropriate portions	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 caloric needs	of 3	2
the individual child; Teach children who require limited portions about portion size and monitor their portions	_	
1 Do not force or bribe children to eat	3	3
2 Do not use food as a reward or punishment	3	3
rsical Activity (n = 11)		1
	2010	201
	4	4
Provide children with adequate space for both inside and outside play	2	2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
	-	2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2
<ul> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> </ul>	2	2
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NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### ALASKA At A Glance:

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

reastfeeding Support	2010	2019
A1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Ifant Feeding Practices	-	
A2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
B1 Feed infants on cue	4	4
B2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
B3 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
C1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
<ul> <li>C2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age</li> </ul>	3	4
<ul> <li>C3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months</li> </ul>	3	4
	2	2
D1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		
D2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
D3 Serve no fruit juice to children younger than 12 months of age	1	4
lutrition (n = 21)		
lutrition Standards	2010	2019
A1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
A3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity		-
AS Serve skim or 1% pasteurized milk to children two years of age and older	2	4
B1 Serve whole grain breads, cereals, and pastas	3	3
B2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
B3 Serve fruits of several varieties, especially whole fruits	3	3
C1 Use only 100% juice with no added sweeteners	4	4
C2 Offer juice (100%) only during meal times	2	4
C3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
C4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
D1 Make water available both inside and outside	2	4
G1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
G2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
ealthy Mealtime Practices	-	_
E1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
E2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
IF1 Serve small-sized, age-appropriate portions	4	4
F2 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	3	3
the individual child; Teach children who require limited portions about portion size and monitor their portions		
H1 Do not force or bribe children to eat	3	3
H2 Do not use food as a reward or punishment	2	2
hysical Activity (n = 11)		I
	2010	201
A1 Provide children with adequate space for both inside and outside play	4	4
	2	2
A2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
A2 physical activity	2	2
AZ physical activity	2	2
<ul> <li>physical activity</li> <li>A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> </ul>		3
<ul> <li><sup>A2</sup> physical activity</li> <li>A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> </ul>	3	4
<ul> <li><sup>A2</sup> physical activity</li> <li>A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>A5 Do not withhold active play from children who misbehave</li> </ul>	3 4	
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<ul> <li>physical activity</li> <li>A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>A5 Do not withhold active play from children who misbehave</li> <li>C1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> </ul>	4	3
<ul> <li>physical activity</li> <li>A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>A5 Do not withhold active play from children who misbehave</li> <li>C1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> </ul>	4 3 3	3
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<ul> <li>physical activity</li> <li>physical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> </ul>	4 3 3 4	3 4
<ul> <li>physical activity</li> <li>physical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> </ul>	4 3 3 4 2	3 4 2
<ul> <li>physical activity</li> <li>physical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> </ul>	4 3 3 4 2	3 4 2 4
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<ul> <li>physical activity</li> <li>physical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour of moderate to vigorous physical activity</li> <li>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</li> <li>Essure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>mits on Screen-Time (n = 4)</li> <li>Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> </ul>	4 3 4 2 4 4 2 4 2 010 3	3 4 2 4 2019 3
<ul> <li>physical activity</li> <li>physical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> <li>Essure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>mits on Screen-Time (n = 4)</li> <li>Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> <li>Limit total media time for children 2 years and older to not more than 30 min. weekly</li> </ul>	4 3 4 2 4 4 2 4 3 3 3	3 4 2 4 2019 3 3 3
<ul> <li>physical activity</li> <li>A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>A5 Do not withhold active play from children who misbehave</li> <li>C1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C4 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</li> <li>E1 Ensure that infants have supervised tummy time every day when they are awake</li> <li>E2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>mits on Screen-Time (n = 4)</li> <li>B1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> </ul>	4 3 4 2 4 4 2 4 2 010 3	3 4 2 4 201 3

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **ARIZONA At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Dreag	thy Infant Feeding (n = 11)	2010	2010
	tfeeding Support	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	3
	t Feeding Practices	2	
-	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	4
-	Feed infants on cue	2	4
-	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
_	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
-	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	3
_	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
-	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
_	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	3	2
-	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
_	Serve no fruit juice to children younger than 12 months of age	2	2
	ition (n = 21)		
	tion Standards	2010	201
-	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	3
A2 3	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
<u>a</u> 41	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%)	2	3
	pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
-	Serve skim or 1% pasteurized milk to children two years of age and older	4	4
-	Serve whole grain breads, cereals, and pastas	3	3
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	4
<b>B3</b> :	Serve fruits of several varieties, especially whole fruits	4	4
C1	Use only 100% juice with no added sweeteners	4	4
C2	Offer juice (100%) only during meal times	2	2
<b>C3</b>	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	3
C4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	3
D1	Make water available both inside and outside	4	4
G1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
-	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
_	hy Mealtime Practices		
E1	Feach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
_	Require adults eating meals with children to eat items that meet nutrition standards	3	2
-	Serve small-sized, age-appropriate portions	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 caloric needs of		
F2	the individual child; Teach children who require limited portions about portion size and monitor their portions	1	1
H1	Do not force or bribe children to eat	3	3
H2	Do not use food as a reward or punishment	3	3
hysi	cal Activity (n = 11)		
		2010	201
A1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
A2	ohysical activity	2	2
A3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3
A4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
A5	Do not withhold active play from children who misbehave	4	2
c1 .	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	2
ιI	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	2
-	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	2
<b>C2</b>			
C2 /	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		2
C2 /	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ aduit-led activities or games that promote movement over the course of the day—indoor or outdoor	3	
C2 / C3 /		3	2
C2 / C3 / D1 /	course of the day—indoor or outdoor		2
C2 / C3 / D1 / E1 /	course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	4	
C2 C3 D1 E1 E2	course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4	3
C2 / C3 / E1 / E2 /	course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4	
C2 / C3 / D1 / E1 / E2 /	course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all cs on Screen-Time (n = 4)	4 3 2010	3 201
C2 / C3 / D1 ( E1   E2   mit B1   B2	course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all cs on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4 3 2010 2	3 201 2
C2 / C3 / D1 ( E1 ( E2 ( mit B1 ( B2 ( B3 (	course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         is on Screen-Time (n = 4)         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	4 3 2010 2 2 2	3 201 2 2

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **ARKANSAS At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Breastfeeding Su	Feeding (n = 11)	2010	2019
-	upport and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	
		2	3
nfant Feeding Pi	milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
B1 Feed infants of		4	4
	nfants beyond satiety; Allow infant to stop the feeding	3	4
		3	
	while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	-	3
	for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	e-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	-	
	eastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2
	fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
	t juice to children younger than 12 months of age	1	4
utrition (n = 2			
utrition Standa		2010	2019
	choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	nilk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Δ4	pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) nilk to those who are at risk for hypercholesterolemia or obesity	2	3
	r 1% pasteurized milk to children two years of age and older	2	4
	grain breads, cereals, and pastas	3	3
	bles, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
-	f several varieties, especially whole fruits	3	3
	% juice with no added sweeteners	4	4
	00%) only during meal times	2	4
		3	4
	re than 4 to 6 oz juice/day for children 1-6 years of age		
	re than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	available both inside and outside	3	4
	avoiding salty foods such as chips and pretzels	2	2
	including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
ealthy Mealtime		-	-
	n appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	ts eating meals with children to eat items that meet nutrition standards	2	2
	ized, age-appropriate portions	4	4
F2	en 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 I child; Teach children who require limited portions about portion size and monitor their portions	3	3
	or bribe children to eat	3	4
	od as a reward or punishment	3	3
hysical Activity		5	
Tysical Activity		2010	201
A1 Provide child	ren with adequate space for both inside and outside play	4	4
	itation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	4	4
A2 physical activ		2	2
	Len policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3
	zivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	old active play from children who misbehave	4	4
	for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	rs 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	oolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
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		
D1	day—indoor or outdoor	2	2
	fants have supervised tummy time every day when they are awake	2	2
	uipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
<b>EZ</b> USE main eq	n-Time (n = 4)		
		2010	201
		2010	
imits on Scree	e media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2
imits on Screen	e media (television [TV], video, and DVD) viewing and computers with children younger than 2 years edia time for children 2 years and older to not more than 30 min. weekly		2
B1     Do not utilize       B2     Limit total me	edia time for children 2 years and older to not more than 30 min. weekly	2	
mits on Screet         B1       Do not utilize         B2       Limit total me         B3       Use screen m		2	3

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **CALIFORNIA At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

lealthy Infant Feeding (n = 11)	2015	-
reastfeeding Support	2010	2019
A1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
fant Feeding Practices		-
A2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
B1 Feed infants on cue	2	2
<b>32</b> Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
B3 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
C1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
C2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
C3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
D1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
22 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
<b>D3</b> Serve no fruit juice to children younger than 12 months of age	2	2
utrition (n = 21)		
utrition Standards	2010	201
A1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
A3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
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%)	2	2
pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
A5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
B1 Serve whole grain breads, cereals, and pastas	2	2
82 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
B3 Serve fruits of several varieties, especially whole fruits	2	2
C1 Use only 100% juice with no added sweeteners	2	4
C2 Offer juice (100%) only during meal times	2	2
C3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	3
C4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	3
D1 Make water available both inside and outside	2	4
G1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
G2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
althy Mealtime Practices		
E1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
E2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
F1 Serve small-sized, age-appropriate portions	2	2
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		
F2 the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
H1 Do not force or bribe children to eat	3	3
12 Do not use food as a reward or punishment	3	3
nysical Activity (n = 11)	<u> </u>	
	2010	201
A1 Provide children with adequate space for both inside and outside play	2	2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
12 physical activity	2	2
A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
44 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
AS Do not withhold active play from children who misbehave	2	2
C1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2
C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
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	2	2
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
course of the day—indoor or outdoor	2	2
D1	Z 2	
D1       course of the day—indoor or outdoor         E1       Ensure that infants have supervised tummy time every day when they are awake         E2       Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	
D1       course of the day—indoor or outdoor         E1       Ensure that infants have supervised tummy time every day when they are awake         E2       Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2010	201
<ul> <li>course of the day—indoor or outdoor</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>mits on Screen-Time (n = 4)</li> </ul>		
201       course of the day—indoor or outdoor         E1       Ensure that infants have supervised tummy time every day when they are awake         E2       Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         mits on Screen-Time (n = 4)         81       Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	<b>2010</b> 2	<b>201</b> 2
course of the day—indoor or outdoor         E1         E1       Ensure that infants have supervised tummy time every day when they are awake         E2       Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         mits on Screen-Time (n = 4)         B1       Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         B2       Limit total media time for children 2 years and older to not more than 30 min. weekly	<b>2010</b> 2 2	2
21       course of the day—indoor or outdoor         21       course of the day—indoor or outdoor         21       Ensure that infants have supervised tummy time every day when they are awake         22       Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         mits on Screen-Time (n = 4)         31       Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	<b>2010</b> 2	2

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **COLORADO At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	Ithy Infant Feeding (n = 11)		
	astfeeding Support	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
	nt Feeding Practices		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	4
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	3
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
Nut	rition (n = 21)		
Nut	rition Standards	2010	2019
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	3
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	2
NA4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1	Serve whole grain breads, cereals, and pastas	3	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	4	4
NC2	Offer juice (100%) only during meal times	2	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4
ND1	Make water available both inside and outside	4	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
Heal	thy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	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 caloric needs of	2	2
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	3	3
Phy	sical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
	physical activity		
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	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
	Do not withhold active play from children who misbehave	3	3
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3		3	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	2
	course of the day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4
Lim	its on Screen-Time (n = 4)		
		2010	2019
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
1.00		2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	-

4 Regulation fully meets standard

3 Regulation partially meets standard

Colorado Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2016 (CTR); 2017\* (CTR, LRG, SML) SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **CONNECTICUT At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

preas	thy Infant Feeding (n = 11)	2010	-
	tfeeding Support	2010	201
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	t Feeding Practices	-	
_	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
_	eed infants on cue	4	4
_	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
_	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
_	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
_	ntroduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
3	ntroduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
01 [	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
<b>)2</b> S	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
<b>3</b> S	Serve no fruit juice to children younger than 12 months of age	1	4
utri	ition (n = 21)		
utrit	tion Standards	2010	201
11	imit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
_	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
s	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%)		
141	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
-	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
_	Serve whole grain breads, cereals, and pastas	3	3
-	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
_	Serve fruits of several varieties, especially whole fruits	3	3
_	Jse only 100% juice with no added sweeteners	4	4
_	Differ juice (100%) only during meal times		4
_		2	
_	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
D1	Vake water available both inside and outside	4	4
31 L	imit salt by avoiding salty foods such as chips and pretzels	2	2
<b>32</b> /	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
alth	ny Mealtime Practices		
E <b>1</b>   T	Feach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
E <b>2</b> F	Require adults eating meals with children to eat items that meet nutrition standards	2	2
F1 S	Serve small-sized, age-appropriate portions	4	4
F	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	2	2
F2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
<b>11</b>	Do not force or bribe children to eat	2	2
<b>12</b> [	Do not use food as a reward or punishment	2	2
vsi	cal Activity (n = 11)		
		2010	20:
1 F	Provide children with adequate space for both inside and outside play	4	4
F	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
~ -	bhysical activity	2	2
-	evelop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	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
_	Do not withhold active play from children who misbehave	2	2
_	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
111	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
_	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		
2 A		3	3
2 A			
2 / 3 /	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	2	2
2 / 3 / 01 <sup>P</sup>	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 / 3 / 01 <sup>F</sup> 01	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 Ensure that infants have supervised tummy time every day when they are awake	3	3
2 / 3 / 01 / 1 E	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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3
2 / 3 / 01 / 1 E	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 Ensure that infants have supervised tummy time every day when they are awake	3 2	3
$\begin{array}{c} 2 \\ 3 \\ 3 \\ 7 \\ 1 \\ 1 \\ 1 \\ 1 \\ 1 \\ 1 \\ 1 \\ 1 \\ 1$	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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all s on Screen-Time (n = 4)	3 2 2010	3 2 20:
$\begin{array}{c} 2 \\ 3 \\ 3 \\ 0 \\ 1 \\ 1 \\ 1 \\ 1 \\ 2 \\ 1 \\ 1 \\ 1 \\ 1 \\ 3 \\ 1 \\ 1 \\ 1 \\ 3 \\ 1 \\ $	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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all s on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 2	3 2 20:
C2 / C3 / D1 C E1 E E2 U mit	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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all s on Screen-Time (n = 4)	3 2 2010	2 3 201 201 2 2
C2 / C3 / C1 F C1 E1 E E2 U mit 31 C 32 L	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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all s on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 2 2010 2	3 2 <b>20</b> 1 2

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revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **DELAWARE At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		2010	2040
reastfeeding Support	war and a family of her shall be to shill down any site	2010	2019
A1 Encourage and support breastfeeding and feeding of breast milk by making ar	rangements for mothers to feed their children on-site	4	4
fant Feeding Practices			
A2 Serve human milk or infant formula to at least age 12 months, not cow's milk,	unless written exception is provided	4	4
B1 Feed infants on cue		4	4
B2 Do not feed infants beyond satiety; Allow infant to stop the feeding		4	4
B3 Hold infants while bottle feeding; Position an infant for bottle feeding in the ca	aregiver/teacher's arms or sitting up on the lap	4	3
C1 Develop plan for introducing age-appropriate solid foods in consultation with	child's parent/guardian and primary care provider	3	3
C2 Introduce age-appropriate solid foods no sooner than 4 months of age, and pr	eferably around 6 months of age	4	4
C3 Introduce breastfed infants gradually to iron-fortified foods no sooner than fo		3	4
D1 Do not feed an infant formula mixed with cereal, fruit juice or other foods with		4	4
D2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1	3
D3 Serve no fruit juice to children younger than 12 months of age	-	3	3
		3	5
lutrition (n = 21)			
utrition Standards		2010	201
A1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoidin	-	2	2
A2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as a	dried peas, beans), avoiding fried meats	3	3
A3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat va		3	3
Serve whole pasteurized milk to twelve to twenty-four month old children wh	o are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity			-
A5 Serve skim or 1% pasteurized milk to children two years of age and older		2	4
B1 Serve whole grain breads, cereals, and pastas		3	3
B2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and	l root vegetables, such as potatoes and viandas	4	3
B3 Serve fruits of several varieties, especially whole fruits		4	3
C1 Use only 100% juice with no added sweeteners		4	4
C2 Offer juice (100%) only during meal times		2	4
<b>C3</b> Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		3	4
<b>C4</b> Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		3	4
D1 Make water available both inside and outside		2	4
G1 Limit salt by avoiding salty foods such as chips and pretzels		2	2
G2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened of	Jrinks, fruit nectars, and flavored milk	1	3
ealthy Mealtime Practices			
IE1 Teach children appropriate portion sizes by using plates, bowls & cups that are	e developmentally suited to their nutritional needs	3	3
IE2 Require adults eating meals with children to eat items that meet nutrition star	ndards	2	4
IF1 Serve small-sized, age-appropriate portions		4	4
F2 Permit children to have one or more additional servings of the nutritious food	Is that are low in fat, sugar, and sodium as needed to meet the caloric needs of	3	3
the individual child; Teach children who require limited portions about portion	n size and monitor their portions	3	5
H1 Do not force or bribe children to eat		3	3
H2 Do not use food as a reward or punishment		3	3
hysical Activity (n = 11)			
		2010	201
A1 Provide children with adequate space for both inside and outside play		4	4
Provide orientation and annual training opportunities for caregivers/teachers	to learn age-appropriate gross motor activities and games that promote		
A2 physical activity		2	2
A3 Develop written policies on the promotion of physical activity and the remova	I of potential barriers to physical activity participation	2	2
A4 Require caregivers/teachers to promote children's active play, and participate	in active games at times when they can safely do so	2	2
A5 Do not withhold active play from children who misbehave		4	4
	play outdoors, weather permitting	3	4
c1 Provide daily for all children, birth to 6 years, two to three occasions of active	Fill, Filler, Bernnen, Bernnen, B	3	3
	al activity	5	
c2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physica	· ·	2	3
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physica</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous p</li> </ul>	physical activity	3	
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physics</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous p</li> <li>Provide daily for all children, birth to six years, two or more structured or care</li> </ul>	· ·	3	2
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physica</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous p</li> <li>Provide daily for all children, birth to six years, two or more structured or care course of the day—indoor or outdoor</li> </ul>	obysical activity giver/ teacher/ adult-led activities or games that promote movement over the	3	
<ul> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physica</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous particle</li> <li>Provide daily for all children, birth to six years, two or more structured or care course of the day—indoor or outdoor</li> <li>E1 Ensure that infants have supervised tummy time every day when they are away</li> </ul>	obysical activity giver/ teacher/ adult-led activities or games that promote movement over the ake	3 2	2
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous provide daily for all children, birth to six years, two or more structured or care course of the day—indoor or outdoor</li> <li>Ensure that infants have supervised tummy time every day when they are away</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats,</li> </ul>	obysical activity giver/ teacher/ adult-led activities or games that promote movement over the ake	3	
<ul> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physica</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous particle</li> <li>Provide daily for all children, birth to six years, two or more structured or care course of the day—indoor or outdoor</li> <li>E1 Ensure that infants have supervised tummy time every day when they are awa</li> <li>E2 Use infant equipment such as swings, stationary activity centers, infant seats,</li> </ul>	obysical activity giver/ teacher/ adult-led activities or games that promote movement over the ake	3 2 3	2
<ul> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physica</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physica</li> <li>C3 Provide daily for all children, birth to six years, two or more structured or care course of the day—indoor or outdoor</li> <li>C4 Ensure that infants have supervised tummy time every day when they are awa</li> <li>C4 Use infant equipment such as swings, stationary activity centers, infant seats, imits on Screen-Time (n = 4)</li> </ul>	onlysical activity egiver/ teacher/ adult-led activities or games that promote movement over the ake molded seats, etc. only for short periods if at all	3 2 3 2010	2 3 201
<ul> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physica</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physica</li> <li>C3 Provide daily for all children, birth to six years, two or more structured or care course of the day—indoor or outdoor</li> <li>C4 Ensure that infants have supervised tummy time every day when they are awa</li> <li>C4 Use infant equipment such as swings, stationary activity centers, infant seats, imits on Screen-Time (n = 4)</li> <li>C5 Do not utilize media (television [TV], video, and DVD) viewing and computers of the section of the sec</li></ul>	obysical activity egiver/ teacher/ adult-led activities or games that promote movement over the ake molded seats, etc. only for short periods if at all with children younger than 2 years	3 2 3	2
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physica</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous particle</li> <li>Provide daily for all children, birth to six years, two or more structured or care course of the day—indoor or outdoor</li> <li>Ensure that infants have supervised tummy time every day when they are away</li> </ul>	obysical activity egiver/ teacher/ adult-led activities or games that promote movement over the ake molded seats, etc. only for short periods if at all with children younger than 2 years	3 2 3 2010	2 3 201
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physica</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physica</li> <li>Provide daily for all children, birth to six years, two or more structured or care course of the day—indoor or outdoor</li> <li>Ensure that infants have supervised tummy time every day when they are awa</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, mits on Screen-Time (n = 4)</li> <li>Do not utilize media (television [TV], video, and DVD) viewing and computers of the section of the section (TV).</li> </ul>	activity egiver/ teacher/ adult-led activities or games that promote movement over the ake molded seats, etc. only for short periods if at all with children younger than 2 years . weekly	3 2 3 2010 3	2 3 201 2
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous provide daily for all children, birth to six years, two or more structured or care course of the day—indoor or outdoor</li> <li>Ensure that infants have supervised tummy time every day when they are available to the day minutes and the swings, stationary activity centers, infant seats, mits on Screen-Time (n = 4)</li> <li>Do not utilize media (television [TV], video, and DVD) viewing and computers bilimit total media time for children 2 years and older to not more than 30 min.</li> </ul>	activity egiver/ teacher/ adult-led activities or games that promote movement over the ake molded seats, etc. only for short periods if at all with children younger than 2 years . weekly	3 2 3 2010 3 3 3	2 3 201 2 3

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

### **STATE PROFILES**

#### **DISTRICT OF COLUMBIA At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	Ithy Infant Feeding (n = 11) astfeeding Support	2010	2010
		2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	0	4
	nt Feeding Practices Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	0	4
_	Feed infants on cue	0	4
		0	
	Do not feed infants beyond satiety; Allow infant to stop the feeding	0	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	-	3
1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	0	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	0	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	0	4
01		0	2
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	0	3
	Serve no fruit juice to children younger than 12 months of age	0	4
	rition (n = 21)	1	
ut	rition Standards	2010	201
A1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	0	2
A2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	0	3
A3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	0	3
٩4	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%)	0	3
	pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
45	Serve skim or 1% pasteurized milk to children two years of age and older	0	4
B1	Serve whole grain breads, cereals, and pastas	0	3
B2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	0	3
B3	Serve fruits of several varieties, especially whole fruits	0	3
C1	Use only 100% juice with no added sweeteners	0	4
C2	Offer juice (100%) only during meal times	0	4
C3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	0	4
C4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	0	4
D1	Make water available both inside and outside	0	4
G1	Limit salt by avoiding salty foods such as chips and pretzels	0	2
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	0	3
	thy Mealtime Practices	<u> </u>	
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	0	2
	Require adults eating meals with children to eat items that meet nutrition standards	0	2
_	Serve small-sized, age-appropriate portions	0	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 caloric needs of	0	-
F2	the individual child; Teach children who require limited portions about portion size and monitor their portions	0	3
H1	Do not force or bribe children to eat	0	3
	Do not use food as a reward or punishment	0	3
	sical Activity (n = 11)		_
		2010	201
	Provide children with adequate space for both inside and outside play	0	4
۸1	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	-	
	physical activity	0	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	0	2
A2			2
42 43		0	4
42 43 44	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	0	
A2 A3 A4 A5	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	0	
42 43 44 45	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	0	3
A2 A3 A4 A5 C1	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 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	0 0 0	3
A2 A3 A4 A5 C1 C2 C3	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	0 0 0 0	3 3 3
42 43 44 5 1 1 22 3	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	0 0 0	3 3 3
A2 A3 A4 A5 C1 C2 C3 D1	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	0 0 0 0	3 3 3 3
A2 A3 A4 A5 C1 C2 C3 D1 E1	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	0 0 0 0 0	3 3 3 3 3 4
A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	0 0 0 0	3 3 3 3 3 4
A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	0 0 0 0 0 0	3 3 3 3 4 3
A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 m	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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	0 0 0 0 0 0 2010	3 3 3 3 4 3 201
A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 m B1	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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         its on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	0 0 0 0 0 0 2010 0	3 3 3 3 4 3 201 3
A2 A3 A4 A5 C1 C2 C3 D1 E1 E1 E1 B1 B2	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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         its on Screen-Time (n = 4)         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	0 0 0 0 0 0 0 0 2010 0 0	3 3 3 4 3 201 3 3
A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 M B1 B2 B3	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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         its on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	0 0 0 0 0 0 2010 0	3 3 3 3 4 3 201 3

4 Regulation fully meets standard3 Regulation partially meets standard

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **FLORIDA At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
A1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
nfant Feeding Practices		
A2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
B1 Feed infants on cue	2	4
B2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
B3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3
<ul> <li>C1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider</li> </ul>	2	3
	2	4
Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		
C3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
D1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	3
D2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
D3 Serve no fruit juice to children younger than 12 months of age	2	4
lutrition (n = 21)		
utrition Standards	2010	201
A1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
AZ Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
A3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
A4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
AS Serve skim or 1% pasteurized milk to children two years of age and older	2	4
B1 Serve whole grain breads, cereals, and pastas	2	3
B2 Serve vegetables, specifically, dark green, orange, deep vellow vegetables; and root vegetables, such as potatoes and viandas	2	3
B3 Serve fruits of several varieties, especially whole fruits	2	3
C1 Use only 100% juice with no added sweeteners	2	4
C2 Offer juice (100%) only during meal times	2	4
C3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
C4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
D1 Make water available both inside and outside	4	4
G1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
G2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
ealthy Mealtime Practices		
IE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
IEZ Require adults eating meals with children to eat items that meet nutrition standards	2	2
F1 Serve small-sized, age-appropriate portions	2	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 caloric needs of		
IF2 the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
H1 Do not force or bribe children to eat	2	3
H2 Do not use food as a reward or punishment	3	3
hysical Activity (n = 11)		
,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	2010	201
A1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	4	4
A2 physical activity	2	2
A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
A 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	
AS Do not withhold active play from children who misbehave		3
or Describe deth for all shill and high to Conservation to the second or a forsting also suitable as constanting	3	3
	3	2
C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	2
C2       Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         C3       Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		2
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> </ul>	2	
<ul> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C4 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</li> </ul>		-
<ul> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 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</li> <li>E1 Ensure that infants have supervised tummy time every day when they are awake</li> </ul>	2	3
<ul> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 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</li> <li>E1 Ensure that infants have supervised tummy time every day when they are awake</li> <li>E2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> </ul>		3 3
<ul> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 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</li> <li>E1 Ensure that infants have supervised tummy time every day when they are awake</li> <li>E2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> </ul>	2	
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> </ul>	2	3
<ul> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C4 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</li> <li>E1 Ensure that infants have supervised tummy time every day when they are awake</li> <li>E2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>mits on Screen-Time (n = 4)</li> </ul>	2 2	3
<ul> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C4 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</li> <li>E1 Ensure that infants have supervised tummy time every day when they are awake</li> <li>E2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>mits on Screen-Time (n = 4)</li> <li>B1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> </ul>	2 2 2010	3 201
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>imits on Screen-Time (n = 4)</li> <li>Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> <li>Imit total media time for children 2 years and older to not more than 30 min. weekly</li> </ul>	2 2 2010 2	3 2019 4 3
<ul> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C4 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</li> <li>E1 Ensure that infants have supervised tummy time every day when they are awake</li> <li>E2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>mits on Screen-Time (n = 4)</li> <li>B1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> </ul>	2 2 2010 2 2 2	3 201 4

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **GEORGIA At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	Ithy Infant Feeding (n = 11)		
A1	astfeeding Support	2010	201
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	0
_	nt Feeding Practices		. <u> </u>
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	0
		4	0
32	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	0
33	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	0
21	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	0
22	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	0
23	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	0
01	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	0
D2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	0
D3	Serve no fruit juice to children younger than 12 months of age	1	0
ut	rition (n = 21)		
	rition Standards	2010	201
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	0
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	0
_	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	0
-3	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	5	
44	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	c
Δ5	Serve skim or 1% pasteurized milk to children two years of age and older	2	
_	Serve whole grain breads, cereals, and pastas	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	
	Serve fruits of several varieties, especially whole fruits	3	
	Use only 100% juice with no added sweeteners	4	0
	Offer juice (100%) only during meal times	2	C
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	C
C4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	0
D1	Make water available both inside and outside	3	C
31	Limit salt by avoiding salty foods such as chips and pretzels	2	C
G2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	0
eal	thy Mealtime Practices		
E1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	0
_	Require adults eating meals with children to eat items that meet nutrition standards	2	0
_	serve small-sized, age-appropriate portions	4	c
	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		-
F2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	C
Η1	Do not force or bribe children to eat	3	C
12	Do not use food as a reward or punishment	4	0
	sical Activity (n = 11)		
-		2010	20
1	Provide children with adequate space for both inside and outside play	4	0
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		-
\2	physical activity	2	C
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	c
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	
٩3		2	
\3 \4		-	
43 44		2	
4 4 5	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	1 0
3 4 5 1 2	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	3	
3 4 5 1 2	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		
3 4 5 1 2 3	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	3	C
1 1 2 2 3 0 1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 3 2	( (
3 4 5 1 2 3 01	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	3 3 2 2	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 2	
A3 A4 A5 C1 C2 C3 D1 E1 E2	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	3 3 2 2 3	
A3 A4 A5 C1 C2 C3 D1 E1 E2 m	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	3 3 2 2 3 2010	00 00 00 20
A3 A4 A5 C1 C3 C3 D1 E1 E2 m	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2 2 3	00 00 00 20
A3 A4 A5 C1 C2 C3 D1 E1 E2 m B1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	3 3 2 2 3 2010	00 00 00 00 00 203
A3 A4 A5 C1 C2 C3 D1 E1 E2 m 31 32	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2 2 3 <b>2010</b> 2	() () () () () () ()

4 Regulation fully meets standard 3 Regulation partially meets standard Georgia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017\* (CTR)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

2 Regulation does not address standard 1 Regulation contradicts the standard

0 State does not regulate care type

#### HAWAII At A Glance:

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	lthy Infant Feeding (n = 11)		
Δ1	astfeeding Support	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	nt Feeding Practices		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
B1	Feed infants on cue	4	4
B2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
B3	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
<b>C1</b>	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
C2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
C3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
D1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
D2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	4
D3	Serve no fruit juice to children younger than 12 months of age	1	4
lut	rition (n = 21)		
ut	rition Standards	2010	201
A1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	-	
A4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
A5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
B1	Serve whole grain breads, cereals, and pastas	3	3
B2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
B3	Serve fruits of several varieties, especially whole fruits	3	3
C1	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
_	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	Ithy Mealtime Practices	-	-
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
F1	Serve small-sized, age-appropriate portions	4	4
F2	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	3	3
	the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2	2
		3	3
	Do not use food as a reward or punishment	4	4
ny	sical Activity (n = 11)		
		2010	201
A1	Provide children with adequate space for both inside and outside play	4	4
A2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
	physical activity	-	-
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	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
A5		2	2
C1		3	3
C2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
C3	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	2	2
	course of the day—indoor or outdoor		
D1		2	2
D1 E1	Ensure that infants have supervised tummy time every day when they are awake	2	
D1 E1 E2	Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2	2
D1 E1 E2	Ensure that infants have supervised tummy time every day when they are awake	2	2
D1 E1 E2 m	Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	2 2010	201
D1 E1 E2	Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2 201 2
D1 E1 E2 im	Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	2 2010	201
D1 E1 E2 m B1 B2	Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2010 2	<b>201</b> 2

4 Regulation fully meets standard3 Regulation partially meets standard

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

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **IDAHO At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	hy Infant Feeding (n = 11)		
	feeding Support	2010	2019
<b>\1</b> Er	ncourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
	Feeding Practices		
<b>\2</b> Se	erve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
	eed infants on cue	2	2
32 D	o not feed infants beyond satiety; Allow infant to stop the feeding	2	2
<b>33</b> H	old infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
C1 D	evelop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
C2 In	troduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
C <b>3</b> In	troduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
	o not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
<b>52</b> Se	erve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
<b>33</b> Se	erve no fruit juice to children younger than 12 months of age	2	2
utrit	ion (n = 21)		
utriti	ion Standards	2010	201
A1 Li	mit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2 Se	erve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
A3 Se	erve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
<u>۵</u> 4۱	erve 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%)	2	2
pa	asteurized milk to those who are at risk for hypercholesterolemia or obesity		
_	erve skim or 1% pasteurized milk to children two years of age and older	2	2
_	erve whole grain breads, cereals, and pastas	2	2
	erve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
<b>B3</b> Se	fuits of several varieties, especially whole fruits	2	2
<b>C1</b> U	se only 100% juice with no added sweeteners	2	2
C2 0	ffer juice (100%) only during meal times	2	2
C3 Se	erve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
C4 Se	erve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
D1 M	lake water available both inside and outside	2	2
G1 Li	mit salt by avoiding salty foods such as chips and pretzels	2	2
G2 A	void sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
ealthy	y Mealtime Practices		
E1 Te	each children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
<b>E2</b> Re	equire adults eating meals with children to eat items that meet nutrition standards	2	2
F1 Se	erve small-sized, age-appropriate portions	2	2
	ermit 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	2	2
th	ne individual child; Teach children who require limited portions about portion size and monitor their portions		
_	o not force or bribe children to eat	2	2
	o not use food as a reward or punishment	2	2
iysic	al Activity (n = 11)		I
		2010	201
	rovide children with adequate space for both inside and outside play	4	4
	rovide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote hysical activity	2	2
<b>43</b> D	evelop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	3	3
<b>44</b> Re	equire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
A	o not withhold active play from children who misbehave	2	2
45 D	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2
	llow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
C <b>1</b> Pr		2	2
C <b>1</b> Pr C <b>2</b> Al	llow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	_	
C1 Pr C2 Al C3 Al	rovide 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	2	2
C1 Pr C2 Al C3 Al C3 Pr C0 C			2
C1         Pr           C2         Al           C3         Al           D1         Pr           C2         E1	rovide 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 burse of the day—indoor or outdoor	2	
C1       Pr         C2       Al         C3       Al         D1       Pr         C2       E1         E1       Er	rovide 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 burse of the day—indoor or outdoor nsure that infants have supervised tummy time every day when they are awake	2	2
C1       Pr         C2       Al         C3       Al         D1       Pr         C2       E1         E1       E1	rovide 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 burse of the day—indoor or outdoor nsure that infants have supervised tummy time every day when they are awake se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
C1 Pr C2 Al C3 Al C1 Pr CC E1 Er E2 U: mits	rovide 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 burse of the day—indoor or outdoor nsure that infants have supervised tummy time every day when they are awake se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2	2
C1       Pr         C2       Al         C3       Al         D1       Pr         C2       E1         E1       Er         E2       U:         mits       B1	rovide 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 burse of the day—indoor or outdoor nsure that infants have supervised tummy time every day when they are awake se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all on Screen-Time (n = 4)	2 2 2 2010	2 2 <b>201</b>
C1       Pr         C2       Al         C3       Al         C1       Pr         C2       E1         E1       Er         E2       U2         mits       S1         S2       Li	rovide 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 burse of the day—indoor or outdoor nsure that infants have supervised tummy time every day when they are awake se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all con Screen-Time (n = 4) o not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 2010 2	2 2 <b>201</b> 2
<b>C1</b> Pr <b>C2</b> Al <b>C3</b> Al <b>C3</b> Al <b>C1</b> Pr <b>C2</b> C <b>C1</b> Er <b>C2</b> U <b>C31</b> Er <b>C32</b> U <b>C332</b> Li <b>C333</b> U	rovide 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 burse of the day—indoor or outdoor insure that infants have supervised tummy time every day when they are awake se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all on Screen-Time (n = 4) o not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years mit total media time for children 2 years and older to not more than 30 min. weekly	2 2 2 2010 2 2	2 2 201 2 2 2

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **ILLINOIS At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	Infant Feeding (n = 11)		1
	eding Support	2010	2019
1 Enco	purage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
	eding Practices		
42 Serv	e human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	1	1
	l infants on cue	4	4
32 Do n	ot feed infants beyond satiety; Allow infant to stop the feeding	2	2
33 Hold	I infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
C1 Deve	elop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
C2 Intro	oduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
C3 Intro	pduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3
<b>)1</b> Do n	oot feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
02 Serv	e whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	1
3 Serv	e no fruit juice to children younger than 12 months of age	1	1
utritio	n (n = 21)		
utrition	i Standards	2010	201
A1 Limit	t oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2 Serv	e meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
A3 Serv	e other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serv	e 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%)	2	2
4 past	eurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
45 Serv	e skim or 1% pasteurized milk to children two years of age and older	2	2
31 Serv	e whole grain breads, cereals, and pastas	3	3
32 Serv	e vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4
33 Serv	e fruits of several varieties, especially whole fruits	4	4
C1 Use	only 100% juice with no added sweeteners	4	4
C2 Offe	r juice (100%) only during meal times	2	2
-	e no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4
	e no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4
	e water available both inside and outside	3	3
	t salt by avoiding salty foods such as chips and pretzels	2	2
_	d sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	A sign's minimized solution as candy, solution, solution, and minimized and navored minimized and navored minimized solution as candy, solution, solution, and navored minimized solution, and navored minimized solution, and navored minimized solution, and as candy, and as candy, and as candy, and as candy, solution, and as candy, and a	2	2
	children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	uire adults eating meals with children to eat items that meet nutrition standards	2	2
		4	4
	e small-sized, age-appropriate portions nit 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	4	4
	individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
	not force or bribe children to eat	3	3
_	to tuse food as a reward or punishment	3	3
	Activity (n = 11)		
ysicari		2010	201
	ide children with adequate space for both inside and outside play	4	4
	ide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		4
1/1	ical activity	2	2
· ·	elop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
4 Regu	Jire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	not withhold active play from children who misbehave	3	3
	ide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	w toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	w preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
2 Allov	· · · · · · · · · · · · · · · · · · ·		
C2 Allov	ide 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		3
Allov Allov Prov	ride 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 ree of the day—indoor or outdoor	3	
C2 Allov C3 Allov D1 Prov cour		3	4
C2 Allov C3 Allov C1 Prov C01 Cour E1 Ensu	se of the day—indoor or outdoor		
C2 Allov C3 Allov C1 Prov cour E1 Ensu E2 Use	se of the day—indoor or outdoor ire that infants have supervised tummy time every day when they are awake	4	
C2 Allov C3 Allov D1 Prov cour E1 Ensu E2 Use	se of the day—indoor or outdoor ire that infants have supervised tummy time every day when they are awake infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4	2
C2 Allov C3 Allov C1 Prov C01 Ensu E1 Ensu E2 Use mits of	se of the day—indoor or outdoor irre that infants have supervised tummy time every day when they are awake infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all n Screen-Time (n = 4)	4	2 201
C2 Allov C3 Allov C3 Allov C01 Prov C01 C01 C01 E1 Ensu E2 Use mits O B1 Do n	se of the day—indoor or outdoor irre that infants have supervised tummy time every day when they are awake infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all in Screen-Time (n = 4) into utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4 2 <b>2010</b> 2	2 201 2
C2 Allov C3 Allov C3 Allov C01 Prov C01 Ensu E1 Ensu E2 Use mits OI B1 Do n B2 Limit	se of the day—indoor or outdoor are that infants have supervised tummy time every day when they are awake infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all in Screen-Time (n = 4) not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years t total media time for children 2 years and older to not more than 30 min. weekly	4 2 2010 2 2 2	4 201 2 2 2 2
C2 Allov C3 Allov C3 Allov C01 Prov cour C1 Ensu C2 Use Mits O C31 Do n C32 Limit C33 Use	se of the day—indoor or outdoor irre that infants have supervised tummy time every day when they are awake infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all in Screen-Time (n = 4) into utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4 2 <b>2010</b> 2	2 201 2 2

3 Regulation partially meets standard 2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **INDIANA At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

		1
reastfeeding Support	2010	2019
1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
fant Feeding Practices	1	
A2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
31 Feed infants on cue	2	2
B2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
33 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
C1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
C2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
D1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
22 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
33 Serve no fruit juice to children younger than 12 months of age	2	2
utrition (n = 21)		1
utrition Standards	2010	201
A1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
A3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
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%)	2	2
pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
A5 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
B1 Serve whole grain breads, cereals, and pastas	2	2
B2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
33 Serve fruits of several varieties, especially whole fruits	2	2
C1 Use only 100% juice with no added sweeteners	2	2
C2 Offer juice (100%) only during meal times	2	2
C3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
C4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
D1 Make water available both inside and outside	2	2
61 Limit salt by avoiding salty foods such as chips and pretzels	2	2
G2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
ealthy Mealtime Practices		
E1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
E2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
F1 Serve small-sized, age-appropriate portions	2	2
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	2	2
f2 the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
H1 Do not force or bribe children to eat	2	2
H2 Do not use food as a reward or punishment	2	2
nysical Activity (n = 11)		
	2010	201
A1 Provide children with adequate space for both inside and outside play	2	2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
physical activity	2	
A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
A5         Do not withhold active play from children who misbehave	2	2
1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2
· · · · · · · · · · · · · · · · · · ·	2	2
	2	2
2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> </ul>	2	
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> </ul>		2
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> </ul>	2	1 2
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> </ul>	2	2
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> </ul>	2	
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> </ul>	2 2010	201
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>mits on Screen-Time (n = 4)</li> <li>Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> </ul>	2	201
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> </ul>	2 2010	<b>201</b> 2
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>mits on Screen-Time (n = 4)</li> <li>Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> </ul>	2 2010 2	2 201 2 2 2 2
<ul> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>mits on Screen-Time (n = 4)</li> <li>Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> <li>Limit total media time for children 2 years and older to not more than 30 min. weekly</li> </ul>	2 2010 2 2	<b>201</b> 2 2

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **IOWA At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	Infant Feeding (n = 11)		
Breastfeed	ading Support	2010	2019
IA1 Encou	urage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
nfant Fee	eding Practices		
IA2 Serve	e human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed i	infants on cue	4	4
	ot feed infants beyond satiety; Allow infant to stop the feeding	4	4
	infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
	lop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
			4
	duce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	
	duce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	ot feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
D2 Serve	e whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	4
D3 Serve	e no fruit juice to children younger than 12 months of age	1	4
lutrition	n (n = 21)		
lutrition <b>S</b>	Standards	2010	2019
A1 Limit	oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2 Serve	meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	e other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve	e 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%)		
ΔΔΙ	eurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
	e skim or 1% pasteurized milk to children two years of age and older	2	4
	e whole grain breads, cereals, and pastas	3	3
	e vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	e fruits of several varieties, especially whole fruits		
		3	3
	only 100% juice with no added sweeteners	4	4
C2 Offer	juice (100%) only during meal times	2	4
C3 Serve	e no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
C4 Serve	e no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
D1 Make	e water available both inside and outside	2	4
G1 Limit	salt by avoiding salty foods such as chips and pretzels	2	2
	d sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	ealtime Practices	-	
		2	2
	h children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	ire adults eating meals with children to eat items that meet nutrition standards	2	2
	e small-sized, age-appropriate portions	4	4
IFZI	it 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	3	3
	ndividual child; Teach children who require limited portions about portion size and monitor their portions		
	ot force or bribe children to eat	2	2
	ot use food as a reward or punishment	3	3
hysical A	Activity (n = 11)		I
		2010	2019
A1 Provid	de children with adequate space for both inside and outside play	4	4
A2 Provid	de orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
physic	ical activity	2	2
A3 Devel	lop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	ire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
A4   Kequi	ot withhold active play from children who misbehave	2	2
			2
A5 Do no	de daily for all children, birth to 6 years, two to three occasions of active play outdoors. weather permitting		
A5 Do no C1 Provic	de daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
A5 Do no C1 Provic C2 Allow	v toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
A5 Do no C1 Provic C2 Allow C3 Allow	v toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity v preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3
A5 Do no C1 Provic C2 Allow C3 Allow Provic	v toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity v preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity de 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	3	
A5 Do no C1 Provic C2 Allow C3 Allow D1 Provic course	v toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity v preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity de 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 se of the day—indoor or outdoor	3 3 3	3
A5 Do no C1 Provic C2 Allow C3 Allow C3 Allow C4 Provic Course C4 Ensure	v toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity v preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity de 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 se of the day—indoor or outdoor re that infants have supervised tummy time every day when they are awake	3 3 3 2	3 3 2
A5 Do no C1 Provice C2 Allow C3 Allow P01 Provice Course PE1 Ensure C2 Use in	v toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity v preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity de 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 se of the day—indoor or outdoor re that infants have supervised tummy time every day when they are awake nfant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 3	3
A5 Do no C1 Provice C2 Allow C3 Allow P01 Provice Course PE1 Ensure C2 Use in	v toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity v preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity de 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 se of the day—indoor or outdoor re that infants have supervised tummy time every day when they are awake	3 3 3 2 2	3 3 2 2
A5 Do no C1 Provic C2 Allow C3 Allow C3 Allow C3 Allow C3 Course C5 Course C	v toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity v preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity de 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 se of the day—indoor or outdoor re that infants have supervised tummy time every day when they are awake nfant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all n Screen-Time (n = 4)	3 3 3 2 2 2 2010	3 3 2 2 201
A5 Do no C1 Provic C2 Allow C3 Allow C3 Allow C4 Provic Course C4 Ensure C4	v toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity v preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity de 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 se of the day—indoor or outdoor re that infants have supervised tummy time every day when they are awake infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all in Screen-Time (n = 4) ot utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2 2 2 2 2010 2	3 3 2 2 2 2019 2
A5 Do no C1 Provic C2 Allow C3 Allow C3 Allow C4 Provic Course C4 Ensure C4	v toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity v preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity de 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 se of the day—indoor or outdoor re that infants have supervised tummy time every day when they are awake nfant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all n Screen-Time (n = 4)	3 3 3 2 2 2 2010	3 3 2 2 201
A5 Do no C1 Provic C2 Allow C3 Allow D1 C0 C0USE E1 Ensure E2 Use in imits on B1 Do no B2 Limit 1	v toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity v preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity de 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 se of the day—indoor or outdoor re that infants have supervised tummy time every day when they are awake infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all in Screen-Time (n = 4) ot utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2 2 2 2 2010 2	3 3 2 2 2 2019 2
A5 Do no C1 Provic C2 Allow C3 Allow D1 Provic course E1 Ensure E2 Use in mits on B1 Do no B2 Limit 1 B3 Use sc	v toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity v preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity de 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 se of the day—indoor or outdoor re that infants have supervised tummy time every day when they are awake infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all in Screen-Time (n = 4) ot utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years total media time for children 2 years and older to not more than 30 min. weekly	3 3 2 2 2 2 2 010 2 2 2	3 3 2 2 2 201 2 2 2 2

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **KANSAS At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2019
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
_	nt Feeding Practices	-	
-	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
_	Feed infants on cue	2	2
-	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
-	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
21	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
-	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
-	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
_	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
-	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
_	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)		1
	ition Standards	2010	201
41	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
42	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
43	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
44	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%)	2	2
	pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
45	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
B1	Serve whole grain breads, cereals, and pastas	2	2
32	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
33	Serve fruits of several varieties, especially whole fruits	3	3
21	Use only 100% juice with no added sweeteners	4	4
22	Offer juice (100%) only during meal times	2	2
:3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
-	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
-	Make water available both inside and outside	2	3
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
-	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
_	thy Mealtime Practices	2	2
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
_	Require adults eating meals with children to eat items that meet nutrition standards	2	2
-	Serve small-sized, age-appropriate portions	2	2
-1	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	2	2
F2	the individual child; Teach children who require limited portions about portion size and monitor their portions	1	1
Н1	Do not force or bribe children to eat	2	3
	Do not use food as a reward or punishment	2	3
_	ical Activity (n = 11)	2	
1 y 3		2010	201
1	Provide children with adequate space for both inside and outside play	3	
41		3	3
42	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
72	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	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
43	require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
43 44	Do not withhold active play from children who mishehave	2	3
43 44 45	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
43 44 45 21	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4
43 44 45 C1	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	3	
43 44 45 C1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		4
43 44 45 51 52 53	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	3	3
43 44 45 51 52 51	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 3 2	3 2
A3 A4 A5 C1 C2 C3 D1 E1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	3 3 2 2	3 2 2
A3 A4 A5 C1 C2 C3 D1 E1 E2	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 2	3 2 2
A3 A4 A5 C1 C2 C3 D1 E1 E2	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	3 3 2 2 2 2	3 2 2 2 2
A3 A4 A5 C1 C2 C3 D1 E1 E2 mi	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	3 3 2 2 2 2 2 2010	3 2 2 2 2 2 201
A3 A4 A5 C1 C2 C3 D1 E1 E2 mi	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2 2 2 2 2 2010 3	3 2 2 2 2 2 201 3
A3 A4 A5 C1 C2 C3 D1 E1 E2 mi B1 B2	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised turmy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) 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	3 3 2 2 2 2 2 2 010 3 2	3 2 2 2 2 2 0 1 3 2 2
A3 A4 A5 C1 C2 C3 D1 E1 E2 mi B1 B2	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2 2 2 2 2 2010 3	3 2 2 2 2 2 201 3

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard 2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **KENTUCKY At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
nfant Feeding Practices IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1 Feed infants on cue	2	4
	3	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		4
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3 Serve no fruit juice to children younger than 12 months of age	2	2
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	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
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
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%)	2	3
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	2	4
NB1 Serve whole grain breads, cereals, and pastas	2	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	3
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
NH1 Do not force or bribe children to eat	2	2
NH2 Do not use food as a reward or punishment	3	4
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	4	4
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	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
PAS Do not withhold active play from children who misbehave	2	2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	2
course of the day—indoor or outdoor	2	
PE1 Ensure that infants have supervised tummy time every day when they are awake	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
Limits on Screen-Time (n = 4)		
	2010	2019
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
PB3 Use screen media with children age two years and older only for educational purposes or physical activity	2	4
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
Rating Code:		
4         Regulation fully meets standard         Kentucky Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2018 (CTR, LRG, SML)           2         Regulation partially meets standard		

4 Regulation fully meets standard 3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### LOUISIANA At A Glance:

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Bre	althy Infant Feeding (n = 11)		1
	astfeeding Support	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	0	0
	Int Feeding Practices		
A2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	0	0
B1		0	0
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	0	0
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	0	0
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	0	0
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	0	0
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	0	0
D1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	0	0
D2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	0	0
D3	Serve no fruit juice to children younger than 12 months of age	0	0
lut	trition (n = 21)		
lut	rition Standards	2010	201
A1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	0	0
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	0	0
_	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	0	0
	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%)	-	-
A4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	0	0
A5	Serve skim or 1% pasteurized milk to children two years of age and older	0	0
B1	Serve whole grain breads, cereals, and pastas	0	0
B2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	0	0
B3	Serve fruits of several varieties, especially whole fruits	0	0
IC1	Use only 100% juice with no added sweeteners	0	0
IC2	Offer juice (100%) only during meal times	0	0
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	0	0
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	0	0
	Make water available both inside and outside	0	0
	Limit salt by avoiding salty foods such as chips and pretzels	0	0
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	0	0
	Ithy Mealtime Practices	0	0
		0	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	0	0
	Require adults eating meals with children to eat items that meet nutrition standards	-	-
11-1	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	0	0
IF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	0	0
IH1	Do not force or bribe children to eat	0	0
	Do not use food as a reward or punishment	0	0
	sical Activity (n = 11)	0	Ŭ
i i y		2010	201
A 1	Provide children with adequate space for both inside and outside play	0	201 0
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	0	0
A2	physical activity	0	0
Δ3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	0	0
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	0	0
A5		0	0
~		0	0
1	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	0	0
-	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		0
C2		0	
C2			0
C2	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	0	
C2 C3 D1	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	-	0
C2 C3 D1 E1	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 Ensure that infants have supervised tummy time every day when they are awake	0	0
PC2 PC3 PD1 PE1 PE2	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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	-	0
C2 C3 D1 E1	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 Ensure that infants have supervised tummy time every day when they are awake	0	0
PC2 PC3 PD1 PE1 PE2	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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>its on Screen-Time (n = 4)</b>	0 0 2010	0 201
PC3 PD1 PE1 PE2 im	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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>its on Screen-Time (n = 4)</b> Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	0 0 <b>2010</b> 0	0 <b>201</b> 0
2C2 2C3 2D1 2E1 2E2 im 2B1 2B2	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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>its on Screen-Time (n = 4)</b> 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	0 0 2010 0 0	0 <b>201</b> 0 0
C2 C3 D1 PE1 PE2 im B1 B2 B3	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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>its on Screen-Time (n = 4)</b> Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	0 0 <b>2010</b> 0	0 <b>201</b> 0

4 Regulation fully meets standard 3 Regulation partially meets standard Louisiana Regulation Rating History: 2010 (CTR); 2015 (CTR); 2017\* (CTR)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

2 Regulation does not address standard 1 Regulation contradicts the standard

0 State does not regulate care type

#### MAINE At A Glance:

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	ny Infant Feeding (n = 11)		
reast	feeding Support	2010	201
<b>1</b> Er	ncourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
fant	Feeding Practices		
<b>42</b> Se	erve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
31 Fe	eed infants on cue	4	4
32 Do	o not feed infants beyond satiety; Allow infant to stop the feeding	2	2
33 H	old infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
1 De	evelop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
2 In	troduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
3 In	troduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
<b>)1</b> Do	o not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
<b>52</b> Se	erve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
<b>33</b> Se	erve no fruit juice to children younger than 12 months of age	2	2
_	ion (n = 21)		
	on Standards	2010	201
	mit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	201
_	erve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
_	erve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
	erve 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%)	2	2
	asteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
	erve skim or 1% pasteurized milk to children two years of age and older	2	2
_	erve whole grain breads, cereals, and pastas	2	3
_	erve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
-	erve fruits of several varieties, especially whole fruits	2	3
_	se only 100% juice with no added sweeteners	2	2
_	ffer juice (100%) only during meal times	2	2
_		2	2
_	erve no more than 4 to 6 oz juice/day for children 1-6 years of age		
_	erve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
_	lake water available both inside and outside	2	3
_	mit salt by avoiding salty foods such as chips and pretzels	2	2
_	void sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
ealthy	y Mealtime Practices		
_	each children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
E2 Re	equire adults eating meals with children to eat items that meet nutrition standards	2	2
_	erve small-sized, age-appropriate portions	2	2
-71	ermit 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	2	2
th	e individual child; Teach children who require limited portions about portion size and monitor their portions		
_	o not force or bribe children to eat	3	3
	o not use food as a reward or punishment	3	3
iysica	al Activity (n = 11)		
		2010	20:
<b>\1</b> Pr	rovide children with adequate space for both inside and outside play	4	4
121	rovide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
pł	hysical activity		
_	evelop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
_	equire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
_	o not withhold active play from children who misbehave	2	2
_	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	3
_	llow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	2
	llow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	2
11	rovide 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 burse of the day—indoor or outdoor	2	2
_	surse of the day—Indoor or outdoor nsure that infants have supervised tummy time every day when they are awake	2	2
_	se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		
		2	2
11115	on Screen-Time (n = 4)	2010	
		2010	20:
	o not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2
<b>B1</b> D0			
<b>B1</b> Do <b>B2</b> Lii	mit total media time for children 2 years and older to not more than 30 min. weekly	2	
<b>B1</b> Do <b>B2</b> Lii <b>B3</b> Us		2 4 2	2 2 2

4 Regulation fully meets standard3 Regulation partially meets standard

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

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

2 Regulation does not address standard1 Regulation contradicts the standard

I Regulation contradicts the

0 State does not regulate care type

#### **MARYLAND At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	Ithy Infant Feeding (n = 11) stfeeding Support	2010	2019
		3	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site <b>It Feeding Practices</b>	3	4
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
_	Feed infants on cue	4	4
		4	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	-	-
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	4
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	-	
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
_	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)	2212	
	ition Standards	2010	2019
-	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
IA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
IA4	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	3
<b>A</b> 5	Serve skim or 1% pasteurized milk to children two years of age and older	2	3
_	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
-	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
-	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
-	Make water available both inside and outside	3	4
		2	
	Limit salt by avoiding salty foods such as chips and pretzels		2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	thy Mealtime Practices	-	2
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
111	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	4	4
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
JH1	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
_	ical Activity (n = 11)	<u> </u>	
		2010	2019
Δ1	Provide children with adequate space for both inside and outside play	4	4
_	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	-	
PA2	physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	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
	Do not withhold active play from children who misbehave	2	2
PA5	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC1		3	3
PC1 PC2	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3
2 2 2 2 2 3 2 3	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 movement over the	2	1 3
0C1 0C2 0C3	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	-
0C1 0C2 0C3	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	3 2	2
PC1 PC2 PC3 PD1 PE1	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		
PC1 PC2 PC3 PD1 PE1 PE2	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 Ensure that infants have supervised tummy time every day when they are awake	2	2
PC1 PC2 PC3 PD1 PE1 PE2	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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
PC1 PC2 PC3 PD1 PE1 PE2 imi	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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
PC1 PC2 PC3 PD1 PE1 PE2 .imi	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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2 2 2010	2 2 2019
PC1 PC2 PC3 PD1 PE1 PE2 imi	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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 <b>2010</b> 2	2 2 2019 4
2C1 2C2 2C3 2C1 2C1 2C1 2C1 2C1 2C2 2C3 2C3 2C3 2C3 2C3 2C3 2C3 2C3 2C3	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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) 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 2010 2 2 2	2 2 2019 4 3

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **MASSACHUSETTS At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

216	althy Infant Feeding (n = 11) astfeeding Support	2010	201
A 1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	201
	nt Feeding Practices	5	3
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
	Feed infants on cue	3	3
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
	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
C1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
-	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
D1		2	2
	Serve whole fruits, mashed or purced, for infants 7 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)	-	
	rition Standards	2010	201
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	20.
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
_	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
~3	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
<b>A</b> 4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
A5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
-	Serve whole grain breads, cereals, and pastas	2	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
	Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	Ithy Mealtime Practices	2	2
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
_	Serve small-sized, age-appropriate portions	2	2
	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		
IF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
H1	Do not force or bribe children to eat	4	4
H2	Do not use food as a reward or punishment	4	4
hy	sical Activity (n = 11)		
		2010	201
	Provide children with adequate space for both inside and outside play	4	4
A1	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
A2	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
A2 A3		2	
A2 A3 A4	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		3
A2 A3 A4	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	
A2 A3 A4 A5 C1	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 3	3
A2 A3 A4 A5 C1 C2	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 3 3	3
A2 A3 A4 A5 C1 C2 C3	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 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 3 3 3	3 3 3
A2 A3 A4 A5 C1 C2 C3 D1	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2 3 3 3 3 3	33 33 33 22 22
A2 A3 A4 A5 C1 C2 C3 D1 E1	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 3 3 3 3 3 2	3 3 3 2
A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 3 3 3 3 2 2 2	3 3 3 2 2 2
A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 3 3 3 3 2 2 2	3 3 3 2 2 2 3
A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 m	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 3 3 3 2 2 2 3	3 3 2 2 3 20
A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 M	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>its on Screen-Time (n = 4)</b>	2 3 3 2 2 3 2 2 3 2010	3 3 2 2 2 3 3 20 2
A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 IN B1 B2	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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         its on Screen-Time (n = 4)         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 3 3 2 2 2 3 <b>2</b> 0 10 2 2	3 3 3 2 2 2
A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 m B1 B2 B3	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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         its on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 3 3 3 2 2 3 3 2 2 3 2 2 0 10 2 2 2	3 3 2 2 2 3 3 20 2 2 2 2 2 2 2

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **MICHIGAN At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

A1         Encouration           fart         Feed           A2         Serve h           B3         Feed in           B4         Feed in           B2         Do not           B3         Hold inf           C1         Develop           C2         Introdu           D1         Do not           D2         Serve n           D3         Serve n           D4         Limit oi           D4         Serve n           D5         Serve n           D4         Serve n           D5         Serve si           B1         Serve n           D5         Serve si           B2         Serve si           B3         Serve si           B4         Serve si           B5         Serve si           B6         Serve si           B7         Serve si           B8         Serve si           B2         Serve si           B3         Serve si           B4         Serve si           B2         Serve si           B3         Serve si           B4         Se	A standards bils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older 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%) trized milk to those who are at risk for hypercholesterolemia or obesity skim or 1% pasteurized milk to children two years of age and older whole grain breads, cereals, and pastas vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas fruits of several varieties, especially whole fruits hy 100% juice with no added sweeteners	2010 3 4 4 2 3 3 3 2 1 1 2 1 1 2 1 2 1 2 3 3 2 2 3 3 2 2 3 3 3 3 4	2019 3 4 4 4 4 2 3 3 4 4 2 2 3 3 3 3 3 3 3 3
If ant Feed           A2         Serve h           A2         Serve h           B3         Feed in           B4         Feed in           B2         Do not           B3         Hold inf           C1         Develop           C2         Introdu           D1         Do not           D2         Serve m           D3         Serve m           D4         Limit oi           A2         Serve m           A3         Serve m           A4         Serve m           B1         Serve m           B2         Serve m           B3         Serve m           B4         Serve m           B5         Serve m           B4         Serve m           B5         Serve m           B2         Serve m           B3         Serve m           B4         Serve m           B5         Serve m           B4         Serve m           B5         Serve m           B6         Serve m           B1         Serve m           B2         Serve m	ding Practices         human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided         infants on cue         if eed infants beyond satiety; Allow infant to stop the feeding         op plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider         uce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age         uce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months         it feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction         whole fruits, mashed or pureed, for infants 7 months up to 1 year of age         no fruit juice to children younger than 12 months of age         (n = 21)         ttandards         obsing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods         pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)         rized milk to those who are at risk for hypercholesterolemia or obesity         whole pasteurized milk to children two years of age and older         whole pasteurized milk to children two years of age and older         whole pasteurized milk to children two years of age and older         whole pasteurized milk to children two years of age and older	4 4 2 3 3 3 2 1 1 1 2 1 1 2 1 2 1 2 1 2 1 2	4 4 4 2 3 4 4 4 2 3 3 4 2 2 3 3 3 3 3 3
A2         Serve h           B3         Feed in           B3         Feed in           B3         Feed in           B3         Hold inf           C1         Develop           C2         Introdu           D1         Do not           D2         Serve w           D3         Serve m           D4         Limit on           D4         Serve w           D3         Serve w           D4         Serve w           D5         Serve w           D4         Serve w           D5         Serve w           D6         Serve w           D7         Serve w           D8         Serve w           D1         Make w           G1         Limit sa           G2         Avoid si           E4         Teach c           E5         Permit t	human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided fants on cue : feed infants beyond satiety; Allow infant to stop the feeding fants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap pp plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider uce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age uce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around 6 in months : feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction whole fruits, mashed or pureed, for infants 7 months up to 1 year of age no fruit juice to children younger than 12 months of age (n = 21) itandards bils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older 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%) trized milk to those who are at risk for hypercholesterolemia or obesity skim or 1% pasteurized milk to children two years of age and older whole grain breads, cereals, and pastas vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas fruits of several varieties, especially whole fruits thy 100% juice with no added sweeteners	4 2 3 3 2 1 1 2 2 3 3 2 2 3 3 3 3	4 4 2 3 3 4 4 4 2 2 3 3 4 2 2 3 3 3 3 3
81         Feed init           82         Do not           83         Hold init           83         Hold init           93         Hold init           93         Hordund           93         Hordund           93         Serve w           93         Serve m           93         Serve m           94         Limit oi           94         Serve w           94         Serve w           94         Serve w           95         Serve w           94         Serve w           95         Serve w           96         Serve w           98         Serve w           91         Make w           92         Avoid si           94         Limit sa <td>Infants on cue         If ede infants beyond satiety; Allow infant to stop the feeding         If ants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap         up plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider         uce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age         uce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months         If eed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction         whole fruits, mashed or pureed, for infants 7 months up to 1 year of age         no fruit juice to children younger than 12 months of age         (n = 21)         tandards         wills by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods         meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats         other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older         whole grain breads, cereals, and pastas         vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas         fruits in fared, cereals, and pastas         vegetables, specifically, dark green, orange, deep yellow vegetables; and root v</td> <td>4 2 3 3 2 1 1 2 2 3 3 2 2 3 3 3 3</td> <td>4 4 2 3 3 4 4 4 2 2 3 3 4 4 2 2 3 3 3 3</td>	Infants on cue         If ede infants beyond satiety; Allow infant to stop the feeding         If ants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap         up plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider         uce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age         uce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months         If eed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction         whole fruits, mashed or pureed, for infants 7 months up to 1 year of age         no fruit juice to children younger than 12 months of age         (n = 21)         tandards         wills by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods         meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats         other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older         whole grain breads, cereals, and pastas         vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas         fruits in fared, cereals, and pastas         vegetables, specifically, dark green, orange, deep yellow vegetables; and root v	4 2 3 3 2 1 1 2 2 3 3 2 2 3 3 3 3	4 4 2 3 3 4 4 4 2 2 3 3 4 4 2 2 3 3 3 3
B2         Do not           B3         Hold init           C1         Develop           C2         Introdu           D1         Do not           D2         Serve w           D3         Serve n           D4         Do not           D5         Serve n           D4         Limit oi           A1         Limit oi           A2         Serve n           A3         Serve n           A4         Serve w           D5         Serve w           D6         Serve w           D7         Serve w           D8         Serve w           D81         Serve w           D82         Serve w           D83         Serve w           D83         Serve w           D84         Serve w           D82         Serve w           D83         Serve w           D84         Serve w           D1         Make w           G1         Limit sa           G2         Avoid si           E34         Teach c           E45         Permit i	if eed infants beyond satiety; Allow infant to stop the feeding infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap pip plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider uce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age uce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months if eed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction whole fruits, mashed or pureed, for infants 7 months up to 1 year of age no fruit juice to children younger than 12 months of age (n = 21) <b>itandards</b> <b>itandards</b> whole so enciken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older 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%) trized milk to those who are at risk for hypercholesterolemia or obesity skim or 1% pasteurized milk to children two years of age and older whole grain breads, cereals, and pastas vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas fruits of several varieties, especially whole fruits hy 100% juice with no added sweeteners	4 2 3 3 2 1 1 1 2010 2 2 3 3 2 2 3 3 3 3 3 3	4 2 3 4 2 3 4 4 2019 2 3 3 3 3 3 3 4 3
33         Hold inf           11         Develop           12         Introdu           13         Introdu           14         Do not           15         Serve w           16         To not           17         Do not           18         Serve w           18         Serve w           18         Limit oi           14         Limit oi           15         Serve w           16         Serve w           17         Serve w           18         Serve w           10         Make w           11         Make w           12         Avoid si           13         Serve si           14         Teach c           15         Serve si	nfants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap pp plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider uce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age uce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months if eed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction whole fruits, mashed or pureed, for infants 7 months up to 1 year of age no fruit juice to children younger than 12 months of age (n = 21) itandards is by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older whole grain breads, cereals, and pastas vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas fruits of several varieties, especially whole fruits hy 100% juice with no added sweeteners	2 3 3 2 1 1 2 2010 2 3 3 3 2 2 3 3 3 3 3	2 3 4 2 3 4 2 019 2 3 3 3 3 3 4 4 3
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Ada         pasteur           Ada         pasteur           Ada         Serve si           B1         Serve with           B2         Serve with           B3         Serve with           C2         Offer juit           C3         Serve with           C4         Serve with           C5         Requiree           C6         Serve with           C7         Serve with           C8         Serve with           C9         Serve with           C9         Serve with           C9         Serve with           C9         Serve with	rrized milk to those who are at risk for hypercholesterolemia or obesity skim or 1% pasteurized milk to children two years of age and older whole grain breads, cereals, and pastas vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas fruits of several varieties, especially whole fruits Ily 100% juice with no added sweeteners	2 3 3 3	4
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C3 Serve n C4 Serve n D1 Make w G1 Limit sa G2 Avoid si ealthy Mea E1 Teach c E2 Require F1 Serve si Permit	uice (100%) only during most times	4	4
C4 Serve n D1 Make w G1 Limit sa G2 Avoid su ealthy Mea E1 Teach c E2 Require F1 Serve su F2 Permit	uice (100%) only during meal times	2	4
D1 Make w G1 Limit sa G2 Avoid so ealthy Mea E1 Teach c E2 Require F1 Serve so F2 Permit	no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
D1 Make w G1 Limit sa G2 Avoid so ealthy Mea E1 Teach c E2 Require F1 Serve so F2 Permit	no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
G1 Limit sa G2 Avoid su ealthy Mea E1 Teach c E2 Require F1 Serve su F2 Permit	water available both inside and outside	4	4
G2 Avoid si ealthy Mea E1 Teach c E2 Require F1 Serve si F2 Permit	alt by avoiding salty foods such as chips and pretzels	2	2
ealthy Mea E1 Teach c E2 Require F1 Serve si F2 Permit	sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
E1 Teach c E2 Require F1 Serve si Permit		1	5
E2 Require		2	2
F1 Serve s	children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
Permit	e adults eating meals with children to eat items that meet nutrition standards	2	2
F2	small-sized, age-appropriate portions	4	4
	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	3	3
	lividual child; Teach children who require limited portions about portion size and monitor their portions t force or bribe children to eat	2	
			3
	use food as a reward or punishment	3	3
nysical Act	:tivity (n = 11)		
- I		2010	201
	e children with adequate space for both inside and outside play	4	4
A21	e orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote al activity	2	2
A3 Develop	op written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
A4 Require	e caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
A5 Do not	: withhold active play from children who misbehave	2	2
C1 Provide	e daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
C2 Allow to	toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
Provide	e 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	2	2
course	of the day—indoor or outdoor		
	e that infants have supervised tummy time every day when they are awake	2	2
E2 Use infa		2	2
mits on S	fant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2010	301
<b>P1</b> Dc	fant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Screen-Time (n = 4)	2010	201
	Screen-Time (n = 4)	3	3
	Screen-Time (n = 4) : utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		3
	Screen-Time (n = 4) t utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years otal media time for children 2 years and older to not more than 30 min. weekly	3	
B4 Do not	Screen-Time (n = 4) : utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years otal media time for children 2 years and older to not more than 30 min. weekly reen media with children age two years and older only for educational purposes or physical activity	3 3 2	3

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **MINNESOTA At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Bread	hy Infant Feeding (n = 11) tfeeding Support	2010	2019
	incourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
_	Feeding Practices	5	3
	erve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
_	eed infants on cue	4	4
_	to not feed infants beyond satiety; Allow infant to stop the feeding	4	4
_	In the caregiver/teacher's arms or sitting up on the lap	3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
_	ntroduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
-	ntroduce beastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
_		2	4
	to not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		
	erve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
	erve no fruit juice to children younger than 12 months of age	1	4
	tion (n = 21)	2010	204
	ion Standards	2010	201
_	imit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	erve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	erve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older erve 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%)	3	3
<u>A</u> 41	asteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
- I'	erve skim or 1% pasteurized milk to children two years of age and older	2	4
_	erve whole grain breads, cereals, and pastas	3	3
_	erve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
_	erve fruits of several varieties, especially whole fruits	3	3
_	Jse only 100% juice with no added sweeteners	4	4
_	See only 100% Juice with no added sweeteners	2	4
_			
_	erve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
_	erve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
_	Aake water available both inside and outside	3	4
_	imit salt by avoiding salty foods such as chips and pretzels	2	2
_	void sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
ealth	y Mealtime Practices		
<b>E1</b> T	each children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
<b>E2</b> R	equire adults eating meals with children to eat items that meet nutrition standards	2	2
	erve small-sized, age-appropriate portions	4	4
F2	ermit 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	3	3
ti	he individual child; Teach children who require limited portions about portion size and monitor their portions		
_	bo not force or bribe children to eat	2	2
	o not use food as a reward or punishment	3	3
nysio	cal Activity (n = 11)		
		2010	201
_	rovide children with adequate space for both inside and outside play	4	4
AZ p	rovide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote hysical activity	2	2
_	bevelop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
<b>44</b> R	equire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
45 D	o not withhold active play from children who misbehave	3	3
С1 Р	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
C2 A	Ilow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
<b>3</b> A	llow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
P	rovide 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 ourse of the day—indoor or outdoor	3	3
11	nsure that infants have supervised tummy time every day when they are awake	2	2
D1 C	Ise infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
D1 E1 E			
<b>51</b> E <b>1</b> E E <b>2</b> U	s on Screen-Time (n = 4)		201
E1 E E2 U mits	s on Screen-Time (n = 4)	2010	
<b>D1</b> <b>E1</b> E <b>E2</b> U <b>mits</b> <b>B1</b> D	s on Screen-Time (n = 4) No not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	<b>2010</b> 2	<b>201</b>
D1     C       E1     E       E2     U       mits       B1     D       B2     L	s on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years imit total media time for children 2 years and older to not more than 30 min. weekly	<b>2010</b> 2 2	2
D1     C       E1     E       E2     U       mits       B1     D       B2     L       B3     U	s on Screen-Time (n = 4) No not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	<b>2010</b> 2	2

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2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **MISSISSIPPI At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Broact	ny Infant Feeding (n = 11)	2010	2010
	feeding Support	2010	2019
	ncourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
	Feeding Practices		
	erve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
B1 Fe	ed infants on cue	4	4
IB2 Do	o not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Ho	old infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
C1 De	evelop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Int	troduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
	troduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3
	o not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	erve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	1
		3	3
	erve no fruit juice to children younger than 12 months of age	3	3
	ion (n = 21)		
	on Standards	2010	2019
IA1 Lir	mit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	3
A2 Se	erve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	4	4
	erve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Δ <u>4</u>	erve 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%)	3	3
pa	asteurized milk to those who are at risk for hypercholesterolemia or obesity		
A5 Se	erve skim or 1% pasteurized milk to children two years of age and older	4	4
B1 Se	erve whole grain breads, cereals, and pastas	4	4
IB2 Se	erve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4
B3 Se	erve fruits of several varieties, especially whole fruits	4	4
I <b>C1</b> Us	se only 100% juice with no added sweeteners	1	1
C2 Of	ffer juice (100%) only during meal times	2	2
	erve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3
	erve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3
_	ake water available both inside and outside	3	4
	mit salt by avoiding salty foods such as chips and pretzels	4	4
IG2 Av	void sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
ealthy	y Mealtime Practices		-
IE1 Te	each children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
IE2 Re	equire adults eating meals with children to eat items that meet nutrition standards	2	4
IF1 Se	erve small-sized, age-appropriate portions	4	4
Pe Pe	ermit 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	2	2
the	e individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
IH1 Do	o not force or bribe children to eat	3	3
IH2 Do	o not use food as a reward or punishment	4	4
hvsica	al Activity (n = 11)		
		2010	2019
A1 Pr	ovide children with adequate space for both inside and outside play	4	4
	ovide criminal and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		4
'A2	ovice orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote nysical activity	2	2
A3 De	evelop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
A4 Re	equire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
A5 Do	o not withhold active play from children who misbehave	3	3
PC1 Pro	ovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	low toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	low preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	ovide 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		
C3 All	the structure of care brackers of care brackers and the brackers and the brance of care brackers and the brance of	2	2
C3 All	burse of the day—indoor or outdoor		2
PC3 All	burse of the day—indoor or outdoor Insure that infants have supervised tummy time every day when they are awake	2	
2C3 All 2D1 Pro CO 2E1 En		2	2
PC3     All       PD1     Processor       PE1     En       PE2     Us	nsure that infants have supervised tummy time every day when they are awake		2
PC3     All       PD1     Processor       PE1     En       PE2     Us	nsure that infants have supervised tummy time every day when they are awake se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		
PC3 All PD1 CO PE1 En PE2 Us imits	nsure that infants have supervised tummy time every day when they are awake se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2 2019 3
PC3 All PD1 Pro PE1 En PE2 Us imits	nsure that infants have supervised tummy time every day when they are awake se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all on Screen-Time (n = 4)	2 2010	2019
PC3     All       PD1     Product       PE1     En       PE2     Us       Imits     PB1       PB2     Lir	nsure that infants have supervised tummy time every day when they are awake se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all on Screen-Time (n = 4) on ot utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2010 3	<b>201</b> 9 3
PC3 All PT0 CO PE1 En PE2 Us imits PB1 DC PB2 Lin PB3 Us	nsure that infants have supervised tummy time every day when they are awake se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all on Screen-Time (n = 4) o not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years mit total media time for children 2 years and older to not more than 30 min. weekly	2 2010 3 3	<b>201</b> 9 3 3

4 Regulation fully meets standard 3 Regulation partially meets standard

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revised documents also were rated for CACFP changes.

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **MISSOURI At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Broactfooding Sunnort	(n = 11)	2010	2010
reastfeeding Support		2010	2019
<u> </u>	breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
fant Feeding Practices	fant farmula ta at laast asa 10 maatka, nat sawla will, walass witten sysaatian is assuidad	2	2
	fant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
B1 Feed infants on cue	and astisty. Allow infant to stan the fanding	3	3
	rond satiety; Allow infant to stop the feeding	2	2
	le feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	lucing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	ate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
	ants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
	ormula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	shed or pureed, for infants 7 months up to 1 year of age	2	2
	hildren younger than 12 months of age	2	2
utrition (n = 21)			
utrition Standards		2010	2019
	nonounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	ans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	alent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
ΔΔ	d milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	2
	se who are at risk for hypercholesterolemia or obesity urized milk to children two years of age and older	2	2
B1 Serve whole grain brea		2	2
	fically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
	arieties, especially whole fruits	4	4
C1 Use only 100% juice with		4	4
C2 Offer juice (100%) only		2	2
		3	2
	o 6 oz juice/day for children 1-6 years of age		
D1 Make water available b	o 12 oz juice/day for children 7-12 years of age	3	3
			3
	alty foods such as chips and pretzels	2	2
ealthy Mealtime Practices	concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	inte parties since hy using plates, house 0, such that are developmentally suited to their sutritional pools.	2	2
	riate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	neals with children to eat items that meet nutrition standards		2
IF1 Serve small-sized, age-a	propriate portions 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	4	4
1671	ach children who require limited portions about portion size and monitor their portions	2	2
IH1 Do not force or bribe ch		3	3
H2 Do not use food as a re		3	3
hysical Activity (n = 11)			
		2010	2019
A1 Provide children with a	dequate space for both inside and outside play	4	4
Provide orientation and	annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
A2 physical activity		2	2
A3 Develop written policie	s on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
A4 Require caregivers/tead	chers to promote children's active play, and participate in active games at times when they can safely do so	2	2
A5 Do not withhold active	play from children who misbehave	4	4
C1 Provide daily for all chil	dren, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	inutes per 8-hour day for moderate to vigorous physical activity	3	3
C2 Allow toddlers 60-90 m	120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	drep birth to six years two as more structured as aversiver ( togehar ( adult led estivities as somes that promote movement everythe	2	2
C3 Allow preschoolers 90-	ldren, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2	
C3 Allow preschoolers 90-3 Provide daily for all chil course of the day—inde	oor or outdoor		4
C3       Allow preschoolers 90         D1       Provide daily for all chil         course of the day—inde         E1       Ensure that infants hav	oor or outdoor e supervised tummy time every day when they are awake	2	-
<ul> <li>Allow preschoolers 90-</li> <li>Provide daily for all chil course of the day—inde</li> <li>Ensure that infants hav</li> <li>Use infant equipment s</li> </ul>	oor or outdoor e supervised tummy time every day when they are awake such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 3	3
C3       Allow preschoolers 90-1         D1       Provide daily for all chil course of the day—inde         C4       Ensure that infants have	oor or outdoor e supervised tummy time every day when they are awake such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		
<ul> <li>Allow preschoolers 90-</li> <li>Provide daily for all chil course of the day—inde</li> <li>Ensure that infants hav</li> <li>Use infant equipment s</li> </ul>	oor or outdoor e supervised tummy time every day when they are awake such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		3
<ul> <li>C3 Allow preschoolers 90- Provide daily for all chil course of the day—indo</li> <li>E1 Ensure that infants hav</li> <li>E2 Use infant equipment s</li> <li>mits on Screen-Time (</li> </ul>	oor or outdoor e supervised tummy time every day when they are awake such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
<ul> <li>C3 Allow preschoolers 90- Provide daily for all chil course of the day—indo</li> <li>E1 Ensure that infants hav</li> <li>E2 Use infant equipment s</li> <li>mits on Screen-Time (</li> <li>B1 Do not utilize media (tee</li> </ul>	bor or outdoor e supervised tummy time every day when they are awake such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all n = 4)	3 2010	3 201
<ul> <li>C3 Allow preschoolers 90- Provide daily for all chil course of the day—indo</li> <li>E1 Ensure that infants hav</li> <li>E2 Use infant equipment s</li> <li>mits on Screen-Time (</li> <li>B1 Do not utilize media (te</li> <li>B2 Limit total media time f</li> </ul>	bor or outdoor e supervised tummy time every day when they are awake such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all n = 4) elevision [TV], video, and DVD) viewing and computers with children younger than 2 years	3 2010 2	3 <b>201</b> 2
<ul> <li>Allow preschoolers 90-</li> <li>Provide daily for all chil course of the day—indo</li> <li>Ensure that infants hav</li> <li>Use infant equipment s</li> <li>mits on Screen-Time (</li> <li>Do not utilize media (tee</li> <li>Limit total media time f</li> <li>Use screen media with</li> </ul>	bor or outdoor e supervised tummy time every day when they are awake such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all n = 4) elevision [TV], video, and DVD) viewing and computers with children younger than 2 years for children 2 years and older to not more than 30 min. weekly	3 2010 2 2	3 201 2 2

3 Regulation partially meets standard 2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **MONTANA At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Broact	hy Infant Feeding (n = 11) feeding Support	2010	2011
		<b>2010</b>	2019
	ncourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	Feeding Practices erve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	Δ	4
_		4	4
_	eed infants on cue		
_	o not feed infants beyond satiety; Allow infant to stop the feeding	4	4
-	old infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	-	
_	evelop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
_	troduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	troduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
_	o not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
_	erve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
	erve no fruit juice to children younger than 12 months of age	1	4
	ion (n = 21)		
utriti	ion Standards	2010	201
A1 Li	mit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
<b>42</b> Se	erve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
<b>43</b> Se	erve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
<b>ΔΔ</b> Ι	erve 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%)	2	3
p	asteurized milk to those who are at risk for hypercholesterolemia or obesity		
_	erve skim or 1% pasteurized milk to children two years of age and older	2	4
_	erve whole grain breads, cereals, and pastas	3	3
_	erve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
_	erve fruits of several varieties, especially whole fruits	3	3
<b>C1</b> U	se only 100% juice with no added sweeteners	4	4
<b>C2</b> 0	ffer juice (100%) only during meal times	2	4
C3 Se	erve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
C4 Se	erve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
D1  ∖	lake water available both inside and outside	3	4
G1 Li	mit salt by avoiding salty foods such as chips and pretzels	2	2
G2 A	void sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
ealth	y Mealtime Practices		
E1 T	each children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
_	equire adults eating meals with children to eat items that meet nutrition standards	2	2
_	erve small-sized, age-appropriate portions	4	4
P	ermit 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		
F2	ne individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
<b>H1</b> D	o not force or bribe children to eat	2	2
<b>H2</b> D	o not use food as a reward or punishment	2	2
nysic	al Activity (n = 11)		
		2010	201
<b>41</b> P	rovide children with adequate space for both inside and outside play	4	4
P	rovide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
421	hysical activity	2	2
<b>A3</b> D	evelop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
<b>44</b> R	equire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
<b>A5</b> D	o not withhold active play from children who misbehave	2	2
C1 P	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
_	llow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
<b>3</b> A	llow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
Р	rovide 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		
)1 I	purse of the day—indoor or outdoor	2	2
E <b>1</b> E	nsure that infants have supervised tummy time every day when they are awake	2	2
E <b>2</b> U	se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
mits	on Screen-Time (n = 4)		
		2010	201
<b>B1</b> D	o not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3
_	mit total media time for children 2 years and older to not more than 30 min. weekly	3	3
	se screen media with children age two years and older only for educational purposes or physical activity	2	2
33 ! ! !		-	
-	o not utilize TV, video, or DVD viewing during meal or snack time	2	2

4 Regulation fully meets standard 3 Regulation partially meets standard Montana Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR,LRG, SML); 2017\* (CTR,LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes. 2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **NEBRASKA At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

		_
reastfeeding Support	2010	2019
A1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
nfant Feeding Practices		
A2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
B1 Feed infants on cue	2	4
B2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
B3 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
C1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
C2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
C3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
D1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
D2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
D3 Serve no fruit juice to children younger than 12 months of age	2	4
iutrition (n = 21)		1
lutrition Standards	2010	2019
IA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
IA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
IA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		-
A4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
IAS Serve skim or 1% pasteurized milk to children two years of age and older	2	4
IBI Serve whole grain breads, cereals, and pastas	2	3
B2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
IB3 Serve fruits of several varieties, especially whole fruits	3	3
IC1 Use only 100% juice with no added sweeteners	2	4
IC2 Offer juice (100%) only during meal times	2	4
C3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
<b>C4</b> Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
D1 Make water available both inside and outside	3	4
IG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
IG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
lealthy Mealtime Practices		
IE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
IE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
IF1 Serve small-sized, age-appropriate portions	2	4
IF2 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
In the monoton of the portions about portions about portions are and monoton their portions.	2	2
H2 Do not use food as a reward or punishment	3	3
hysical Activity (n = 11)		
	2010	2019
A1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
A2	2	2
physical activity	2	2
physical activity	2	2
physical activity A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2
physical activity         YA3       Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         YA4       Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	
physical activity         YA3       Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         YA4       Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         YA5       Do not withhold active play from children who misbehave	2	1 3
physical activity         A3         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         A4         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         A5       Do not withhold active play from children who misbehave         C1       Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
<ul> <li>physical activity</li> <li>physical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> </ul>	2 2 2	2
<ul> <li>physical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Provide daily for all children, birth to six years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow toddlers 09-120 minutes per 8-hour day for moderate to vigorous physical activity</li> </ul>	2 2 2 2 2	2
<ul> <li>physical activity</li> <li>A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>A5 Do not withhold active play from children who misbehave</li> <li>C1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> </ul>	2 2 2 2 2	2
<ul> <li>physical activity</li> <li>physical activity</li> <li>A3</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>A4</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>A5</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>A10w toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>A10w preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> </ul>	2 2 2 2 2	2
<ul> <li>physical activity</li> <li>physical activity</li> <li>physical activity</li> <li>povelop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>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</li> </ul>	2 2 2 2 2 2 2 2 2	2 2 2 2 2
physical activity         PA3         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         PA4         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         PA5       Do not withhold active play from children who misbehave         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 toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         PC3       Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         PC4       Forvide 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         PC4       Ensure that infants have supervised tummy time every day when they are awake         PC4       Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2 2 2 2 2 2 2 2 2	2 2 2
physical activity         PA3       Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         PA4       Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         PA5       Do not withhold active play from children who misbehave         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         PC4       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         PC4       Ensure that infants have supervised tummy time every day when they are awake	2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2
physical activity         PA3       Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         PA4       Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         PA5       Do not withhold active play from children who misbehave         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 toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         PC4       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         PC4       Ensure that infants have supervised tummy time every day when they are awake         PC4       Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         Imit:s on Screeen-Time (n = 4)       Ensure that infants have supervised tummy time every day when they are awake	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2019
physical activity         PA3         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         PA4         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         PA5       Do not withhold active play from children who misbehave         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         PC3       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         PC4       Ensure that infants have supervised tummy time every day when they are awake         PC4       Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         Imit: on Screen-Time (n = 4)       Pon out utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2019 2
<ul> <li>physical activity</li> <li>physical act</li></ul>	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2019 2 2 2 2
physical activity         PA3         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         PA4         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         PA5       Do not withhold active play from children who misbehave         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         PC3       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         PC4       Ensure that infants have supervised tummy time every day when they are awake         PC4       Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         Imit: on Screen-Time (n = 4)       Pon out utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2019 2

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **NEVADA At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

prea	Ithy Infant Feeding (n = 11)	2012	
_	stfeeding Support	2010	201
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
_	nt Feeding Practices	2	
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
	Feed infants on cue		4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
	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
:1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)		1
ıtı	ition Standards	2010	20
1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
۱2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
۱3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	
4	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%)	2	
14	pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
A5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
31	Serve whole grain breads, cereals, and pastas	2	3
B2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
B3	Serve fruits of several varieties, especially whole fruits	2	
C1	Use only 100% juice with no added sweeteners	2	4
C2	Offer juice (100%) only during meal times	2	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	
_	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	
	thy Mealtime Practices	-	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	
_	Require adults eating meals with children to eat items that meet nutrition standards	2	
F1	Serve small-sized, age-appropriate portions	3	4
F2	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	3	3
	the individual child; Teach children who require limited portions about portion size and monitor their portions	2	
	Do not force or bribe children to eat	3	
	Do not use food as a reward or punishment	4	4
iys	ical Activity (n = 11)		1
		2010	20
۱1	Provide children with adequate space for both inside and outside play	4	4
٩2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	
	physical activity		
-	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	1
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	
45	Do not withhold active play from children who misbehave	3	3
C1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
C3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3
01	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	2	
	course of the day—indoor or outdoor		
_	Ensure that infants have supervised tummy time every day when they are awake	2	1
2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	2
mi	ts on Screen-Time (n = 4)		
		2010	20
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	
<b>B1</b>			
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	
B2	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	

4 Regulation fully meets standard 3 Regulation partially meets standard

Nevada Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2018 (CTR, LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

#### **NEW HAMPSHIRE At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Bree	Ithy Infant Feeding (n = 11) stfeeding Support	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	3
	t Feeding Practices	2	5
_		4	4
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
	Feed infants on cue	4	4
-	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
	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
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
-	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
_	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)	ſ	
_	ition Standards	2010	2019
A1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
A3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
A4	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%)	3	3
	pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	2	3
IB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
B3	Serve fruits of several varieties, especially whole fruits	3	3
IC1	Use only 100% juice with no added sweeteners	4	4
C2	Offer juice (100%) only during meal times	4	4
C3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
C4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ID1	Make water available both inside and outside	3	4
IG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
IG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	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 caloric needs of		
NF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	2	3
IH1	Do not force or bribe children to eat	3	3
IH2	Do not use food as a reward or punishment	3	4
hys	ical Activity (n = 11)		
		2010	2019
PA1	Provide children with adequate space for both inside and outside play	4	4
_	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
PA2	physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
A4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
A5	Do not withhold active play from children who misbehave	3	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
-	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4
-	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3
-	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		
D1	course of the day—indoor or outdoor	2	3
°E1	Ensure that infants have supervised tummy time every day when they are awake	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	4
_	ts on Screen-Time (n = 4)		
		2010	2019
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
<b>'</b> ' ' ' ' '			2
	I lse screen media with children age two years and older only for educational nurposes or physical activity		
°B3	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 Regulation fully meets standard3 Regulation partially meets standard

New Hampshire Regulation Rating History: 2010 (CTR, LRG, SML); 2017 (CTR, LRG, SML)

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

2 Regulation does not address standard1 Regulation contradicts the standard

I Regulation contradicts the s

0 State does not regulate care type

### **NEW JERSEY At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	201
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	0
	t Feeding Practices		
-	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	0
_	Feed infants on cue	2	0
-	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	0
-	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	0
C1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	0
2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	0
:3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	0
01	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	0
22	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	0
3	Serve no fruit juice to children younger than 12 months of age	2	0
utr	ition (n = 21)		
utri	tion Standards	2010	201
1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	0
-	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	0
-	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	0
	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%)		-
<u>1</u>	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	0
-	Serve skim or 1% pasteurized milk to children two years of age and older	2	0
31	Serve whole grain breads, cereals, and pastas	3	0
32	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	C
_	Serve fruits of several varieties, especially whole fruits	3	C
-	Use only 100% juice with no added sweeteners	3	0
_	Offer juice (100%) only during meal times	2	0
-	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	0
_			-
-	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	0
-	Make water available both inside and outside	3	0
-	Limit salt by avoiding salty foods such as chips and pretzels	2	C
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	0
- T	hy Mealtime Practices		
-	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	0
E2	Require adults eating meals with children to eat items that meet nutrition standards	2	0
_	Serve small-sized, age-appropriate portions	3	0
F7	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	3	0
ľ	the individual child; Teach children who require limited portions about portion size and monitor their portions		-
-	Do not force or bribe children to eat	3	0
_	Do not use food as a reward or punishment	3	0
iysi	cal Activity (n = 11)		
		2010	20:
۱1	Provide children with adequate space for both inside and outside play	4	0
471	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	0
	physical activity		
-	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	0
-	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	C
_	Do not withhold active play from children who misbehave	3	0
C1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	0
22	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	C
3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	C
<b>D1</b>	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	2	C
	course of the day—indoor or outdoor		-
E1	Ensure that infants have supervised tummy time every day when they are awake	2	0
2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	0
	ts on Screen-Time (n = 4)		
mit		2010	201
mit		2	C
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		
B1	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	0
B1 B2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	0
31 32 33			

NOTES: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements 3 Regulation partially meets standard only; revised documents also were rated for CACFP changes. NJ LRG ratings removed in ASHW 2019 due to ASHW Policy Change (see 2 Regulation does not address standard Introduction)

1 Regulation contradicts the standard

0 State does not regulate care type

### **NEW MEXICO At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

preast	tfeeding Support	2010	2019
	ncourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	Feeding Practices	<u> </u>	
	erve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
	eed infants on cue	4	4
	o not feed infants beyond satiety; Allow infant to stop the feeding	4	4
	In the caregiver/teacher's arms or sitting up on the lap	3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	ntroduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	ntroduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	to not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	erve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
	erve no fruit juice to children younger than 12 months of age	1	4
	tion (n = 21)	-	-
	ion Standards	2010	2019
	imit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2013
	erve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	erve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older		3
	erve 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%)	3	
1221	asteurized milk to those who are at risk for hypercholesterolemia or obesity	3	3
-	erve skim or 1% pasteurized milk to children two years of age and older	3	4
	erve whole grain breads, cereals, and pastas	3	3
	erve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	4
	erve fruits of several varieties, especially whole fruits	4	4
	Jse only 100% juice with no added sweeteners	3	3
	Offer juice (100%) only during meal times	2	4
	erve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	erve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	And water available both inside and outside	3	4
	imit salt by avoiding salty foods such as chips and pretzels	2	2
	woid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	y Mealtime Practices	-	
	each children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
	lequire adults eating meals with children to eat items that meet nutrition standards	2	2
	erve small-sized, age-appropriate portions	4	4
P	ermit 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		
	he individual child; Teach children who require limited portions about portion size and monitor their portions	4	4
NH1 D	oo not force or bribe children to eat	2	2
NH2 D	oo not use food as a reward or punishment	3	3
Physiq	al Activity (n = 11)	•	-
		2010	2019
PA1 P	rrovide children with adequate space for both inside and outside play	4	4
PA2	rovide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
	hysical activity	2	2
PA3 D	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4 R	equire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	o not withhold active play from children who misbehave	2	2
PA5 D	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC1 P		3	3
PC1 P	Illow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3
PC1 P PC2 A PC3 A	llow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	5
PC1 P PC2 A PC3 A	Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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	3 2	
PC1 Pr PC2 A PC3 A PD1 C	Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 ourse of the day—indoor or outdoor	2	2
PC1 Pr PC2 A PC3 A PD1 C0 PE1 E	Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 ourse of the day—indoor or outdoor insure that infants have supervised tummy time every day when they are awake	2	2
PC1         PI           PC2         A           PC3         A           PD1         C           PE1         E           PE2         U	Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 ourse of the day—indoor or outdoor insure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
PC1     Pi       PC2     A       PC3     A       PD1     C       PE1     E       PE2     U	Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 ourse of the day—indoor or outdoor insure that infants have supervised tummy time every day when they are awake	2 2 2	2 2 2
PC1 P PC2 A PC3 A PD1 C PE1 E PE2 U .imits	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 movement over the ourse of the day—indoor or outdoor insure that infants have supervised tummy time every day when they are awake Jse infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all s on Screen-Time (n = 4)	2 2 2 2010	2 2 2 2019
PC1 Pi PC2 A PC3 A PD1 C PE1 E PE2 U .imits	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 ourse of the day—indoor or outdoor insure that infants have supervised tummy time every day when they are awake Jse infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all s on Screen-Time (n = 4) No not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 2010 3	2 2 2 2019 4
PC1         Pi           PC2         A           PC3         A           PD1         Pi           CC         P           PE1         E           PE2         U           .imits         P           PB1         D           PB2         Li	Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         rovide 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 ourse of the day—indoor or outdoor         insure that infants have supervised tummy time every day when they are awake         Jse infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         s on Screen-Time (n = 4)         No not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         imit total media time for children 2 years and older to not more than 30 min. weekly	2 2 2 2010 3 3 3	2 2 2 2019 4 3
PC1       Pi         PC2       A         PC3       A         PD1       C         PD1       C         PE1       Ei         PE2       U         .imits       PB1         PB2       Li         PB3       U	Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         rovide 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 ourse of the day—indoor or outdoor         insure that infants have supervised tummy time every day when they are awake         Jse infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         s on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         imit total media time for children 2 years and older to not more than 30 min. weekly         Jse screen media with children age two years and older only for educational purposes or physical activity	2 2 2 2010 3	2 2 2 2019 4
PC1       Pi         PC2       A         PC3       A         PC1       Pi         PC1       Pi         PC2       U         PC1       Ei         PC2       U         PC2       Li         PC3       U	Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         rovide 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 ourse of the day—indoor or outdoor         insure that infants have supervised tummy time every day when they are awake         Jse infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         s on Screen-Time (n = 4)         No not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         imit total media time for children 2 years and older to not more than 30 min. weekly	2 2 2 2010 3 3 3	2 2 2 2019 4 3

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

### **NEW YORK At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

ealthy Infant Feeding (n = 11)		
eastfeeding Support	2010	201
I Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
fant Feeding Practices		
2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
1 Feed infants on cue	2	2
22 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
33 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
1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
13 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
D1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
22 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
33 Serve no fruit juice to children younger than 12 months of age	2	2
utrition (n = 21)		
utrition Standards	2010	20:
A1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
A3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
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%)		
A4 pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
A5 Serve skim or 1% pasteurized milk to children two years of age and older	2	3
B1 Serve whole grain breads, cereals, and pastas	2	2
B2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
B3 Serve fruits of several varieties, especially whole fruits	2	2
C1 Use only 100% juice with no added sweeteners	2	3
C2 Offer juice (100%) only during meal times	2	2
C3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3
C4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3
D1 Make water available both inside and outside	4	4
G1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
<ul> <li>G2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk</li> </ul>	2	
ac Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, in dichectars, and havored mink	2	2
	2	-
E1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
E2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
F1 Serve small-sized, age-appropriate portions	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 caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	4	4
H1 Do not force or bribe children to eat	3	4
H2 Do not use food as a reward or punishment	3	4
	5	- 4
nysical Activity (n = 11)	2010	
	2010	20:
A1 Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregoiners (teachers to learn age appropriate gross mater activities and games that promote and annual training opportunities for caregoiners (teachers to learn age appropriate gross mater activities and games that promote and annual training opportunities for caregoiners (teachers to learn age appropriate gross mater activities and games that promote and annual training opportunities for caregoiners (teachers to learn age appropriate gross mater activities and games that promote and annual training opportunities (teachers to learn age appropriate gross mater activities and games that promote and annual training opportunities (teachers to learn age appropriate gross mater activities and games that promote and annual training opportunities (teachers to learn age appropriate gross mater activities and games that promote activities (teachers to learn age appropriate gross mater activities and games that promote activities (teachers to learn age appropriate gross mater activities and games that promote activities (teachers to learn age appropriate gross mater activities and games that promote activities (teachers to learn age appropriate gross mater activities and games that promote activities (teachers to learn age appropriate gross mater activities activities (teachers to learn age appropriate gross mater activities activities activities (teachers to learn age appropriate gross mater activities activities (teachers to learn age appropriate gross mater activities (teachers to learn age appropriate gross mater activities activities (teachers to learn age appropriate gross mater activities (teachers to learn age appropriate gross mater activities (teachers to learn age appropriate gross to learn age appropriste gross to learn age ap	4	4
A2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3
A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
44 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	
A be not withhold active play from children who misbehave	3	3
	3 2	3
C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		3
C3 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 movement over the	2	3
1 course of the day—indoor or outdoor	2	2
E1 Ensure that infants have supervised tummy time every day when they are awake	2	3
<ul> <li>E2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> </ul>	3	3
	5	
mits on Screen-Time (n = 4)	2010	
	2010	20
	2	2
B1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2
32       Limit total media time for children 2 years and older to not more than 30 min. weekly	2	
	2	

4 Regulation fully meets standard 3 Regulation partially meets standard New York Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (LRG, SML); 2015 (CTR, LRG); 2017\* (CTR) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

## **NORTH CAROLINA At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)		
Breastfeeding Support	2010	2019
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
Infant Feeding Practices		
IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1 Feed infants on cue	4	4
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3 Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition (n = 21)		
Nutrition Standards	2010	2019
NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	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
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
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	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1 Make water available both inside and outside	3	4
NG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices		
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	4
NF1 Serve small-sized, age-appropriate portions	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 caloric needs of	3	3
the individual child; Teach children who require limited portions about portion size and monitor their portions		
NH1 Do not force or bribe children to eat	2	3
NH2 Do not use food as a reward or punishment	3	4
Physical Activity (n = 11)		
	2010	2019
PA1 Provide children with adequate space for both inside and outside play	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
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PAS Develop written poincies of the promotion of physical activity and the removal of potential barriers to physical activity participation 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
PAGe require caregivers/teachers to promote children is active play, and participate in active games at times when they can safely do so PAS Do not withhold active play from children who misbehave	2	4
PAS bo not within a delive play from children who hisbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
	3	4
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 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	3	3
PD1 course of the day—indoor or outdoor	2	2
PE1 Ensure that infants have supervised tummy time every day when they are awake	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
Limits on Screen-Time (n = 4)	-	-
	2010	2019
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4
we have been sent to a star have been and been sent and compared with an a younger than 2 years	3	3
<b>PB2</b> Limit total media time for children 2 years and older to not more than 30 min. weekly	5	
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Like screen media with children age two years and older only for educational purposes or physical activity.	2	2
PB3 Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	2	2

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

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

4 Regulation fully meets standard

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

2018 (CTR, LRG, SML)

revised documents also were rated for CACFP changes.

### **NORTH DAKOTA At A Glance:**

### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	feeding Support	2010	2019
	ncourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	Feeding Practices	,	
	erve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	3
	eed infants on cue	2	4
	o not feed infants beyond satiety; Allow infant to stop the feeding	2	2
	old infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	evelop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
	troduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
	troduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
	o not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	4
	erve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
	erve no fruit juice to children younger than 12 months of age	2	2
	tion (n = 21)	2	2
	ion Standards	2010	2010
		2010	<b>2019</b>
	mit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		
	erve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
	erve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older erve 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%)	2	2
νδαι	asteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
-	erve skim or 1% pasteurized milk to children two years of age and older	2	2
	erve whole grain breads, cereals, and pastas	2	2
	erve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
	erve fruits of several varieties, especially whole fruits	2	2
	se only 100% juice with no added sweeteners	2	2
	ffer juice (100%) only during meal times	2	2
	erve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	erve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Take water available both inside and outside	2	2
	mit salt by avoiding salty foods such as chips and pretzels	2	2
	void sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	y Mealtime Practices	2	2
	each children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
	equire adults eating meals with children to eat items that meet nutrition standards	2	2
	erve small-sized, age-appropriate portions	4	4
Pe	ermit 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		
	e individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1 Da	o not force or bribe children to eat	3	3
NH2 Do	o not use food as a reward or punishment	3	3
hysica	al Activity (n = 11)		
		2010	2019
PA1 Pr	rovide children with adequate space for both inside and outside play	4	4
PA2 Pr	rovide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	
	hysical activity	2	2
	evelop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3
	equire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	4
PA3 De		3	4
PA3 De PA4 Re PA5 Do	o not withhold active play from children who misbehave		4
PA3 De PA4 Re PA5 Do	o not withhold active play from children who misbehave rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	
PA3 De PA4 Re PA5 Do PC1 Pr		3 2	4
PA3         De           PA4         Re           PA5         Do           PC1         Pr           PC2         Al           PC3         Al	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Ilow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Ilow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		4
PA3         De           PA4         Re           PA5         Do           PA5         Do           PC1         Pr           PC2         Al           PC3         Pr           PC4         Pr	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Ilow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Ilow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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	2 2	3
PA3         De           PA4         Re           PA5         Do           PC1         Pr           PC2         Al           PC3         Al           PC1         Pr           CO         PC3	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting llow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity llow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 purse of the day—indoor or outdoor	2 2 2	3 2
PA3 De PA4 Re PA5 Do PC1 Pr PC2 Al PC3 Al PC3 Al PC1 Pr co PE1 En	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting llow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity llow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 purse of the day—indoor or outdoor nsure that infants have supervised tummy time every day when they are awake	2 2 2 2 2	3 2 2
PA3 De PA4 Re PA5 Do PC1 Pr PC2 Al PC3 Al PC3 Al PC1 Pr co PE1 En PE2 Us	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting llow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity llow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 burse of the day—indoor or outdoor nsure that infants have supervised tummy time every day when they are awake se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2	3 2
PA3         De           PA4         Re           PA5         Do           PC1         Pr           PC2         All           PC1         Pr           PC1         Pr           PC1         En           PC2         All           PC3         All           PC4         En           PC5         Us	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting llow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity llow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 purse of the day—indoor or outdoor nsure that infants have supervised tummy time every day when they are awake	2 2 2 2 2 2	3 2 2 3
PA3 De PA4 Re PA5 Do PC1 Pr PC2 AI PC3 AI PC3 AI PC3 AI PC1 Pr co PE1 En PE2 Us .imits	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting llow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity llow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 burse of the day—indoor or outdoor insure that infants have supervised tummy time every day when they are awake se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>c on Screen-Time (n = 4)</b>	2 2 2 2 2 2 2010	3 2 2 3 2019
PA3 De PA4 Re PA5 Do PC1 Pr PC2 AI PC3 AI PC3 AI PC3 AI PC3 En PC3 L PC3 L PC3 AI PC3	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting llow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity llow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 burse of the day—indoor or outdoor insure that infants have supervised tummy time every day when they are awake se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all con Screen-Time (n = 4) o not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 2 2 2 <b>2010</b> 2	3 2 2 3 <b>2019</b> 2
PA3 De PA4 Re PA5 Do PC1 Pr PC2 AI PC3 AI PC3 AI PC3 AI PC3 AI PC3 AI PC3 AI PC3 AI PC2 AI PC2 AI PC2 AI PC2 AI PC2 AI PC2 AI PC3 AI PC	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting llow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity llow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 burse of the day—indoor or outdoor nsure that infants have supervised tummy time every day when they are awake se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all con Screen-Time (n = 4) o not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years mit total media time for children 2 years and older to not more than 30 min. weekly	2 2 2 2 2 2 <b>2010</b> 2 2 2	3 2 2 3 2019 2 2 2
PA3 Dep PA4 Re PA5 DC PC1 Pr PC2 AI PC3 AI PC3 AI PC3 AI PC1 CO PC1 En PC2 Us .imits PB1 DC PB2 Lir PB3 Us	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting llow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity llow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 burse of the day—indoor or outdoor nsure that infants have supervised tummy time every day when they are awake se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all con Screen-Time (n = 4) o not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years mit total media time for children 2 years and older to not more than 30 min. weekly se screen media with children age two years and older only for educational purposes or physical activity	2 2 2 2 2 2 <b>2010</b> 2	3 2 2 3 <b>2019</b> 2
PA3     De       PA4     Re       PA4     Re       PA5     Do       PC1     Pr       PC3     All       PC1     Pr       PC3     All       PC1     Pr       PC3     All       PC1     En       PE1     En       PB1     Do       PB2     Lin       PB3     Us	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting llow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity llow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 burse of the day—indoor or outdoor nsure that infants have supervised tummy time every day when they are awake se infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all con Screen-Time (n = 4) o not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years mit total media time for children 2 years and older to not more than 30 min. weekly	2 2 2 2 2 2 <b>2010</b> 2 2 2	3 2 2 3 2019 2 2 2

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

## **OHIO At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	Ithy Infant Feeding (n = 11)		
	astfeeding Support	2010	2019
A1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
۱fa	nt Feeding Practices		
A2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
B1	Feed infants on cue	4	2
B2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2
	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
C1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2
C2		3	3
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	2
		2	2
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		
D2		1	2
	Serve no fruit juice to children younger than 12 months of age	1	2
	rition (n = 21)		
	rition Standards	2010	2019
A1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	2
A3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	2
Α4	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%)	3	3
	pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
A5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
B1	Serve whole grain breads, cereals, and pastas	4	2
B2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
B3	Serve fruits of several varieties, especially whole fruits	3	3
C1	Use only 100% juice with no added sweeteners	4	3
C2	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	2
	Make water available both inside and outside	4	4
		2	2
	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	1	2
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	2
IE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
IF1	Serve small-sized, age-appropriate portions	4	4
IF2	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	3	2
	the individual child; leach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
hy	sical Activity (n = 11)		
		2010	2019
A1	Provide children with adequate space for both inside and outside play	4	4
A2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
A2	physical activity	2	2
A3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
A4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
A5	Do not withhold active play from children who misbehave	2	3
C1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
C2		2	2
C3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
	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
D1	Ensure that infants have supervised tummy time every day when they are awake	2	4
			2
E1	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	
PE1 PE2		2	
Е1 Е2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)		2010
E1 E2	its on Screen-Time (n = 4)	2010	
PE2 im PB1	its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	<b>2010</b> 2	<b>201</b> 9
E1 E2 im B1 B2	its on Screen-Time (n = 4) 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	<b>2010</b> 2 2	2
2E1 2E2 im 2B1 2B2 2B3	its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	<b>2010</b> 2	2

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

### **OKLAHOMA At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

ealthy Infant Feeding (n = 11)	2010	-
reastfeeding Support	2010	2019
1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
fant Feeding Practices		
2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
11 Feed infants on cue	2	4
22 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
<b>13</b> 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
1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
1 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
D1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
22 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
3 Serve no fruit juice to children younger than 12 months of age	2	4
utrition (n = 21)		
utrition Standards	2010	201
Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)	2	3
pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	4
<ul> <li>V5 Serve skim or 1% pasteurized milk to children two years of age and older</li> <li>V5 Serve whole grain breads, careals, and pastage</li> </ul>		
1 Serve whole grain breads, cereals, and pastas	3	3
22 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
33 Serve fruits of several varieties, especially whole fruits	3	3
1 Use only 100% juice with no added sweeteners	2	4
2 Offer juice (100%) only during meal times	2	4
3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
1 Make water available both inside and outside	3	3
1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
22 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
althy Mealtime Practices		
1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
Serve small-sized, age-appropriate portions	3	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 caloric needs of	3	1
<sup>2</sup> the individual child; Teach children who require limited portions about portion size and monitor their portions	3	- 1
11 Do not force or bribe children to eat	3	3
12 Do not use food as a reward or punishment	3	3
ysical Activity (n = 11)		
-	2010	20:
1 Provide children with adequate space for both inside and outside play	4	4
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
5 Do not withhold active play from children who misbehave	4	2
1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	2
2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
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	2	2
course of the day—indoor or outdoor	2	2
course of the day—indoor or outdoor     Ensure that infants have supervised tummy time every day when they are awake	3	3
1 Ensure that infants have supervised tummy time every day when they are awake	_	
<ol> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> </ol>		
<ul> <li>I Ensure that infants have supervised tummy time every day when they are awake</li> <li>2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all nits on Screen-Time (n = 4)</li> </ul>	2010	
I Ensure that infants have supervised tummy time every day when they are awake         I Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         Inits on Screen-Time (n = 4)         I Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	20:
<ul> <li>I Ensure that infants have supervised tummy time every day when they are awake</li> <li>I Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all mits on Screen-Time (n = 4)</li> <li>I Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> <li>I Limit total media time for children 2 years and older to not more than 30 min. weekly</li> </ul>	3 3	2
1       Ensure that infants have supervised tummy time every day when they are awake         2       Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all nits on Screen-Time (n = 4)         1       Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2

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revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

## **OREGON At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	thy Infant Feeding (n = 11)		
reas	stfeeding Support	2010	2019
1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
fan	t Feeding Practices		
12	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
B1	Feed infants on cue	4	4
B2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
B3	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
C1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
C2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	1	1
C3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3
D1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
D2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	1
D3 :	Serve no fruit juice to children younger than 12 months of age	1	1
lutr	ition (n = 21)		
	tion Standards	2010	201
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
_	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
ΔΔΙ	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
A5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
B1	Serve whole grain breads, cereals, and pastas	3	3
<b>B2</b>	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
<b>B3</b>	Serve fruits of several varieties, especially whole fruits	3	3
C1	Use only 100% juice with no added sweeteners	4	4
_	Offer juice (100%) only during meal times	2	2
-	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3
-	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3
-	Make water available both inside and outside	3	4
-	Limit salt by avoiding salty foods such as chips and pretzels	3	3
-	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
_	hy Mealtime Practices	3	3
		2	2
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
-	Require adults eating meals with children to eat items that meet nutrition standards	2	2
_	Serve small-sized, age-appropriate portions	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 caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
_	Do not force or bribe children to eat	3	3
-	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)	5	
Tys		2010	201
A 1	Provide children with adequate space for both inside and outside play	2010	201
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	4	4
A7	physical activity	2	2
-	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	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
-	Do not withhold active play from children who misbehave	2	2
_	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
-	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
_	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
_	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 movement over the	3	3
D1	course of the day—indoor or outdoor	2	2
_	Ensure that infants have supervised tummy time every day when they are awake	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
	ts on Screen-Time (n = 4)	~	
		2010	201
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		
		3	3
_		2	-
'B2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
B2 B3		3 2 2	3 2 2

4 Regulation fully meets standard 3 Regulation partially meets standard

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

2 Regulation does not address standard 1 Regulation contradicts the standard

0 State does not regulate care type

### **PENNSYLVANIA At A Glance:**

### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	astfeeding Support	2010	2019
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
	Int Feeding Practices	_	
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
	Feed infants on cue	3	3
B2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
	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
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	trition (n = 21)	_	
	rition Standards	2010	201
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	201
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%)		
A4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
A5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
B1	Serve whole grain breads, cereals, and pastas	3	3
B2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4
B3	Serve fruits of several varieties, especially whole fruits	4	4
C1	Use only 100% juice with no added sweeteners	2	2
C2	Offer juice (100%) only during meal times	2	2
C3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
C4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
D1	Make water available both inside and outside	4	4
G1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
IG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	Ithy Mealtime Practices		· · · · ·
IE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
IE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
IF1	Serve small-sized, age-appropriate portions	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 caloric needs of	3	3
IF2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
IH1	Do not force or bribe children to eat	2	2
		-	1 2
	Do not use food as a reward or punishment	2	2
H2	bo not use food as a reward or punishment sical Activity (n = 11)		2
H2			
H2 hy:	sical Activity (n = 11) Provide children with adequate space for both inside and outside play	2	201 4
H2 hy:	sical Activity (n = 11) 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	2 2010 4	<b>201</b>
H2 hy: A1 A2	sical Activity (n = 11)  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 2010 4 2	<b>201</b> 4 2
H2 hy A1 A2 A3	sical Activity (n = 11)  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 2010 4 2 2	201 4 2 2
H2 hy: A1 A2 A3	sical Activity (n = 11)  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 2010 4 2 2 2 2	201 4 2 2 2 2
H2 hy: A1 A2 A3 A4 A5	sical Activity (n = 11)  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 2010 4 2 2 2 2 2	201 4 2 2 2 2 2 2
H2 hy: A1 A2 A3 A4 A5 C1	sical Activity (n = 11)  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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2010 4 2 2 2 2 2 3	201 4 2 2 2 2 2 2 3
H2 hy: A1 A2 A3 A4 A5 C1 C2	sical Activity (n = 11)  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 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 2010 4 2 2 2 2 2 3 2 2 3 2	201 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
H2 hy: A1 A2 A3 A4 A5 C1 C2	sical Activity (n = 11)  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 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 2010 4 2 2 2 2 2 3	201 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
H2 hy: A1 A2 A3 A4 A5 C1 C2 C3	sical Activity (n = 11)         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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2 2010 4 2 2 2 2 2 3 2 2 3 2	201 4 2 2 2 2
H2 A1 A2 A3 A4 A5 C1 C2 C3 D1	sical Activity (n = 11)  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 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 2010 4 2 2 2 2 2 2 3 2 2 2 2 2 2	201 4 2 2 2 2 2 2 3 3 2 2 2 2 2 2 2 2 2
H2 hy: A1 A2 A3 A4 A5 C1 C2 C3 D1 E1	sical Activity (n = 11)  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 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 Ensure that infants have supervised tummy time every day when they are awake	2 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	201 4 2 2 2 2 2 2 3 3 2 2 2 2 2 2 2 2 2 2 2
H2 hy A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	sical Activity (n = 11)         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         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         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2010 4 2 2 2 2 2 2 3 2 2 2 2 2 2	201 4 2 2 2 2 2 2 3 3 2 2 2 2 2 2 2 2 2 2 2
H2 hy A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	sical Activity (n = 11)  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 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 Ensure that infants have supervised tummy time every day when they are awake	2 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	201 4 2 2 2 2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2
H2 hys A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 im	sical Activity (n = 11) 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 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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2011 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
H2 hy: A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 III B1	sical Activity (n = 11)  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 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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	2 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2011 44 22 22 22 22 22 22 22 22 22 22 22 22
H12 hy: PA1 PA2 PA3 PA3 PA3 PA3 PA3 PA3 PA1 PA1 PA1 PA2 PA3 PA3 PA3 PA3 PA3 PA3 PA3 PA3	sical Activity (n = 11)  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 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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) 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 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2011 44 22 22 22 22 22 22 22 22 22 22 22 22
H2 hy: A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 B1 B2 B3	sical Activity (n = 11)  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 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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	2 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2011 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2

Regulation partially meets standard
 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

## **RHODE ISLAND At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

brea	althy Infant Feeding (n = 11) astfeeding Support	2010	2044
		2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	nt Feeding Practices		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
31	Feed infants on cue	4	4
B2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
B3	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
C1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
C2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
СЗ	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
01		2	2
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	3
		1	3
	trition (n = 21)		
	rition Standards	2010	201
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
43	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
44	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%)	3	3
	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3	3
45	Serve skim or 1% pasteurized milk to children two years of age and older	3	4
B1	Serve whole grain breads, cereals, and pastas	3	3
B2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
B3	Serve fruits of several varieties, especially whole fruits	3	3
_	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	4	4
		4	4
-	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4
D1	Make water available both inside and outside	4	4
G1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
G2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
ea	Ithy Mealtime Practices		
E1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
E2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
_	Serve small-sized, age-appropriate portions	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 caloric needs of		
F2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
н1	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
	sical Activity (n = 11)	5	
ı y			
		2010	201
41	Provide children with adequate space for both inside and outside play	4	4
42	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
_	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
44	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
۱E	Do not withhold active play from children who misbehave	4	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
21	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
:1 :2	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		
:1 :2 :3		2	2
:1 :2	course of the day—indoor or outdoor		2
C1 C2 C3	course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2
C1 C2 C3 D1	Ensure that infants have supervised tummy time every day when they are awake	2	
C1 C2 C3 D1 E1			
C1 C2 C3 D1 E1	Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		201
C1 C2 C3 D1 E1 E2 m	Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	2	
C1 C2 C3 D1 E1 E2 m	Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2010 3	<b>201</b> 3
C1 C2 C3 D1 E1 E2 m B1 B2	Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) 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 2010 3 3	3 3
C1 C2 C3 D1 E1 E2 M B1 B2 B3	Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) 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 2010 3 3 2	3
1 2 3 1 1 2 1 2 3	Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) 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 2010 3 3	

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

## **SOUTH CAROLINA At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	thy Infant Feeding (n = 11)	2010	2010
	stfeeding Support	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	t Feeding Practices		1
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
B1	Feed infants on cue	4	4
B2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
B3	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
C1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
C2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
сз	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
-	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
-	Serve no fruit juice to children younger than 12 months of age	1	4
_		1	4
	ition (n = 21)		
<u> </u>	ition Standards	2010	201
A1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
_	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Δ <b>4</b> 1	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%)	2	3
_	pasteurized milk to those who are at risk for hypercholesterolemia or obesity		-
A5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
B1	Serve whole grain breads, cereals, and pastas	3	3
B2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
<b>B3</b>	Serve fruits of several varieties, especially whole fruits	3	3
C1	Use only 100% juice with no added sweeteners	4	4
C2	Offer juice (100%) only during meal times	2	4
-	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
-	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
-	Make water available both inside and outside	4	4
-			
-	Limit salt by avoiding salty foods such as chips and pretzels	2	2
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
ealt	hy Mealtime Practices		
E1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
E2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
F1	Serve small-sized, age-appropriate portions	4	4
F2	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	3	3
F2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	5
H1	Do not force or bribe children to eat	3	3
H2	Do not use food as a reward or punishment	3	3
hysi	ical Activity (n = 11)		
		2010	201
A1	Provide children with adequate space for both inside and outside play	3	3
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	-	
A7	physical activity	2	2
-	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	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
44	Do not withhold active play from children who misbehave	2	2
-	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
A5	storie daily to an emiliarchy brance of years, two to an ce occasions of active play outdoors, weather permitting	2	2
A5 C1	Allow toddlars 60.00 minutes per 8 hour day for moderate to vigorous physical activity	2	
A5 C1 C2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		2
A5 C1 C2 C3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	
A5 C1 C2 C3	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 movement over the	2	2
A5 C1 C2 C3 D1	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 movement over the course of the day—indoor or outdoor	2	
A5 C1 C2 C3 D1 E1	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 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
A5 C1 C2 C3 D1 E1 E2	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 movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	
A5 C1 C2 C3 D1 E1 E2	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 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
A5 C1 C2 C3 D1 E1 E2	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 movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
A5 C1 C2 D1 E1 E2 mit	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 movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 3	2
A5 C1 C2 C3 D1 E1 E2 imit	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 movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2 2 3 2010	2 3 201
A5 C1 C2 C3 D1 E1 E2 Mit B1 B2	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 movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) 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 3 2010 3	2 3 201 3
A5 C1 C2 C3 D1 E1 E2 mit B1 B2 B3	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 movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 3 2010 3 3 3	2 3 201 3 3 3

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

## **SOUTH DAKOTA At A Glance:**

### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	althy Infant Feeding (n = 11)		1
	astfeeding Support	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
	Int Feeding Practices		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
Nut	trition (n = 21)		
Nut	rition Standards	2010	2019
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	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
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	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%)	2	2
	pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	Serve whole grain breads, cereals, and pastas	2	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
	Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	2	2
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Hea	Ithy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	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	2	2
	the individual child; Teach children who require limited portions about portion size and monitor their portions		
NII 14			2
	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment		3 3
NH2		3	3
NH2 Phy	Do not use food as a reward or punishment sical Activity (n = 11)	3 3 2010	3 2019
NH2 Phy	Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play	3	3
NH2 Phy	Do not use food as a reward or punishment sical Activity (n = 11) 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	3 3 2010	3 2019
NH2 Phy PA1 PA2	Do not use food as a reward or punishment sical Activity (n = 11)      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	3 3 2010 4 2	3 2019 4 2
NH2 Phy PA1 PA2 PA3	Do not use food as a reward or punishment sical Activity (n = 11) 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	3 3 2010 4	3 2019 4 2 2
NH2 Phy PA1 PA2 PA3 PA4	Do not use food as a reward or punishment sical Activity (n = 11) 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	3 3 2010 4 2 2 2 2	3 2019 4 2 2 2 2
NH2 Phy PA1 PA2 PA3 PA4 PA5	Do not use food as a reward or punishment sical Activity (n = 11) 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	3 3 2010 4 2 2 2 2 2 2 2	3 2019 4 2 2 2 2 2 2
NH2 Phy PA1 PA2 PA3 PA4 PA5 PC1	Do not use food as a reward or punishment sical Activity (n = 11) 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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 3 2010 4 2 2 2 2 2 2 2 2 2 2	3 2019 4 2 2 2 2 2 2 2 2
NH2 Phy PA1 PA2 PA3 PA4 PA5 PC1 PC2	Do not use food as a reward or punishment sical Activity (n = 11) 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 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	3 3 2010 4 2 2 2 2 2 2 2 2 2 2 2 2	3 2019 4 2 2 2 2 2 2 2 2 2 2 2
NH2 Phy PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3	Do not use food as a reward or punishment  sical Activity (n = 11)  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 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 is wears, two or more structured or caregiver/teacher/ adult-led activities or games that promote movement over the	3 3 2010 4 2 2 2 2 2 2 2 2 2 2 2 2	3 2019 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2
NH2 Phy PA1 PA2 PA3 PA4 PA5 PC1 PC2	Do not use food as a reward or punishment  sical Activity (n = 11)  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 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 is wears, two or more structured or caregiver/teacher/ adult-led activities or games that promote movement over the	3 3 2010 4 2 2 2 2 2 2 2 2 2 2 2 2	3 2019 4 2 2 2 2 2 2 2 2 2 2 2
NH2           Phy           PA1           PA2           PA3           PA4           PA5           PC1           PC2           PC3           PD1	Do not use food as a reward or punishment sical Activity (n = 11) 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 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	3 3 2010 4 2 2 2 2 2 2 2 2 2 2 2 2	3 2019 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2
NH2 PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PC1 PE1	Do not use food as a reward or punishment sical Activity (n = 11) 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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 3 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 2019 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
NH2           Phy           PA1           PA2           PA3           PA4           PA5           PC1           PC2           PC3           PD1           PE1           PE2	Do not use food as a reward or punishment sical Activity (n = 11) 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 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 Ensure that infants have supervised tummy time every day when they are awake	3 3 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 2019 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
NH2           Phy           PA1           PA2           PA3           PA4           PA5           PC1           PC2           PC3           PD1           PE1           PE2	Do not use food as a reward or punishment sical Activity (n = 11) 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 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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 2019 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
NH2 Phy PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PC1 PC1 PC2 Lim	Do not use food as a reward or punishment sical Activity (n = 11) 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 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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 2019 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
NH2 Phy PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim	Do not use food as a reward or punishment sical Activity (n = 11) 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 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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>its on Screen-Time (n = 4)</b>	3 3 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 2019 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
NH2 Phy PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB2	Do not use food as a reward or punishment         sical Activity (n = 11)         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         Provide dialy for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         its on Screen-Time (n = 4)       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 no	3 3 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 2019 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
NH2 Phy PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB1 PB2	Do not use food as a reward or punishment sical Activity (n = 11) 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 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 Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>its on Screen-Time (n = 4)</b>	3 3 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 2019 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
NH2 Phy PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB1 PB2	Do not use food as a reward or punishment         sical Activity (n = 11)         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         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         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         its on Screen-Time (n = 4)         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 a	3 3 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 2019 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
NH2 Phy PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB1 PB2	Do not use food as a reward or punishment         sical Activity (n = 11)         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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow toddlers 60-910 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         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         its on Screen-Time (n = 4)         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	3 3 2010 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	3 2019 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

## **TENNESSEE At A Glance:**

### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	Ithy Infant Feeding (n = 11)	2010	201-
41	astfeeding Support	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
	nt Feeding Practices	2	
_	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
	Feed infants on cue	4	4
_	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3
21	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	3
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)		1
	rition Standards	2010	201
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
A3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	1	3
<b>A</b> 4	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%)	2	3
	pasteurized milk to those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4
-	Serve whole grain breads, cereals, and pastas	3	3
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	4	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
		3	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age Make water available both inside and outside	3	4
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk thy Mealtime Practices	3	3
_		2	2
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards	2	2
_	Serve small-sized, age-appropriate portions	4	4
-1	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	4	4
F2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
Н1	Do not force or bribe children to eat	3	3
H2	Do not use food as a reward or punishment	3	4
hv	sical Activity (n = 11)		
		2010	201
	Provide children with adequate space for both inside and outside play	4	4
Ĺ			-
A1	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	
A1	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3
A1 A2		2	2
A1 A2 A3	physical activity		
A1 A2 A3	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
A1 A2 A3 A4	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
A1 A2 A3 A4 A5 C1	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 2	2 3 2
A1 A2 A3 A4 A5 C1 C2	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2 2 3	2 3 2 3
A1 A2 A3 A4 A5 C1 C2 C3	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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2 2 2 3 2 2 2	2 3 2 3 4 4
A1 A2 A3 A4 A5 C1 C2 C3 D1	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 2 2 3 2 2 2 2 2	2 3 2 3 4 4 3
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote 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 3 2 2 2 2 2 2 2	2 3 2 3 4 4 3 3 4
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	physical activityDevelop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participationRequire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do soDo not withhold active play from children who misbehaveProvide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permittingAllow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activityAllow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activityProvide 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 outdoorEnsure that infants have supervised tummy time every day when they are awakeUse infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2 3 2 2 2 2 2	2 3 2 3 4 4 3
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote 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 3 2 2 2 2 2 2 2 2	2 3 2 3 4 4 3 4 4 4 4
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 m	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 3 2 3 4 4 3 4 4 4 201
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 m	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 3 2 3 4 4 3 4 4 4 201 2 201
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 m	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (telvision [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 3 2 3 4 4 3 4 4 4 201
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 m B1 B2	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 3 2 3 4 4 3 4 4 4 201 2 201

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

## **TEXAS At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	201
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	4
	nt Feeding Practices		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
	Feed infants on cue	3	3
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
33	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
21	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
91	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
)2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
)3	Serve no fruit juice to children younger than 12 months of age	2	4
ut	rition (n = 21)		
utr	ition Standards	2010	201
۹1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
۱2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
۱3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
4	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%)	2	2
	pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
81	Serve whole grain breads, cereals, and pastas	3	4
32	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
33	Serve fruits of several varieties, especially whole fruits	3	3
21	Use only 100% juice with no added sweeteners	4	4
2	Offer juice (100%) only during meal times	3	3
3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
01	Make water available both inside and outside	4	4
51	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
	thy Mealtime Practices	_	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	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 caloric needs of		
F2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
H1	Do not force or bribe children to eat	3	3
12	Do not use food as a reward or punishment	4	4
	ical Activity (n = 11)		
		2010	20:
1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
12	physical activity	2	2
۱3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
۰5	Do not withhold active play from children who misbehave	4	4
21	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
2			
23	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		2
2 3	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 3		2 4	
2 3 1	course of the day—indoor or outdoor		4
2 3 1 1	course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	4	4
2 3 1 1	course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4	4
2 3 1 2 1	course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4	4 3 201
22 23 21 21 22 mi	course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	4 3 2010	20: 3
2 3 01 1 2 31 32	course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4 3 2010 3	201 3 3 3 2 2

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

## **UTAH At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

A1	Ithy Infant Feeding (n = 11) astfeeding Support	2010	201
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
_	nt Feeding Practices		
	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
B2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
B3	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
C1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
C2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
СЗ	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
D1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)	-	
	rition Standards	2010	201
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
A3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
A4	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%)	2	3
	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
B3	Serve fruits of several varieties, especially whole fruits	3	3
C1	Use only 100% juice with no added sweeteners	4	4
C2	Offer juice (100%) only during meal times	3	4
C3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
C4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	thy Mealtime Practices	1	3
		2	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
IF1	Serve small-sized, age-appropriate portions	4	4
IF2	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	3	3
	the individual child; Teach children who require limited portions about portion size and monitor their portions		-
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
	sical Activity (n = 11)		1
nys		2010	201
	Provide children with adequate space for both inside and outside play	2	4
PA1	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
A1 A2	physical activity	2	
A1 A2 A3	physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
A1 A2 A3	physical activity		2
A1 A2 A3 A4	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
A1 A2 A3 A4 A5	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 2 2
A1 A2 A3 A4 A5 C1	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2 2	2 2 2 3
A1 A2 A3 A4 A5 C1 C2	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2 2 2 2	2 2 2 3 4
A1 A2 A3 A4 A5 C1 C2 C3	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 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 2 2 2 2 2 2	2 2 2 3 4 3
A1 A2 A3 A4 A5 C1 C2 C3	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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2 2 2 2 2 2	2 2 2 3 4 3
A1 A2 A3 A4 A5 C1 C2 C3 D1	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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to is years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the	2 2 2 2 2 2 2 2	2 2 2 3 4 3 2 2
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1	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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote 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 2 2 2 2	2 2 2 3 3 4 4 3 2 2 4
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	physical activityDevelop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participationRequire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do soDo not withhold active play from children who misbehaveProvide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permittingAllow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activityAllow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activityProvide 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 outdoorEnsure that infants have supervised tummy time every day when they are awakeUse infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2 2 2 2 2 2 2 2 2 2 2	22 22 33 44 33 22 4
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote 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 2 2 2 2 2 2 2 2	22 22 33 44 32 22 44 33
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 m	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	22 22 33 44 32 22 44 33 20
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 M B1	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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         its on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	22 22 33 44 32 22 44 33 20 20 3
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 E1 E2 E1 E2 E1 E2 E1 E2 E1 E2 E1 E2 E1 E2	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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         its on Screen-Time (n = 4)         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 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2 2 2 2 3 3 3 4 4 3 3 2 2 2 1 2 2 1 2 2 1 2 1 2 1 2 1 2 1
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 m B1 B2 B3	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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         its on Screen-Time (n = 4)         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 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	22 22 33 44 33 22 20 13 33 33 22
A1 A2 A3 A4 A5 C1 C2 C3 C1 C2 C3 C1 C2 C1 C2 C1 C2 C1 C2 C1 C2 C3 C1 C2 C2 C2 C2 C2 C2 C2 C2 C2 C2 C2 C2 C2	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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         its on Screen-Time (n = 4)         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 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	22 22 33 44 33 22 44 33 20 33 33
1 2 3 4 5 1 2 3 1 1 2 3 1 3 2 3 1 3 2 3 3	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         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         its on Screen-Time (n = 4)         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 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	

revised documents also were rated for CACFP changes.

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

### **VERMONT At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Broc	thy Infant Feeding (n = 11)	2010	2011
_	stfeeding Support	2010	2019
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
	nt Feeding Practices	2	
_	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	4
_	Feed infants on cue	4	4
_	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
	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
_	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
-	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
_	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
-	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	4
	ition (n = 21)		
utr	ition Standards	2010	201
A1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
A3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
Α4	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%)	2	3
_	pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
_	Serve whole grain breads, cereals, and pastas	2	3
-	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
-	Serve fruits of several varieties, especially whole fruits	3	3
-	Use only 100% juice with no added sweeteners	2	4
-	Offer juice (100%) only during meal times	2	4
-	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
C4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
D1	Make water available both inside and outside	3	4
G1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
G2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
ealt	hy Mealtime Practices		
IE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
E2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
IF1	Serve small-sized, age-appropriate portions	2	4
IF2	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	2	3
	the individual child; Teach children who require limited portions about portion size and monitor their portions		
_	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
nys	ical Activity (n = 11)		1
		2010	201
A1	Provide children with adequate space for both inside and outside play	2	4
A2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	2	2
	physical activity		
_	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	4	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
	Do not withhold active play from children who misbehave	2	2
-	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4
C3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3
D1	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	2	2
<b>E</b> 1	course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2
	Ensure that infants have supervised tummy time every day when they are awake	2	2
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
mi	ts on Screen-Time (n = 4)		
		2010	201
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
-			2
B2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
B2	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	3 4	3

4 Regulation fully meets standard 3 Regulation partially meets standard Vermont Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML); 2017\* (CTR, LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

## **VIRGINIA At A Glance:**

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

eastfeeding Support	2010	2019
1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
ant Feeding Practices		-
2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
1 Feed infants on cue	4	4
2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
3 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
<ul> <li>Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider</li> </ul>	3	3
<ul> <li>Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age</li> </ul>	4	4
<ul> <li>Introduce bega appropriate solar locus to solare than a months of age, and precessly around o months of age</li> <li>Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months</li> </ul>	3	4
	2	2
<ol> <li>Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction</li> <li>Come whole fruits, meshed as pursed, for infants 7 meshes up to 1 years of age.</li> </ol>		-
2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
3 Serve no fruit juice to children younger than 12 months of age	1	4
itrition (n = 21)		1
trition Standards	2010	2019
1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	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 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
4 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%) 4	4
pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
5 Serve skim or 1% pasteurized milk to children two years of age and older	4	4
11 Serve whole grain breads, cereals, and pastas	3	3
2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
3 Serve fruits of several varieties, especially whole fruits	3	3
1 Use only 100% juice with no added sweeteners	4	4
2 Offer juice (100%) only during meal times	2	4
3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
A Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
1 Make water available both inside and outside	4	4
1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
althy Mealtime Practices		-
1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
1 Serve small-sized, age-appropriate portions	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 caloric	c needs of 3	3
the individual child; Teach children who require limited portions about portion size and monitor their portions		
1 Do not force or bribe children to eat	3	3
2 Do not use food as a reward or punishment	3	3
ysical Activity (n = 11)		
	2010	2019
	4	4
1 Provide children with adequate space for both inside and outside play		2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promo	ote 2	2
	ote 2	-
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promo	2 2	2
Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promotion physical activity	2	2
<ul> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promphysical activity</li> <li>Bevelop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> </ul>	2	_
<ul> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promphysical activity</li> <li>Boevelop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> </ul>	2 2 2 2	2
<ul> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promphysical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> </ul>	2 2 2 4	2
<ul> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promphysical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> </ul>	2 2 2 4 4	2 4 4
<ul> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promphysical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> </ul>	2 2 2 4 4 3 3 t over the	2 4 4 3 3
<ul> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promphysical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> </ul>	2 2 2 4 4 3 3 3	2 4 4 3
<ul> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promiphysical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> </ul>	2 2 2 4 4 3 3 t over the	2 4 4 3 3
<ul> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promiphysical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement course of the day—indoor or outdoor</li> </ul>	2 2 4 4 3 t over the 4	2 4 4 3 3 3 4
<ul> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promphysical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement course of the day—indoor or outdoor</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> </ul>	2 2 4 4 3 t over the 3 3	2 4 3 3 4 3 3 4
<ul> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promiphysical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement course of the day—indoor or outdoor</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> </ul>	2 2 4 4 3 3 t over the 4 3 3	2 4 3 3 4 3 3 3
<ul> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promiphysical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement course of the day—indoor or outdoor</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all mits on Screen-Time (n = 4)</li> </ul>	2 2 4 4 3 3 t over the 4 3 3 2010	2 4 4 3 3 4 3 3 2019
<ul> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promiphysical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement course of the day—indoor or outdoor</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all mits on Screen-Time (n = 4)</li> <li>Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> </ul>	2 2 4 4 3 3 t over the 4 3 3 2010 3	2 4 4 3 3 4 3 3 4 3 2019 3
<ul> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promphysical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement course of the day—indoor or outdoor</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all mits on Screen-Time (n = 4)</li> <li>Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> <li>Limit total media time for children 2 years and older to not more than 30 min. weekly</li> </ul>	2 2 4 4 3 3 t over the 4 3 3 3 2010 3 3 3	2 4 3 3 3 4 3 3 4 3 3 2019 3 3 3
<ul> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promiphysical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement course of the day—indoor or outdoor</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all mits on Screen-Time (n = 4)</li> <li>Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> </ul>	2 2 4 4 3 3 t over the 4 3 3 2010 3	2 4 3 3 4 3 3 4 3 2019 3

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revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

### WASHINGTON At A Glance:

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

Dreast	hy Infant Feeding (n = 11)	2010	2010
	Ifeeding Support	2010	2019
	ncourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	Feeding Practices		
A2 S6	erve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
B1 Fe	eed infants on cue	4	4
<b>B2</b> D	to not feed infants beyond satiety; Allow infant to stop the feeding	4	4
<b>B3</b> H	lold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
<b>C1</b> D	vevelop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
C2 Ir	ntroduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	ntroduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	to not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
_	erve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
_			
_	erve no fruit juice to children younger than 12 months of age	1	4
	tion (n = 21)		
	ion Standards	2010	201
A1 Li	imit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2 Se	erve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
A3 Se	erve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
AA Se	erve 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%)	3	3
<b>A4</b> p	asteurized milk to those who are at risk for hypercholesterolemia or obesity		3
<b>A5</b> Se	erve skim or 1% pasteurized milk to children two years of age and older	2	4
<b>B1</b>   Se	erve whole grain breads, cereals, and pastas	3	3
<b>B2</b> Sr	erve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
<b>B3</b> Sr	erve fruits of several varieties, especially whole fruits	3	3
_	Ise only 100% juice with no added sweeteners	4	4
_	ffer juice (100%) only during meal times	2	4
_		3	4
_	erve no more than 4 to 6 oz juice/day for children 1-6 years of age		
_	erve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
D1 №	Aake water available both inside and outside	4	4
G1 Li	imit salt by avoiding salty foods such as chips and pretzels	2	2
G2 A	void sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
ealth	y Mealtime Practices		
E1 T	each children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
<b>E2</b> R	equire adults eating meals with children to eat items that meet nutrition standards	2	2
	erve small-sized, age-appropriate portions	4	4
P	ermit 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		
F2	he individual child; Teach children who require limited portions about portion size and monitor their portions	3	3
	o not force or bribe children to eat	2	3
_	o not use food as a reward or punishment	3	3
	cal Activity (n = 11)		
19310		2010	201
	zvida skildren vite odezuste snage for bate inside and outside alev		
_	rovide children with adequate space for both inside and outside play	4	4
4/1	rovide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote hysical activity	2	2
- 1	vevelop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
<b>A3</b> D	equire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	4
_	o not withhold active play from children who misbehave	2	4
<b>A4</b> R	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
<b>A4</b> R <b>A5</b> D			4
44 R 45 D C1 P	Ilow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	
A4 R A5 D C1 P C2 A	llow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		4
A4 R A5 D C1 P C2 A C3 A	llow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Ilow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	
A4 R A5 D C1 P C2 A C3 A	llow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		
A4 Ri A5 D C1 Pi C2 A C3 A D1 CC	Ilow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Ilow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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	3	2
A4     Ri       A5     D       C1     Pi       C2     A       C3     A       D1     C       C1     E1	Illow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 ourse of the day—indoor or outdoor	3 2	2
A4       Ri         A5       D         C1       Pi         C2       A         C3       A         D1       C         C1       E1         E1       E1	Illow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 ourse of the day—indoor or outdoor nsure that infants have supervised tummy time every day when they are awake Ise infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 2 2	2
A4       Ri         A5       D         C1       Pi         C2       A         C3       A         D1       C         C1       E1         E1       E1	Illow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide 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 ourse of the day—indoor or outdoor nsure that infants have supervised tummy time every day when they are awake	3 2 2 2	2 4 3
A4       Ri         A5       D         C1       Pi         C2       A         C3       A         D1       CC         E1       E1         E2       U         mits	Illow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         rovide 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 ourse of the day—indoor or outdoor         nsure that infants have supervised tummy time every day when they are awake         Ise infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         s on Screen-Time (n = 4)	3 2 2 2 2 2010	2 4 3 201
A4       Ri         A5       D         C1       Pi         C2       A         C3       A         D1       Pi         C1       Pi         C2       A         D1       Pi         C1       Pi         C2       A         D1       Pi         C3       B1	Illow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         rovide 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 ourse of the day—indoor or outdoor         nsure that infants have supervised tummy time every day when they are awake         Ise infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         s on Screen-Time (n = 4)         to not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 2 2 2 2 2 2010 3	4 2 4 3 201 4
A4         R           A5         D           C1         Pr           C2         A           C3         A           D1         Pr           C2         E1           E1         E1           E2         U           mits         B1           D1         E2	Illow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         rovide 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 ourse of the day—indoor or outdoor         nsure that infants have supervised tummy time every day when they are awake         Ise infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         s on Screen-Time (n = 4)         vo not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         imit total media time for children 2 years and older to not more than 30 min. weekly	3 2 2 2 2 2 2010 3 3	2 4 3 201 4 3
A4         R           A5         D           C1         P           C2         A           C3         A           D1         P           C2         C           D1         P           C2         U           D1         P           C2         U           B1         D           B2         Li           B3         U	Illow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         rovide 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 ourse of the day—indoor or outdoor         nsure that infants have supervised tummy time every day when they are awake         Ise infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         s on Screen-Time (n = 4)         No not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         imit total media time for children 2 years and older to not more than 30 min. weekly         Ise screen media with children age two years and older only for educational purposes or physical activity	3 2 2 2 2010 3 3 3 4	2 4 3 201 4 3 4
.4       R:         .5       D         .1       Pi         .2       A         .3       A         .1       Pi         .2       A         .1       Pi         .2       U         .1       Ei         .2       U         .1       Ei         .2       U         .1       D         .2       Li         .3       U	Illow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         rovide 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 ourse of the day—indoor or outdoor         nsure that infants have supervised tummy time every day when they are awake         Ise infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         s on Screen-Time (n = 4)         vo not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         imit total media time for children 2 years and older to not more than 30 min. weekly	3 2 2 2 2 2 2010 3 3	2 4 3 20: 4 3

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3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

### WEST VIRGINIA At A Glance:

### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	Ithy Infant Feeding (n = 11)		
IA1	stfeeding Support	2010	2019
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
	nt Feeding Practices		
_	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
B1	Feed infants on cue	2	2
B2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
B3	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
C1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
C2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
C3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
D1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
D2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
D3	Serve no fruit juice to children younger than 12 months of age	2	2
luti	rition (n = 21)		
utr	ition Standards	2010	201
A1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
A3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
	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%)		
A4	pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
A5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
B1	Serve whole grain breads, cereals, and pastas	2	2
B2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
B3	Serve fruits of several varieties, especially whole fruits	2	2
C1	Use only 100% juice with no added sweeteners	2	2
_	Offer juice (100%) only during meal times	2	2
_	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
_	Make water available both inside and outside	3	3
	Limit salt by avoiding salty foods such as chips and pretzels	3	3
_			
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
	thy Mealtime Practices		2
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
_	Require adults eating meals with children to eat items that meet nutrition standards	2	2
IF1	Serve small-sized, age-appropriate portions	2	2
IF2	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	2	2
_	the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	3
_	Do not use food as a reward or punishment	3	3
		5	3
	ical Activity (n = 11)		
_			
hys		2010	201
hys	Provide children with adequate space for both inside and outside play	2010	4
hys A1	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		
hys A1 A2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote	4	4
hys A1 A2 A3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	4	4
hys A1 A2 A3 A4	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	4 2 2	4 2 2
hys A1 A2 A3 A4 A5	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	4 2 2 2 2	4 2 2 2
hys A1 A2 A3 A4 A5 C1	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	4 2 2 2 4	4 2 2 2 4 3
hys A1 A2 A3 A4 A5 C1 C2	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4 2 2 2 4 3	4 2 2 2 4 3
A1 A2 A3 A4 A5 C1 C2 C3	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 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	4 2 2 2 4 3 3	4 2 2 4 3 3 3
hys A1 A2 A3 A4 A5 C1 C2 C3 D1	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	4 2 2 4 3 3 3 2	4 2 2 4 3 3 3 2
hys A1 A2 A3 A4 A5 C1 C2 C3 D1 E1	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote 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 2 4 3 3 3	4 2 2 4 3 3 3 2
hys A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	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 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	4 2 2 2 4 3 3 3 3 2 2 2	4 2 2 4 3 3 3 2 2 2
hys A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 imi	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screeen-Time (n = 4)	4 2 2 4 3 3 3 2 2 2 1 2 2010	4 2 2 4 3 3 3 2 2 2 1 201
hys A1 A2 A3 A4 A5 C1 C2 C2 C3 D1 E1 E1 E2 imi	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screeen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4 2 2 4 3 3 3 2 2 2 1 2 2010 3	4 2 2 4 3 3 3 3 2 2 2 1 201 3
hys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PC1 PE1 PE1 PE1 PE1 PE2 Imi	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screeen-Time (n = 4) 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	4 2 2 4 3 3 3 2 2 2 1 2 2 1 2 2010 3 3 3	4 2 2 2 2 2 4 4 3 3 3 3 2 2 2 2 2 1 1 2 011 3 3 3
hys A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 M1 B1 B2 B3	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>ts on Screen-Time (n = 4)</b> 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	4 2 2 4 3 3 3 2 2 2 1 2 1 2 010 3 3 2 2	4 2 2 2 2 2 4 4 3 3 3 2 2 2 2 1 1 2 011 3 3 3 2 2
11 14 14 14 14 14 15 15 15 15 15 15 15 15 15 15	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 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screeen-Time (n = 4) 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	4 2 2 4 3 3 3 2 2 2 1 2 2 1 2 2010 3 3 3	44 22 22 44 33 33 22 22 21 11 20 20 3 3 3

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

### **WISCONSIN At A Glance:**

## Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	thy Infant Feeding (n = 11) stfeeding Support	2010	201
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	201
_		3	0
	It Feeding Practices Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	0
-		4	0
_	Feed infants on cue Do not food infants have a distinguing and the store the fooding	4	0
-	Do not feed infants beyond satiety; Allow infant to stop the feeding		0
-	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	-
-	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	0
_	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	0
-	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	0
-	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	0
-	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	0
_	Serve no fruit juice to children younger than 12 months of age	1	0
	ition (n = 21)		<b>I</b>
	ition Standards	2010	201
-	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	0
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	0
43	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	0
44	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%)	2	0
_	pasteurized milk to those who are at risk for hypercholesterolemia or obesity		
-	Serve skim or 1% pasteurized milk to children two years of age and older	2	0
-	Serve whole grain breads, cereals, and pastas	3	0
-	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	0
B3	Serve fruits of several varieties, especially whole fruits	3	0
C1	Use only 100% juice with no added sweeteners	4	0
C2	Offer juice (100%) only during meal times	2	0
С3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	0
C4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	0
D1	Make water available both inside and outside	4	0
G1	Limit salt by avoiding salty foods such as chips and pretzels	2	0
G2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	0
_	hy Mealtime Practices		
- 1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	0
_	Require adults eating meals with children to eat items that meet nutrition standards	2	0
-	Serve small-sized, age-appropriate portions	4	0
	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		
F2	the individual child; Teach children who require limited portions about portion size and monitor their portions	3	0
_	Do not force or bribe children to eat	3	0
H2	Do not use food as a reward or punishment	3	0
۱VS	ical Activity (n = 11)		
		2010	201
1	Provide children with adequate space for both inside and outside play	4	0
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
42	physical activity	2	0
A3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	0
_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	0
-	Do not withhold active play from children who misbehave	4	0
-	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	0
_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	0
_	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	0
	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	5	
21	course of the day—indoor or outdoor	2	0
51	Ensure that infants have supervised tummy time every day when they are awake	4	0
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	0
_	ts on Screen-Time (n = 4)		
_		2010	201
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	0
<b>B</b> 1	····· - ··························		
_	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	
B2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	0
B2 B3	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	3 2 2	0

NOTES: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements

only; revised documents also were rated for CACFP changes. WI LRG ratings removed in ASHW 2019 due to ASHW Policy Change (see

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

ASHW 2019 Supplement: Large Family Homes

Introduction)

### WYOMING At A Glance:

#### Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards

	y Infant Feeding (n = 11)	2010	2044
	eeding Support	2010	2019
	courage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
	eeding Practices		
42 Ser	ve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
B1 Fee	d infants on cue	4	4
B2 Do	not feed infants beyond satiety; Allow infant to stop the feeding	2	2
B3 Hol	d infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3
C1 Dev	velop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
C2 Intr	roduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
	oduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
_	not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	ve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
	ve no fruit juice to children younger than 12 months of age	2	2
		2	2
	on (n = 21)		
	n Standards	2010	201
	it oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2 Ser	ve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
	ve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
Δ <u>Δ</u> Ι	ve 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%)	2	2
pas	teurized milk to those who are at risk for hypercholesterolemia or obesity		
	ve skim or 1% pasteurized milk to children two years of age and older	2	2
B1 Ser	ve whole grain breads, cereals, and pastas	2	2
B2 Ser	ve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
B3 Ser	ve fruits of several varieties, especially whole fruits	2	2
C1 Use	e only 100% juice with no added sweeteners	2	2
C2 Off	er juice (100%) only during meal times	2	2
	ve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
_	ve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	ke water available both inside and outside	2	2
	it salt by avoiding salty foods such as chips and pretzels	2	2
	id sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	Mealtime Practices		
E1 Tea	ch children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
E2 Rec	uire adults eating meals with children to eat items that meet nutrition standards	2	2
F1 Ser	ve small-sized, age-appropriate portions	2	4
F2	mit 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	2	3
the	individual child; Teach children who require limited portions about portion size and monitor their portions	2	3
H1 Do	not force or bribe children to eat	4	3
H2 Do	not use food as a reward or punishment	3	3
nysical	Activity (n = 11)		
		2010	201
A1 Pro	vide children with adequate space for both inside and outside play	4	4
- Pro	vide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote		
	/sical activity	3	3
A2	velop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
AZ phy	uire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
AZ phy A3 Dev		2	3
A2 phy A3 Dev A4 Rec	not withhold active play from children who misbehave	3	5
A2 phy A3 Dev A4 Rec A5 Do	not withhold active play from children who misbehave	3	2
A2 phy A3 Dev A4 Rec A5 Do C1 Pro	not withhold active play from children who misbehave vide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
A2         phy           A3         Dev           A4         Rec           A5         Do           C1         Pro           C2         Allo	not withhold active play from children who misbehave vide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting ow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 2	2
A2         phy           A3         Dev           A4         Rec           A5         Do           C1         Pro           C2         Allo           C3         Allo	not withhold active play from children who misbehave vide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting ow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity ow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	
A2 phy A3 Dev A4 Rec A5 Do C1 Pro C2 Allo C3 Allo	not withhold active play from children who misbehave vide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting ow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity ow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity vide 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	2 2	2
A2         phy           A3         Dev           A4         Rec           A5         Do           C1         Pro           C2         Allo           C3         Pro           C3         Pro           C3         C3	not withhold active play from children who misbehave vide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting ow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity ow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity vide 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 urse of the day—indoor or outdoor	2 2 2 2	2 2 2
A2 phy A3 Dev A4 Rec A5 Do C1 Pro C2 Allo C3 Allo C3 Allo C1 Pro C0 C1 Ens	not withhold active play from children who misbehave vide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting ow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity ow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity vide 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 urse of the day—indoor or outdoor sure that infants have supervised tummy time every day when they are awake	2 2 2 2 2 2	2 2 2 2
A2         phy           A3         Dev           A4         Reco           A5         Do           C1         Pro           C2         Allo           C3         Allo           D1         Pro           C0         E1           E1         Ens	not withhold active play from children who misbehave vide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting ow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity ow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity vide 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 irrse of the day—indoor or outdoor sure that infants have supervised tummy time every day when they are awake e infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2 2	2 2 2
A2         phy           A3         Dev           A4         Rec           A5         Do           C1         Pro           C2         Allo           C3         Allo           D1         Pro           C0         E1           E1         Ens	not withhold active play from children who misbehave vide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting ow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity ow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity vide 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 urse of the day—indoor or outdoor sure that infants have supervised tummy time every day when they are awake	2 2 2 2 2 2 3	2 2 2 2 3
A2 phy A3 Dev A4 Rec A5 Do C1 Pro C2 Allo C3 Allo C3 Allo C1 Pro cou E1 Ens E2 Use mits C	not withhold active play from children who misbehave vide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting by toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity by preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity vide 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 urse of the day—indoor or outdoor ure that infants have supervised tummy time every day when they are awake a infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all on Screen-Time (n = 4)	2 2 2 2 2 3 2010	2 2 2 3 201
A2         phy           A3         Dev           A4         Rec           A5         Do           C1         Pro           C2         Allo           D1         Pro           C1         Ens           E2         Use           imits c         B1	not withhold active play from children who misbehave vide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting bw toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity bw preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity vide 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 urse of the day—indoor or outdoor sure that infants have supervised tummy time every day when they are awake a infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all on Screen-Time (n = 4) not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 2 2 2 3	2 2 2 2 2
A2         phy           A3         Dev           A4         Rec           A5         Do           C1         Pro           C2         Allo           D1         Pro           C1         Ens           E2         Use           imits c         B1	not withhold active play from children who misbehave vide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting by toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity by preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity vide 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 urse of the day—indoor or outdoor ure that infants have supervised tummy time every day when they are awake a infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all on Screen-Time (n = 4)	2 2 2 2 2 3 2010	2 2 2 3 201
A2         phy           A3         Dev           A4         Rec           A4         Rec           A5         Do           C1         Pro           C2         Alla           C1         Pro           C1         Pro           C1         Rec           B1         Do           B2         Lim	not withhold active play from children who misbehave vide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting bw toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity bw preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity vide 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 urse of the day—indoor or outdoor sure that infants have supervised tummy time every day when they are awake a infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all on Screen-Time (n = 4) not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 2 3 <b>2</b> 3 <b>2</b> 010 2	2 2 2 3 <b>2</b> 01 2
12         phy           13         Dev           14         Rec           15         Do           15         Do           16         Pro           17         Pro           18         Pro           11         Pro           12         Use           13         Do           14         Pro           15         Do           16         Pro           17         Pro           18         Pro           19         Pro           10         Pro           11         Pro           12         Use           13         Do           13         Use	not withhold active play from children who misbehave vide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting bw toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity bw preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity vide 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 urse of the day—indoor or outdoor ure that infants have supervised tummy time every day when they are awake a infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all on Screen-Time (n = 4) not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years it total media time for children 2 years and older to not more than 30 min. weekly	2 2 2 2 2 3 3 2010 2 2 2	2 2 2 3 <b>201</b> 2 2 2 2

NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only;

revised documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

## Table 1. State Assessment Years 2010 to 2019

The table below shows years in which NRC rated states based on revised child care licensing regulations.

				Ŷ	'ears	Rate	d								١	'ears	Rate	d			
	2	2	2	2	2	2	2	2	2	2		2	2	2	2	2	2	2	2	2	2
State	0	0	0	0	0	0	0	0	0	0	State	0	0	0	0	0	0	0	0	0	0
State	1	1	1	1	1	1	1	1	1	1	State	1	1	1	1	1	1	1	1	1	1
	0	1	2	3	4	5	6	7	8	9		0	1	2	3	4	5	6	7	8	9
Alabama	Х		Х					Х	Х	Х	Montana	Х		Х					Х		
Alaska	Х		х					Х			Nebraska	Х		Х	Х				Х		
Arizona	Х	Х								Х	Nevada	Х		Х						Х	
Arkansas	Х	Х				х		Х			New Hampshire	Х							Х		
California	Х		Х					Х			New Jersey	Х			Х				х		
Colorado	Х		Х			Х	Х	Х			New Mexico	Х		Х		Х			Х		
Connecticut	Х		Х					Х			New York	Х				Х	Х		Х		
Delaware	Х		Х			Х		Х		Х	North Carolina	Х		Х	Х				Х	Х	
District of Columbia	Х						Х	Х			North Dakota	Х	Х		Х						
Florida	Х		Х	Х				Х		Х	Ohio	Х		Х				Х			
Georgia	Х		Х		Х			Х			Oklahoma	Х						Х	Х		
Hawaii	Х		Х					Х			Oregon	Х		Х					Х		
Idaho	Х										Pennsylvania	Х									
Illinois	Х				Х						Rhode Island	Х		Х	Х				Х		
Indiana	Х										South Carolina	Х		Х					Х		
lowa	Х		Х					Х			South Dakota	Х									
Kansas	Х		Х	Х							Tennessee	Х								Х	
Kentucky	Х			Х					Х		Texas	Х		Х		Х					
Louisiana	Х		Х			Х		Х			Utah	Х		Х					Х		
Maine	Х		Х					Х			Vermont	Х						Х	Х		
Maryland	Х		Х			Х		Х			Virginia	Х		Х					Х		
Massachusetts	Х										Washington	Х		Х					Х		Х
Michigan	Х		Х		Х			Х		Х	West Virginia	Х				Х					
Minnesota	Х		Х					Х			Wisconsin	Х		Х							Х
Mississippi	Х		Х	Х							Wyoming	Х		Х	Х						
Missouri	Х						Х														



State assessed at baseline (2010) for all regulated child care types



State assessed due to new or revised child care licensing regulations



State assessed due to national CACFP updates

State	<b>Regulation Document Title</b> For links to states' documents, click <u>here</u>	Document Date	ASHW Assessment	Child Care Types Covered by Document				
			Year	CTR	LRG	SML		
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	x		
	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	x		
	Minimum Standards for Day Care Centers and Nighttime Centers	11/30/2018	2018	Х				
	Minimum Standards for Day Care Centers and Nighttime Centers: Regulations and Procedures	9/30/2019	2019	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			
	Arizona Administrative Code and Arizona Revised Statues for Child Care Facilities (Title 9 Ch 5)	12/5/2018	2019					
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	Х				

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			Year	CTR	LRG	SML		
	Minimum Licensing Requirements for Child Care Family Homes	11/1/2011	2011		Х			
	Minimum Licensing Requirements for Registered Child Care Family Homes	11/1/2011	2011			Х		
	Minimum Licensing Requirements for Child Care Centers	1/1/2015	2015	х				
	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			Х		
СА	California							
	Title 22, Division 12, Chapter 1, Articles 1, 2 - Child Care Centers General Licensing Requirements	6/15/2005	2010	х				
	Title 22, Division 12, Chapter 1, Article 6 - Child Care Centers Continuing Requirements (continued)	6/8/2005	2010	х				
	Title 22, Division 12, Chapter 1, Article 7 - Child Care Physical Environment	11/1/2008	2010	Х				
	Title 22, Division 12, Chapter 1 Subchapters 2, 3 - Child Care Infant Centers and School Age Day Care	11/1/1998	2010	х				
	Community Care Licensing Division Child Care Update - Winter/Spring 2011	Winter/Spring 2011	2012	х	х	х		
	Title 22, Division 12, Chapter 3 - Family Child Care Homes	4/1/2016	2017*		Х	Х		
СО	Colorado							
	Volume of Child Care Facility Licensing	5/1/2010	2010	Х	Х	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							
	Statutes and Regulations for Licensing Child Day Care Centers and Group Day Care Homes	7/2009	2010	х	х			

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			Year	CTR	LRG	SML
	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	Х		
	Rules for Large Family Child Care Homes	1/1/2009	2010		Х	
	Rules for Family Child Care Homes	1/1/2009	2010			Х
	Regulations for Early Care and Education and School-Age Centers	7/1/2015	2015	Х		
	Delacare Regulations for Family and Large Family Child Care Homes	7/2017	2017		Х	Х
	Delacare: Regulations for Early Care and Education and School-Age Centers	5/1/2019	2019	Х		
	Delacare: Regulations for Family and Large Family Child Care Homes	5/2019	2019		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	Х	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
	Family Day Care Home and Large Family Child Care Home Handbook	5/2019	2019		Х	Х

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			Year	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	Х		
	Rules and Regulations for Group Day Care Homes	1/1/2010	2010		Х	
	Rules and Regulations for Family Day Care Homes	1/1/2010	2010			Х
	Chapter 591-1-1Rules for Child Care Learning Centers	3/2014	2014	Х		
	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
	Rule 1.3 Class II Child Care Homes (470 IAC 3-1.3.1)	9/27/1996	2010		Х	

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			Year	CTR	LRG	SML
	Rule 4.7 Child Care Centers; Licensing (470 IAC 3-4.7)	11/7/2003	2010	Х		
IA	Iowa					
	Chapter 109: Child Care Centers	6/1/2010	2010	Х		
	Chapter 110: Child Development Homes	11/1/2009	2010		Х	Х
	Chapter 109: Child Care Centers	5/1/2012	2012	Х	Х	
KS	Kansas					
	Regulations for Licensing Preschools and Child Care Centers	7/11/2008	2010	Х		
	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	Х		
	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
КҮ	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					
	Rules for the Licensing of Child Care Facilities	8/27/2008	2010	Х	Х	
	Rules for Family Child Care Providers	09/1/2009	2010		Х	Х

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			Year	CTR	LRG	SML
	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		
	Licensing Rules for Child Care Centers	12/17/2019	2019	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
	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		

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				CTR	LRG	SML
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
МТ	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	Х		
	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	Х	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
NJ	New Jersey					
	Chapter 122 - Manual of Requirements for Child Care Centers	8/25/2009	2010	Х	Х	
	Chapter 126 - Manual of Requirements for Family Child Care Registration	8/25/2009	2010			Х

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			Year	CTR	LRG	SML
	Chapter 122 Manual of Requirements for Child Care Centers	9/2013	2013	Х	Х	
	Chapter 52 Manual of Requirements for Child Care Centers	3/6/2017	2017	Х	Х	
	Chapter 54 Manual of Requirements for Family Child Care Registration	3/20/2017	2017			Х
NM	New Mexico					
	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	Х		
	Part 418_2: Small Day Care Centers	1/31/2005	2010	Х		
	Section 416 Group Family Day Care Homes	5/2014	2014		Х	
	Section 417 Family Day Care Homes	5/2014	2014			Х
	Part 418-1: Day Care Centers	6/2015	2015	Х		
	Part 418-2: Small Day Care Centers	6/2015	2015		Х	
NC	North Carolina					
	Chapter 9 - Child Care Rules	8/1/2010	2010	Х	Х	Х
	Chapter 110- Article 7	8/1/2012	2012	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

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	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	Х	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
	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

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			Year	CTR	LRG	SML
PA	Pennsylvania					
	Chapter 3270 - Child Day Care Centers	5/2009	2010	Х		
	Chapter 3280 - Group Child Day Care Homes	7/2009	2010		Х	
	Chapter 3290 - Family Child Day Care Homes	7/2009	2010			х
RI	Rhode Island					
	Child Day Care Center Regulations for Licensure	1993	2010	Х		
	Family Child Care Home Regulations for Licensure	10/1/2007	2010			Х
	Group Family Child Care Home Regulations for Licensure	10/1/2007	2010		Х	
	Child Care Program Regulations for Licensure	11/2013	2013	Х		
	Part 1 – Child Care Center and School Age Program Regulations for Licensure	9/18/2017	2017	Х		
SC	South Carolina					
	Regulations for the Licensing of Group Child Care Homes	5/19/2005	2010		Х	
	Regulations for the Licensing of Child Care Centers	5/16/2005	2010	Х		
	Family Child Care Home Regulations	4/23/1993	2017*			Х
SD	South Dakota					
	Chapter 67:42:03 Family Day Care Homes (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010			x
	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		x	
	Chapter 67:42:10 Day Care Centers (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010	х		
TN	Tennessee					
	Chapter 1240-4-1 Standards for Group Child Care Homes	3/14/2009	2010		Х	
	Chapter 1240-4-3 Licensure Rules for Child Care Centers	3/14/2009	2010	Х		

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			Year	CTR	LRG	SML
	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			Х
	Chapter 1240-04-01 Licensure Rules for Child Care Agencies	7/30/2018	2018	Х	Х	Х
ТХ	Texas					
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers	3/1/2008	2010	Х		
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes	6/1/2008	2010		х	х
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers (replacement pages)	3/1/2012	2012	х		
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes (replacement pages)	3/1/2012	2012		х	х
	Chapter 746: Minimum Standards for Child-Care Centers	6/2014	2014	Х		
	Chapter 747: Minimum Standards for Child-Care Homes	6/2014	2014		Х	Х
UT	Utah					
	R430-50 Residential Certificate Child Care Standards	9/1/2008	2010			Х
	R430-90 Licensed Family Child Care	9/1/2008	2010		Х	
	R430-100 Child Care Centers	7/1/2009	2010	Х		
	R381-100 Child Care Centers	12/28/2017	2017	Х		
	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	Х		
	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		

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			Year	CTR	LRG	SML
	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		Х	Х
	Chapter 170-296A Licensed Family Home Child Care Standards	5/8/2012	2012		Х	Х
	Chapter 110-300 WAC Foundational Quality Standards for Early Learning Programs (Formerly: Chapter 170-300 WAC)	11/6/2019	2019	х	x	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					
	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	
	DCF 251 Licensing Rules for Group Child Care Centers and Child Care Programs Established or Contracted for by School Boards	9/20/2019	2019	х		
	DCF 250 Rule Book for Family Child Care Centers	9/30/2019	2019			Х
WY	Wyoming					
	Administrative Rules For Certification of Child Care Facilities	9/1/2008	2010	Х	Х	Х

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			Year	CTR	LRG	SML
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	4/1/2012	2012	х	х	х
	Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers	4/1/2012	2012	х	х	х
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	12/2013	2013			х
	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		

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