





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

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Community Partnership for Child Development El Paso County, Colorado

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

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# **INTRODUCTION**

The report <u>Achieving a State of Healthy Weight 2020, ASHW 2020</u>, 1 is the tenth update of <u>Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010 (ASHW 2010</u>). 2 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*, 3rd Ed. (*CFOC3*). 3 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 Education Programs, 3rd Edition (PCO). 4 NRC developed the HIOPS with input from representatives of key federal agencies and national stakeholders in children's wellbeing and healthy development (see Origin of Achieving a State of Healthy Weight High-Impact Obesity Prevention Standards). 5* 

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.

### **RECENT UPDATES 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, color-coded and with printed numerical ratings. (See the following Guide page.)
- e) 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 2020, report Appendix C. Methodology). Previous LFCCH rating values were retained in the ASHW database and dataset.

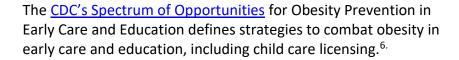
# **INTRODUCTION**

### **USE OF ASHW SUPPLEMENTS**

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 appendices are included. The appendices 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.

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>
- Review other states' profiles to reveal those states that have achieved regulatory text fully consistent with the HIOPS in support prevent of childhood obesity.





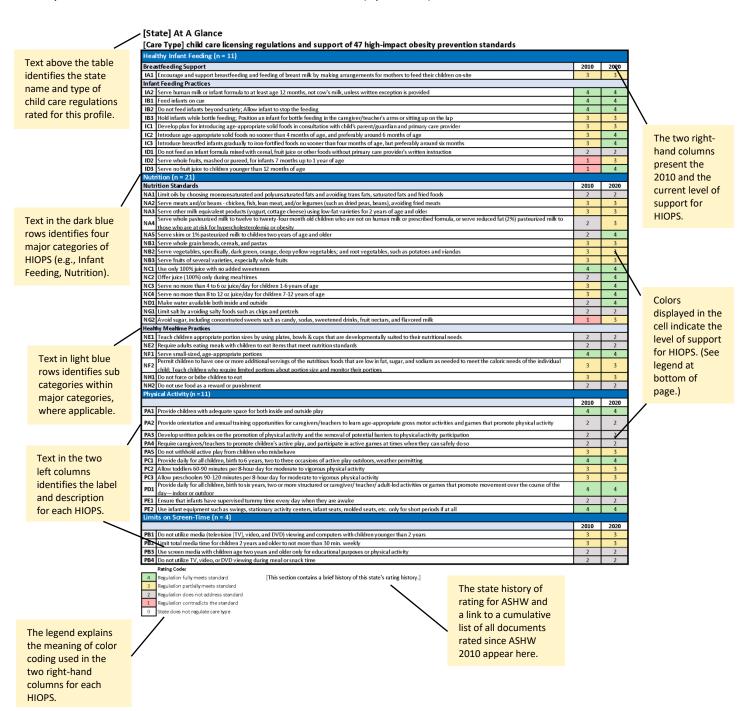
### **NOTES & REFERENCES:**

- Achieving a state of healthy weight 2020 report. National Resource Center for Health and Safety in Child Care and Early Education. University of Colorado Anschutz Medical Campus. Published September 22, 2021. <a href="https://nrckids.org/files/ASHW.2020.Report.pdf">https://nrckids.org/files/ASHW.2020.Report.pdf</a>
- <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 (2011-2019) may be accessed @ https://nrckids.org/HealthyWeight/Archives.
- 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> Origin of achieving a state of healthy weight high-impact obesity prevention standards. National Resource Center for Health and Safety in Child Care and Early Education; University of Colorado Anschutz Medical Campus. Updated September 18, 2020. https://nrckids.org/files/HIOPSOrigin.pdf
- <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
- ASHW 2020 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 @ <a href="https://nrckids.org/HealthyWeight">https://nrckids.org/HealthyWeight</a>.

# **INTRODUCTION**

### **Guide to State Profiles**

The following state profiles display all states' ASHW results through 2020. 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, 2020. 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).



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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards  Healthy Infant Feeding (n = 11)				
	stfeeding Support	2010	2020		
	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	3			
	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		
	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	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  Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4		
ID1			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)	2010	2020		
	ition Standards	2010	2020		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
NA2		3	3		
NA3		3	3		
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3		
NAF	those who are at risk for hypercholesterolemia or obesity	2	4		
	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		
NB2		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		
ND1	Make water available both inside and outside	3	4		
NG1	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		
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		
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
NF1	Serve small-sized, age-appropriate portions	4	4		
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3		
	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	4	4		
Phys	ical Activity (n = 11)				
		2010	2020		
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		
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		
PA5	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		
РС3	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 course of the	2	2		
	day—indoor or outdoor  Ensures that infants have supposited turning time event day when they are awake				
	Ensure that infants have supervised tummy time every day when they are awake	4	4		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
-1111	ts on Screen-Time (n = 4)	2010	2020		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2		
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		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:		-		

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Alabama Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2019 (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.

### **ALASKA At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Healthy Infant Feeding (n = 11)				
	stfeeding Support	2010	2020		
	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	3			
	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		
	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		
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4		
IC3 ID1	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 whole truits, masked on pureed, for mants 7 months up to 1 year or age  Serve no fruit juice to children younger than 12 months of age	1	4		
	ition (n = 21)	1	4		
	ition Standards	2010	2020		
		2010	2020		
NA2	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods  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 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	3	3		
NA4	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		
	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		
	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	2	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		
	hy 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		
	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				
NF2	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	2	2		
<b>Phys</b>	ical Activity (n = 11)				
		2010	2020		
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		
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		
PA5	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	4	4		
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 course of the	4	4		
	day—indoor or outdoor				
	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	4	4		
Lim	ts on Screen-Time (n = 4)	2010	2020		
PB1	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	3	3		
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

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

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.

## **ARIZONA At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Hea	Healthy Infant Feeding (n = 11)					
	stfeeding Support	2010	2020			
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	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	3	3			
IB1	Feed infants on cue	2	2			
IB2	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			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	3			
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	3	3			
	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)	2	2			
	ition Standards	2010	2020			
		2010	2020			
NA2	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods  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  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	3	2			
NA4	those who are at risk for hypercholesterolemia or obesity	2	2			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	4	3			
	Serve whole grain breads, cereals, and pastas	3	2			
NB2		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	2			
		4	4			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4			
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age					
	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	3	3			
	thy Mealtime Practices					
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
NE2		3	2			
NF1	Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4			
NF2	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	3	3			
_	Do not use food as a reward or punishment	3	3			
	ical Activity (n = 11)	3	3			
1111/2	activity (iii-11)	2010	2020			
<b>DΛ1</b>	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			
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			
PA5	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			
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			
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the					
PD1	day—indoor or outdoor	3	3			
	Ensure that infants have supervised tummy time every day when they are awake	4	4			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3			
-1111	ts on Screen-Time (n = 4)	2010	2020			
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3			
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2			
_	Use screen media with children age two years and older only for educational purposes or physical activity	2	2			
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			
		_	_			

### Rating Code:

Regulation fully meets standard

Arizona Regulation Rating History: 2010 (CTR, LRG); 2011 (LRG); 2015 (LRG); 2019 (CTR); 2020 (LRG)

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards				
Hea	Ithy Infant Feeding (n = 11)				
Brea	astfeeding Support	2010	2020		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3		
Infai	nt 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		
	Feed infants on cue	4	4		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	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		
-	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	2020		
		2	2		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods  Concernate and/or house, philippe fits lead most and/or				
_	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  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	3	3		
NA4	those who are at risk for hypercholesterolemia or obesity	2	3		
ΝΔ5	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		
-		4	4		
	Use only 100% juice with no added sweeteners	2	4		
-	Offer juice (100%) only during meal times				
	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		
-	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	3		
NF1	Serve small-sized, age-appropriate portions	4	4		
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3		
	child; Teach children who require limited portions about portion size and monitor their portions	2			
	Do not force or bribe children to eat	2	4		
	Do not use food as a reward or punishment	3	3		
Phys	sical Activity (n = 11)	2015	2022		
	En company of the com	2010	2020		
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	3		
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3		
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	4		
PA5	Do not withhold active play from children who misbehave	4	4		
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 course of the day—indoor or outdoor	2	2		
PE1	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		
	its on Screen-Time (n = 4)				
		2010	2020		
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		
PR4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
107					

#### Rating Code:

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

Arkansas Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2017\* (CTR, LRG, SML); 2020 (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.

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Healthy Infant Feeding (n = 11)				
	stfeeding Support	2010	2020		
	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	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		
IB1	Feed infants on cue	4	4		
IB2	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	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		
		3	4		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2			
ID1			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)	2040	2020		
	ition Standards	2010	2020		
	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		
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3		
	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		
NB2	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	4		
_	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		
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	1	3		
	hy Mealtime Practices	1			
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	2		
NF1	Serve small-sized, age-appropriate portions	4	4		
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3		
	child; Teach 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		
Phys	ical Activity (n = 11)	ı			
		2010	2020		
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		
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		
PA5	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		
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the				
PD1	day—indoor or outdoor	3	3		
_	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		
Limi	ts on Screen-Time (n = 4)	2010	2020		
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		
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
PB3					
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		

#### Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

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

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Lealthy Infant Fooding (n = 11)				
Healthy Infant Feeding (n = 11)				
Breastfeeding Support	2010	2020		
IA1   Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3		
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	2	4		
IB1 Feed infants on cue	4	4		
IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	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	2	3		
IC2 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		
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	2	3		
ID3   Serve no fruit juice to children younger than 12 months of age	2	4		
Nutrition (n = 21)				
Nutrition Standards	2010	2020		
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	3		
NA3 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%) pasteurized milk to NA4	2	3		
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	2	3		
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3		
NB3 Serve fruits of several varieties, especially whole fruits	2	3		
NC1 Use only 100% juice with no added sweeteners	2	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	4		
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4		
ND1 Make water available both inside and outside	2	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	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	2		
NF1   Serve small-sized, age-appropriate portions   Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4		
NF2   Child; Teach children who require limited portions about portion size and monitor their portions	2	3		
NH1 Do not force or bribe children to eat	3	3		
NH2 Do not use food as a reward or punishment	3	3		
Physical Activity (n = 11)	3	3		
	2010	2020		
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		
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	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	4		
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 course of the	3	3		
PD1   Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ addit-led activities or games that promote movement over the course of the day—indoor or outdoor	2	2		
PE1 Ensure that infants have supervised tummy time every day when they are awake	2	4		
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4		
Limits on Screen-Time (n = 4)				
	2010	2020		
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4		
, , , , , , , , , , , , , , , , , , , ,				
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3		
	2	2		
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly				

#### Rating Code:

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

Colorado Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2016 (CTR); 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.

## **CONNECTICUT At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

A		Healthy Infant Feeding (n = 11)				
Main   Feedings and support ineastrateding and freeding of breast mith by making arrangements for morthers to refer their distinct market feedings protections:    Main   Feedings protections   Main   Mai			2010	2020		
International practices	_					
Main			3			
Institution			1	1		
183   180						
Col.   Develop panel for introducing age—apprepiate sold in control of age, and perfolaty amound in months of age, and perfolaty amound in months of age, and perfolaty amound in months of age, but perferably amound in months of a age, but perferably amound in months of age, and perferably amound in a age, and perferably amound in						
Compute a ge-apopropriate sold foods no sooner than 4 months of age   4   3   4   4						
Company   Comp						
10.   10.						
10.2   10.2						
103   Sever not multiplies to addresh younges than 12 months of age   100						
Nutrition Standards	_					
No.   No.   No.   No.   Standards   Stan			1	4		
NAI   Limit all by choosing monounsaturated and polyumenturated fats and avoiding trans fats, suburated fats and freed fineds   Serve mentics and/or beans; - Schoel, fish, learn meat, and/or features beauting freeds and selection of the properties of the propert			2010	2020		
NAZ   Sever ments and/or beans - chicken, fish, kan meat_and/or legames (such as dired peas, beans), avoiding fried means   Naz	_					
Na.3   Serve where mills equivalent products (yogut, cottage chaces) using lower fat varieties for 2 years of lage and older   Serve whole great personnel for the whole to them; by common to dict alimben who are not on human milk or prescribed formula, or serve reduced fat (214) pasteurized milk to 1   2						
NA         Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fal (2%) pasteurized milk to the blose who are at risk for hyperchelesterolemis no cheesesty         2         3           NAS         Serve ve skin or 1% pasteurized milk to children two years of age and older         2         4           NAS         Serve ve skin or 1% pasteurized milk to children two years of age and older         3         3           NAS         Serve ve skin or 1% pasteurized milk to children two years of age and older         3         3           NAS         Serve ve specifically, dark green, can age, deep yellow vegetables, and onto vegetables, specifically dark green, can age, deep yellow vegetables, and onto vegetables, specifically dark green, can age, deep yellow vegetables, and onto vegetables, specifically dark green, can age, deep yellow vegetables, and onto vegetables, specifically, dark green, can age, deep yellow vegetables, specifically, dark green, can age, deep yellow vegetables, specifically, dark green, can age, deep yellow vegetables, specifically, dark green and several specifically, dark green, can age, deep yellow vegetables, specifically, dark green, can age						
MA         Mode who are a firits for hypercholesterollemia or obesity         2         3           MAS         Serve without or 15 postaturized milk to children how years of age and older         2         4           MBI         Serve whole grain breads, cereals, and pastas         3         3           NBI         Serve whole grain breads, cereals, and pastas         3         3           NBI         Serve without prescribately, and green corrage, deep yellow vegetables, and root vegetables, such as potatoes and viandas         3         3           NBI         Serve without grain breads, cereals, and pastas         3         3           NBI         Serve we from the server lavarieties, especially, whole from the cereal very lavarieties, especially whole from the cereal very lavarieties, especially whole from the cereal very lavarieties, especially whole from the cereal very lavarieties of the cereal ver	NA3		3	3		
NAS   Serve whole grain breads, cereals, and pastes   3   3   3   3   3   3   3   3   3	NA4		2	3		
Na 1         Size we whole grain breads, cereals, and pastas         3         3           NB 2         Serve vegatables, specifically, disk green, carnage, deep yellow vegetables; and not vegetables, such as potatoes and viandas         3         3           NB 2         Serve fults of several varieties, especially whole fruits         4         4         4           NB 2         Serve regatables, specifically, disk green, carnage, deep yellow vegetables; and not vegetables, such as potatoes and viandas         3         3           NB 2         Serve fults of several varieties, especially whole fruits         4         4         4           VCQ         Offer jucie (100%) only during mediums         2         4         4         4           NG 3         Serve no more than 4 to 6 cz jucie/day for children 1-6 years of age         3         4           ND 1         Make water available both inside and outside         4         2         2           ND 1         Make water available both inside and outside         4         2         2           ND 2         Make Mall Limitatible yavoiding sally flood such as child yavoid yavoiding sally flood such as child yavoiding sally flood such as child yavoid yavoiding sally flood sall yavoid yavoiding sally	NA5		2	4		
NB2   Serve regetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables; such as potatoes and viandas   3   3   3   3   3   3   3   3   3						
NB3 3 sow is fults of several variaties, especially whole fults         3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3			3	3		
NCI   Use only 100% juke with no added sweeteners	_					
NC2   Offer juice (1,00%) only during meal times	_					
NC3   Serve no more than 4 to 6 or juice/day for children 1-6 years of age						
NCI   Serve no more than 8 to 12 or juice/day for children 7-12 years of age						
NDI         Make water available both inside and outside         4         4           NDI         Limit as it by avoiding salty foods such as chips and pretzels         2         2           NDI         Limit salt by avoiding salty foods such as chips and pretzels         2         2           NDI         Limit salt by avoiding salty foods such as chips and pretzels         1         3           NDI         Signary, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         1         3           NEADITY (and pretzel)         2         2         2           NEZ         Recurrence adults eating meads with children to text terms that meet nutrition standards         2         2           NEZ         Recurrence adults eating meads with children to text terms that meet nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual filled into 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 filled into the caloric needs of the individual filled int						
MG	_					
NG2   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   Health'y Mealtime Practices						
Healthy Mealtime Practices  NEI T 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 2 NEI 2 Require adults eating meals with children to eat items that meet nutrition standards  2 2 2 NEI 2 reversmall-sized, age-appropriate portions  4 4 4 6 4 7 4 7 4 7 4 7 4 8 7 4 8 7 8 8 7 8 8 8 8 8 8 8 8 8 8 8 8 8 8						
NEI         Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs         2         2           NEZ         Require adults eating meals with children to eat items that meet nutrition standards         2         2           NEZ         Require adults eating meals with children to eat items that meet nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 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 children to eat         2         2           NHI         Do not force or bribe children to eat         2         2         2           NHI         Do not use food as a reward or punishment         2         2         2           Physical Activity (n=11)         2010         2020         2020           PA2         Provide children with a dequate space for both inside and outside play         4         4         4           PA2         Provide children with adequate space for both inside and outside play         4         4         4           PA3         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         2         2           PA3         Develop written policies on the promotion of physical activity and the removal of potential barriers to physic			_			
NEZ   Require adults eating meals with children to eat items that meet nutrition standards   2   2   2   3   3   3   3   3   3   3			2	2		
NF1   Serve small-sized, age-appropriate portions   4   4   4   4     NF2   Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual   3   3   3     NH3   De not force or bribe children to eat   2   2   2     NH2   Do not use food as a reward or punishment   2   2   2     NH2   Do not use food as a reward or punishment   2   2   2     NH2   Do not use food as a reward or punishment   2   2   2     NH2   Provide children with adequate space for both inside and outside play   4   4     PA2   Provide children with adequate space for both inside and outside play   2   2     PA3   Provide point of the provide point of the provide point into 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     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     PA5   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   3     PC2   Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity   3   3   3     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 and advance or outdoor   2   2   2     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 and advance or outdoor   2   2   2     PC5   Provide daily for all children, birth to six						
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 children who require limited portions about portion size and monitor their portions (12 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2						
httl Do not force or bribe children who require limited portions about portions size and monitor their portions  NH2 Do not use food as a reward or punishment  NH3 Do not use food as a reward or punishment for educational purposes or physical activity  NH3 Do not use food as a reward or punishment for educational purposes or physical activity  NH3 Do not use food as reward or punishment for educational purposes or physical activity  NH3 Do not use food as reward or punishment for educational purposes or physical activity  NH3 Do not use food as reward or punishment for educational purposes or physical activity  NH3 Do not use food as reward or punishment for educational purp						
NHI       Do not force or bribe children to eat       2       2         NHZ       Do not use food as a reward or punishment       2       2         Physical Activity (n = 11)         The physical Activity (n = 11)         Provide children with adequate space for both inside and outside play       2010       2020         PAA       Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity       2       2         PAA       Pevolide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity       2       2         PAA       Pevolide orientation and annual training opportunities for caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so       2       2         PAA       Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so       2       2         PAA       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         PAA       Devolute caregivers/teachers to promote children's active play, and participation active play under the participation active play under the participation active play under the participation active play un	NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3		
Physical Activity (n = 11)  PAZ Provide children with adequate space for both inside and outside play 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	NH1	Do not force or bribe children to eat	2	2		
PAI Provide children with adequate space for both inside and outside play  A PAI Provide children with adequate space for both inside and outside play  PAI Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PAI Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PAI Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PAI Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PCI Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PCI Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  3 3 3  PCI Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  3 3 3  PCI Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PCI Ensure that infants have supervised tummy time every day when they are awake  PCI Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PCI Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PCI Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PCI Ilimit total media time for children 2 years and older to not more than 30 min. weekly  PCI	NH2	Do not use food as a reward or punishment	2	2		
PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor 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  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  PA5 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  3 3  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  3 3  3 9  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  3 3  3 9  PC1 Provide daily for all children, birth to six years, 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 Ensure that infants have supervised tummy time every day when they are awake  PC2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  2 2  PC2 Limits on Screen-Time (n = 4)  PC3 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PC3 Limit total media time for children 2 years and older to not more than 30 min. weekly  2 2  PC3 Limit total media with children age two years and older only for educational purposes or physical activity	Phys	ical Activity (n = 11)				
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity and be promoted by provide of physical activity and the removal of potential barriers to physical activity participation 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2			2010	2020		
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	PA1	Provide children with adequate space for both inside and outside play	4	4		
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC6 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  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  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  2 2 2  Limits on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Use 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	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		
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  PC6 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  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  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  2 2 2  Limits on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Use 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	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
PA5 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 3 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 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 PC5 PC6 Insure that infants have supervised tummy time every day when they are awake 3 3 3 PC6 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2  Limits on Screen-Time (n = 4)  PC6 PC7 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PC7 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2  Limits on Screen-Time (n = 4)  PC7 PC8 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2  Limit total media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 2 2  PC8 PC8 Use screen media with children 2 years and older to not more than 30 min. weekly 2 2  PC8 PC8 Use screen media with children age two years and older only for educational purposes or physical activity 2 2  PC8 PC9						
PC1Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting33PC2Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity33PC3Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity33PD1Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor22PE1Ensure that infants have supervised tummy time every day when they are awake33PE2Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all22Limits on Screen-Time (n = 4)20102020PB1Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years22PB2Limit total media time for children 2 years and older to not more than 30 min. weekly22PB3Use screen media with children age two years and older only for educational purposes or physical activity22	PA5	Do not withhold active play from children who misbehave		2		
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  3 3 3  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  3 3 3  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  2 2 1  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  2 2 2	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting				
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 course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  3 3 3  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  2 2 1  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  2 2 2						
PDI day—indoor or outdoor PE1 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 2 1 1 1 1 2 1 2 2 2 2 2 1 2 2 2 2						
Comparison of Control Contro		, , , , ,				
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 2  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 2  PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2  2 2						
Limits on Screen-Time (n = 4)       2010     2020       PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years     2     2       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						
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years     2     2       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				Z		
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	41111	ts on screen-time (II - 4)	2010	2020		
PB3 Use screen media with children age two years and older only for educational purposes or physical activity  2 2	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2		
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2		
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time     2     2	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		

#### Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

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

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards				
Healthy Infant Feeding (n = 11)					
Brea	restfeeding Support	2010	2020		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4		
Infa	nt 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	4	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	4	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	4	4		
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	3	4		
	rition (n = 21)				
	ition Standards	2010	2020		
	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%) pasteurized milk to				
NA4	those who are at risk for hypercholesterolemia or obesity	3	3		
NA5	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	4	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		
	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		
_		4			
	Make water available both inside and outside	2	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	3		
	thy Mealtime Practices	_	_		
	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	4		
NF1	Serve small-sized, age-appropriate portions	4	4		
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3		
NII IA	child; Teach children who require limited portions about portion size and monitor their portions	2	2		
_	Do not force or bribe children to eat	3	3		
	Do not use food as a reward or punishment	3	3		
Phys	ical Activity (n = 11)	2010	2020		
	By the delite of the control of the leaders that the control of th	2010	2020		
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	3		
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3		
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
PA5	Do not withhold active play from children who misbehave	4	4		
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4		
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4		
-	Allow preschoolers 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 course of the				
PD1	day—indoor or outdoor	4	3		
	Ensure that infants have supervised tummy time every day when they are awake	2	3		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3		
Lim	its on Screen-Time (n = 4)	2010	2020		
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4		
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3		
	Use screen media with children age two years and older only for educational purposes or physical activity	4	4		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
4	Rating Code:				

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Delaware Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG, SML); 2015 (CTR); 2017 (LRG, SML); 2019 (CTR, LRG, SML); 2020 (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.

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards				
Healthy Infant Feeding (n = 11)					
Brea	astfeeding Support	2010	2020		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	4		
Infa	nt 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		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	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	2	3		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	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	2	3		
ID3	Serve no fruit juice to children younger than 12 months of age	2	4		
Nut	rition (n = 21)				
Nuti	rition Standards	2010	2020		
NA1	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	2	3		
-	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%) pasteurized milk to				
NA4	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	2	3		
NB2	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	2	3		
NC1	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		
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4		
	Make water available both inside and outside	2	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	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		
-			4		
NFI	Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	4		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	3		
NH1	Do not force or bribe children to eat	2	3		
	Do not use food as a reward or punishment	2	3		
	sical Activity (n = 11)		3		
111/2	neurrennes (n. 11)	2010	2020		
DA1	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		
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		
PA5	Do not withhold active play from children who misbehave	2	4		
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	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 course of the	2	3		
	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	2	3		
LIM	its on Screen-Time (n = 4)	2010	2020		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3		
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3		
	Use screen media with children age two years and older only for educational purposes or physical activity	2	4		
<u> </u>	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
PR4					

#### Rating Code:

Regulation fully meets standard

Regulation partially meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

District of Columbia Regulation Rating History: 2010 (CTR, 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.

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards				
	Ithy Infant Feeding (n = 11)	ı			
	astfeeding Support	2010	2020		
	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				
	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	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	2	3		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	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	2	3		
ID3	Serve no fruit juice to children younger than 12 months of age	2	4		
Nut	rition (n = 21)				
Nuti	rition Standards	2010	2020		
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	3		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3		
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3		
IVA4	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	2	3		
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3		
NB3	Serve fruits of several varieties, especially whole fruits	2	3		
NC1	Use only 100% juice with no added sweeteners	2	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	4		
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4		
ND1	Make water available both inside and outside	4	4		
NG1					
1.401	Limit salt by avoiding salty foods such as chips and pretzels	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	2	3		
NG2					
NG2 Heal	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk thy Mealtime Practices				
NG2 Heal NE1	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3		
NG2 Heal NE1 NE2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  thy Mealtime Practices  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	3		
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### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Florida Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR); 2017 (CTR, LRG, SML); 2019 (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.

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Healthy Infant Feeding (n = 11)				
	stfeeding Support	2010	2020		
	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	4			
_	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		
	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		
	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		
	ition (n = 21)	1	4		
	ition Standards	2010	2020		
	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  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	3	3		
NA4	those who are at risk for hypercholesterolemia or obesity	2	3		
ΝΔ5	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		
NB2	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		
	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	_	_		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
NE2		2	2		
NF1	Serve small-sized, age-appropriate portions	4	4		
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3		
NILI1	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	4	4		
	ical Activity (n = 11)	4	4		
FILYS	ical Activity (ii = 11)	2010	2020		
DA1	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		
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		
PA5	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 course of the	2	2		
	day—indoor or outdoor  Ensures that infants have supposited tummy time evens day when they are awake				
	Ensure that infants have supervised tummy time every day when they are awake	3	3		
	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		
-1111	ts on screen-time (it = 4)	2010	2020		
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	3	3		
PB2					
		2	2		
PB3	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 2		

### Rating Code:

4 Regulation fully meets standard Georgia Regulation R
3 Regulation partially meets standard NOTE: A starred date
2 Regulation does not address standard documents also were
1 Regulation contradicts the standard
0 State does not regulate care type

Georgia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017\* (CTR); 2020 (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.

## **HAWAII At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	iter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
	Ithy Infant Feeding (n = 11)		
	ristfeeding Support	2010	2020
	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		
IA2		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	4	4
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		1	4
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)	1	
	rition Standards	2010	2020
_	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
NA3		3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
NAF	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 whole grain breads, cereals, and pastas  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
		4	4
NC2	Use only 100% juice with no added sweeteners  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	3	4
_	Make water available both inside and outside	3	4
		2	2
_	Limit salt by avoiding salty foods such as chips and pretzels  Avoid sugar, including concentrated sweets such as capely codes sweetened drieks fruit nectors, and flavored milk	1	3
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  thy Mealtime Practices	1	3
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2		2	2
NF1		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		
NF2	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	4	4
Phy:	sical Activity (n = 11)		
		2010	2020
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
PA4		2	2
PA5		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
РС3	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 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
Lim	its on Screen-Time (n = 4)		
		2010	2020
	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
I PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

#### Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

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.

## **IDAHO At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infa	nt 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	2
IB1	Feed infants on cue	2	2
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	2	2
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	ition (n = 21)		
Nutr	ition Standards	2010	2020
NA1	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	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%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	2	2
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1	Serve whole grain breads, cereals, and pastas	2	2
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3	Serve fruits of several varieties, especially whole fruits	2	2
NC1	Use only 100% juice with no added sweeteners	2	2
NC2	Offer juice (100%) only during meal times	2	2
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
_	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
	hy 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
	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 the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1	Do not force or bribe children to eat	2	2
NH2	Do not use food as a reward or punishment	2	2
Phys	ical Activity (n = 11)		
		2010	2020
PA1	Provide children with adequate space for both inside and outside play	2	2
PAZ	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
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
PA5	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	2	2
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3	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		
PD1	day—indoor or outdoor	2	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
Limi	ts on Screen-Time (n = 4)		
		2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
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
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

### Rating Code:

Acting Code:

4 Regulation fully meets standard

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

5 State does not regulate care type

## **ILLINOIS At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Realthy Infant Feeding (n = 1)		Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards				
In all factorizage and support bestfeeting and feeding of reast milk by making arrangements for mothers to feed their collegen on-site  In 2 Serve human milk or infant formula to at least sage 22 months, not cover stills, unties written exception is provided  In 2 Serve human milk or infant formula to at least sage 22 months, not cover stills, unties written exception is provided  In 2 Serve human milk or infant formula to at least sage 22 months, not cover stills, unties written exception is provided  In 3 Serve human milk or infant formula to at least sage 22 months, not cover still still an exception of the still serve the stil	Hea	thy Infant Feeding (n = 11)				
Inflant Feeding Prestrices  1. 2. Search Inflants in or Inflant formula to all east age 12 months, not con's milk, whiles written exception is provided  1. 2. 3. 181. Feed inflants on circ.  1. 2. 182. Force friend finish several safety, Allow inflant to stop the feeding.  2. 3. 183. Point inflants with botts feeding. Position in inflant for botts feeding in the carept-verleachers arms or sitting up on the lap  3. 4. 182. Force friend finishes, and in inflants from the feeding. Position in inflants for botts feeding in Provided in the Commission with finishing premity journal on privary care provider  3. 2. 182. Force from the inflant framed with the provided in	Brea	stfeeding Support	2010	2020		
12   Feed inflant formula is at least up et 2.7 centruls, not craw's milk, unless winten exception is provided	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3		
181 Service from from the beyond streety. Allow infant to stop the feeding. 182 Do not feed from the beyond streety. Allow infant to stop the feeding. 183 Hold infants while bottle feeding. Prostron an infant for bottle feeding in the caregove/teacher's arms or sitting up on the lap. 183 Hold infants while bottle feeding. Prostron an infant for bottle feeding in the caregove/teacher's arms or sitting up on the lap. 184 C. Introduce see appropriate solf foods in concurrent and from the first parent/gurand an and primary care provider. 185 Introduce best added in the street and in the caregover of the food of the street and the st	Infar	t Feeding Practices				
12   Do not recel minute beyond received present the secret present the secret present	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	1	1		
183 Hotel finants while bottle Redenig: Prostoco an infant for hotels feeding in the caregoverheacher's arms or string up on the lap 120 Introduce age-appropriate sold foots in consultation with fullsy parterly gardenia on primary care provider 131 a 121 Introduce based of introducing age-appropriate sold foots in consultation with fullsy parterly gardenia on primary care provider 131 a 132 Introduce based of introducing age-appropriate sold foots in consultation with fullsy parterly dependent on the provider's written instruction 132 Introduce based of introducing age-appropriate sold foots in the consultation of the provider's written instruction 133 Introduce based of instruction of the provider's written instruction 134 Introduce based on the provider's written instruction 135 Serve when labs, insultation (page 1) Introduce age-appropriate sold foots in the provider's written instruction 136 Serve in the public provider of the provider's written instruction 137 Introducing a sold of the provider's written instruction 138 Serve on their instruction of the provider's written instruction 139 Serve meats and/or bears -Circken, Iffu, lear mest, and/or inguries buch as dred pass, bearnal, avoiding fried foods 130 Serve when the quicker producing, toget, curring or develop using buch as of written and page and other or sold or provider's written instruction of the provider's written provider's written instruction of the provider's provider's written instruction of the provider's written instr	IB1	Feed infants on cue	2	3		
183 Isolar infrasts while boths feedering. Postbota an infrast for boths feeding in the caregoverheacher's arms or stiting upon the lap 12 Includes age-apopepais solar books. In consultation with highly served/gazerian and primary care provider 13 3 3 12 Includes age-apopepais solar books. In consultation with highly served/gazerian and primary care provider. 13 Includes bear and a state of infrast gazerian to not reted an infrast formula maked with cereal, first just cere or other forest without primary care provider's written instruction 12 2 4 13 Includes bear state of infrast gazerian for first just to or other forest without primary care provider's written instruction 13 Serve when last, instabled or pursue for first just 1 year of age. 14 1 1 15 Serve when last, instabled or pursue for first just 1 year of age. 15 Varietizing for 21  Nutrition Standards 16 Varietizing for 21  Nutrition Standards 17 Varietizing for 21  Nutrition Standards 18 Varietizing for 21  Nutrition Standards 19 Varietizing for 21  Nutrition Standards 19 Varietizing for 21  Nutrition Standards 19 Varietizing for 21  Nutrition Standards 10 Varietizing for 22  Nutrition Standards 10 Varietizin	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	3		
IES Develop that for introducing age-appropriate sold forth on sooner than four morths of age, and preferably around in morth of age. and preferably around in morths of age. and age. It is a second of a second of a second or a			3	4		
In Comment of Commen	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
Text	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	4	4		
101 Dis Serve whole rating, mached or practice, for infants 7 months up to 1 years of age 102 Serve whole rating, mached or practice, for infants 7 months up to 1 years of age 103 Serve whole rating, mached or practice, for infants 7 months up to 1 years of age 104 NAZ Serve no fruit juice to children younger than 12 months of age 105 Natrition fine 2-1  Nutrition Standards 106 NAZ Serve ments and/or bears - chicken, fish, ivan meat, and/or regumes (such as dried peas, bears), avoiding fred meats 107 NaX Serve ments and/or bears - chicken, fish, ivan meat, and/or regumes (such as dried peas, bears), avoiding fred meats 108 Serve them time (avoidwent proutes) (sognit, critage, benede), such discription of the serve whole pasteurized milk to twice the townsy-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the serve who are at risk for hypercholestocenium or obeside. 108 Serve verbine at risk for hypercholestocenium or obeside. 109 NaX Serve verbine at risk for hypercholestocenium or obeside. 109 Serve verbine at risk for hypercholestocenium or obeside. 100 NaX Serve verbine or 1½ pasteurized milk to children two years of age and older 109 Serve verbine grain broards, create, and pasteurized milk to children two years of age and older 100 NaX Serve verbine or 1½ pasteurized milk to children two years of age and older 100 NaX Serve verbine or 1½ pasteurized milk to children who years of age and older 109 Serve verbine or 1½ pasteurized milk to children verbine or a serve verbine or 1½ pasteurized milk to children verbine or a serve verbine or 1½ pasteurized milk to children verbine or a serve verbine or 1½ pasteurized milk to children verbine or a serve verbine or 1½ pasteurized milk to children verbine or a serve verbine or 1½ pasteurized milk to children verbine or a serve verbine or 1½ pasteurized milk to children v	IC3		3	3		
102 Severe whole fruits, masked or pursed, for infatth 7 months up to J year of age 103 Severe on flat pick to children younger than 12 months of get 103 Severe on flat pick to children younger than 12 months of get 103 Severe on flat pick to the children younger than 12 months of get 103 Severe on flat pick to the p						
Multifloting (1se) 2.1						
Nutrition file 21)  Nati (Limit alls by choosing monoun-sharaded and polyursaturated fists and avoiding trans fats, saturated fists and fried foods  Nati (Limit alls by choosing monoun-sharaded and polyursaturated fists and avoiding trans fats, saturated fists and fried foods  Nati (Limit alls by choosing monoun-sharaded and polyursaturated fists and avoiding trans fats, saturated fists and fried foods  Nati (Limit alls by choosing monoun-sharaded and polyursaturated fists and avoiding trans fats, saturated fines on the saturated fines and fried foods  National (Limit alls by choosing monoun-sharaded and polyursaturated fists and avoiding trans fats, saturated fines on the saturated fines and fined foods  National (Limit alls by choosing monoun-sharaded and polyursaturated fists and avoiding trans fats, saturated fines and fined foods  National (Limit alls by choosing monoun-sharaded and polyursaturated fists and avoiding trans fats, saturated fists and fined foods  National (Limit alls by choosing monoun-sharaded and polyursaturated fists and avoiding trans fats, saturated fists and fined foods  National (Limit alls by choosing saturated fines) and saturated fists and avoiding trans fats, saturated fists and avoiding trans fats, saturated fists and society of saturated fists and avoiding saturated fists and avoiding for children in the polyursaturated fists and avoiding saturated fist						
Nutrition Standards  ADAL Limited bits, whoosing monoursaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods  2 ANAL Server meats and/or beans - chicken, fish, hear meat, and/or legumes (such as stided peas, beans), avoiding fried meats  3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3						
MAI   Lim talls by choosing monoursaturated and polyunsaturated fast and avoiding trans fast, saturated fats and freed foods   All Server ments and/or beams - Sides, fish learn ment and/or legumes (such as dried peas) beams, avoiding from feas   All Server ments and/or beams - Sides, fish learn ment and or legumes (such as dried peas) beams, avoiding from feas)   All Server ments peak peak peak peak peak peak peak peak			2010	2020		
NAZ Serve mests and/or bears - chicken, fish, har meat, and/or legumes (such as dried pass, bearn), avoiding fried meats  NAS Serve other intill equivalent prototic froguit, cottage cheese) using bord viararderise for 2 years of age and older  NAS Serve whole pasteurized milk to thewhe to twemty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the whole to twemty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the bear of the children two years of age and older  NAS Serve skim or 1% pasteurized milk to children two years of age and older  NAS Serve skim or 1% pasteurized milk to children two years of age and older  NAS Serve instead of serve all varieties, especially whole frusts  NAS Serve instead of serve all varieties, especially whole frusts  NAS Serve instead of serve instead of serve instead of serve regulated systems of the pasteurized milk to the first of the serve vegetables, such as potatoes and viandas  NAS Serve instead of serv						
NA3 Serve other milk equivalent products (yogunt, cottage cheese) using low-flat vanieties for 2, years of age and other  Serve who pastautized milk to to where to twenty-fund moth old offlines who are not on human milk or prescribed formula, or serve reduced fat (2%) pastautized milk to  3 4  AN5 Serve set milk on 75 As pastautized milk to children how years of age and older  NB1 Serve who live grain breads, cereals, and pastas  NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas  NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables, such as potatoes and viandas  NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables, such as potatoes and viandas  NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables, such as potatoes and viandas  NB2 Serve vegetables, specifically, dark of hidren 1-5 years of age  10 Offer jace (100%) only during meal times  11 Offer jace (100%) only during meal times  12 Offer jace (100%) only during meal times  13 Offer jace (100%) only during meal times  14 Offer jace (100%) only during meal times  15 Offer jace (100%) only during meal times  16 Offer jace (100%) only during meal times  17 Offer jace (100%) only during meal times  17 Offer jace (100%) only during meal times  18 Offer jace (100%) only during meal times  18 Offer jace (100%) only during meal times  18 Offer jace (100%) only during meal times  19 Offer jace (100%) only during meal times  19 Offer j						
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NCCI Use only 100% juce with no added sweeteners  A 4 A NC2 Offer juce (100%) only during meal times  S erv on more than 4 to 6 ac juce/day for children 1-6 years of age  A 5 erv on more than 4 to 6 ac juce/day for children 1-6 years of age  A 6 Aux Os Serv on more than 4 to 6 ac juce/day for children 1-6 years of age  A 7 Aux Os Serv on more than 4 to 6 ac juce/day for children 1-6 years of age  A 8 erv on more than 4 to 6 ac juce/day for children 1-6 years of age  A 1 Aux Os 100 Aux Os 10						
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ND1 Make water available both inside and outside						
NGI. Limit salt by avoiding salty foods such as chips and pretzels  NG2   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  Healthy Mealtime Practices  NEI T each children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  NEI Require adults eating meals with children to eat items that meet nutrition standards  NEI Require adults eating meals with children to eat items that meet nutrition standards  NEI Require adults eating meals with children to eat items that meet nutrition standards  NEI Seves small-sized, age-appropriate portions  4						
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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  RC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  RC4 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  RC5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  RC6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  RC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  RC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  RC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  RC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  RC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  RC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  RC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  RC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  RC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  RC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  RC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  RC7 Allow preschoolers 90-120 minutes p	PAI	Provide Children with adequate space for both inside and outside play	4	4		
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  2 2  PA5 Do not withhold active play from children who misbehave  3 4  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  3 4  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  3 3  3  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 course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  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)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  3 4  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  BB3 Use screen media with children age two years and older only for educational purposes or physical activity						
PAS 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  3 4  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 course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  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)  PD1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  2 4	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation				
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  3 3 3  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  3 3 3  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  2 2 2  Limits on Screen-Time (n = 4)  PD3 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PD4 Limit total media time for children 2 years and older to not more than 30 min. weekly  PD5 Use screen media with children age two years and older only for educational purposes or physical activity  2 4				2		
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 course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PD1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PD2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PD3 Use screen media with children age two years and older only for educational purposes or physical activity  2 4	PA5	Do not withhold active play from children who misbehave	3	4		
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 course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  2 2 2  Limits on Screen-Time (n = 4)  P01 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  P03 Use screen media with children 2 years and older to not more than 30 min. weekly  P03 Use screen media with children age two years and older only for educational purposes or physical activity	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4		
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  2 2 2  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  2 2 2  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  2 4	PC3		3	3		
PE1 Ensure that infants have supervised tummy time every day when they are awake  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)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  2 4	PD1		3	3		
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  2 2	PF1		4	4		
Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  2 4						
2010     2020       PB1     Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years     3     4       PB2     Limit total media time for children 2 years and older to not more than 30 min. weekly     3     3       PB3     Use screen media with children age two years and older only for educational purposes or physical activity     2     4						
PB1Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years34PB2Limit total media time for children 2 years and older to not more than 30 min. weekly33PB3Use screen media with children age two years and older only for educational purposes or physical activity24	-1111		2010	2020		
PB2Limit total media time for children 2 years and older to not more than 30 min. weekly33PB3Use screen media with children age two years and older only for educational purposes or physical activity24	DR1	Do not utilize media (television [TV] video and DVD) viewing and computers with children vounger than 2 years				
PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 4						
רטיז ויטען דיט איז						
Rating Code:	FD4			4		

### Rating Code:

4 Regulation fully meets standard Illinois Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR) 3 Regulation partially meets standard Regulation does not address standard
 Regulation contradicts the standard 0 State does not regulate care type

## **INDIANA At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Неа	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	t 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	2
IB1	Feed infants on cue	3	3
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	ition (n = 21)		
Nutr	ition Standards	2010	2020
NA1	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	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%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	3	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	1	1
NB1	Serve whole grain breads, cereals, and pastas	2	2
NB2	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
NC1	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	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	2	2
-	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
	hy Mealtime Practices		
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
NE2	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 the individual		
NF2	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	4	4
	ical Activity (n = 11)		
		2010	2020
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
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
PA5	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	Allow preschoolers 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 course of the		
PD1	day—indoor or outdoor	3	3
PE1	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	3	3
Limi	ts on Screen-Time (n = 4)		
		2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4
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	4	4
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

#### Rating Code:

Regulation fully meets standard Indiana Regulation Rating History: 2010 (CTR, LRG, SML)
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

## **IOWA At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Неа	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
	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		
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
	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
	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	4
	Serve no fruit juice to children younger than 12 months of age	1	4
	ition (n = 21)	l	
	ition Standards	2010	2020
	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
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3
NA4	those who are at risk for hypercholesterolemia or obesity	3	3
NΔ5	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
_	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
	hy 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	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	3	3
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)	1	
		2010	2020
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
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
PA5	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 course of the day—indoor or outdoor	3	3
PE1	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	2020
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
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

#### Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

I owa Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG)/2012\* (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.

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Healthy Infant Feeding (n = 11)				
	stfeeding Support	2010	2020	
_	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	<u> </u>		
_	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	2	2	
IB2	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	
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	2	2	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID1				
_	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)	2040	2020	
	ition Standards	2010	2020	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
NA2		3	3	
NA3		3	3	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2	
	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	
NB2		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	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	
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	2	2	
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	
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 the individual	1	1	
	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	
Phys	ical Activity (n = 11)			
		2010	2020	
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	
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	
PA5	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	
	Allow preschoolers 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 course of the			
PD1	day—indoor or outdoor	3	3	
	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	3	
	its on Screen-Time (n = 4)		2020	
Limi		2010	2020	
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	<b>2010</b>	3	
PB1			3	
PB1 PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3 2	
PB1 PB2 PB3		3 2	3	

#### Rating Code:

4 Regulation fully meets standard Regulation Pating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (LRG, SML)

Regulation partially meets standard Regulation partially meets standard Regulation does not address standard documents also were rated for CACFP changes.

Regulation contradicts the standard State does not regulate care type

## **KENTUCKY At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards				
Healthy Infant Feeding (n = 11)					
Brea	refeeding Support	2010	2020		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3		
Infa	nt 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	2		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	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	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		
	rition (n = 21)				
	ition Standards	2010	2020		
	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	2	2		
_	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%) pasteurized milk to				
NA4	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		
_	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	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	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	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	2	2		
	thy Mealtime Practices	_	_		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3		
	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
NF1	Serve small-sized, age-appropriate portions	4	3		
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	1	1		
NIIIA	child; Teach children who require limited portions about portion size and monitor their portions	2	2		
_	Do not force or bribe children to eat	2	2		
	Do not use food as a reward or punishment	3	4		
Phys	ical Activity (n = 11)	2012	2022		
	By the delite of the control of the least of	2010	2020		
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		
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		
PA5	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		
-	Allow preschoolers 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 course of the				
PD1	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		
Lim	its on Screen-Time (n = 4)	2010	2020		
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3		
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3		
	Use screen media with children age two years and older only for educational purposes or physical activity	2	4		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4		
. 54	Rating Code:		-		

### Rating Code:

Kentucky Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2018 (CTR, LRG, SML) Regulation fully meets standard 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:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards    thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
	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	3	
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	1	4
IB1	Feed infants on cue	4	4
IB2	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	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
	Introduce age-appropriate solid roots no sooner trial 4 months of age, and preferably around 5 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
IC3 ID1	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
	ition (n = 21)	1	4
	ition Standards	2010	2020
		2010	2020
NA2	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods  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  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	3	3
NA4	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
	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
	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
	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
	hy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2		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		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	1	3
NH1	Do not force or bribe children to eat	2	3
NH2	Do not use food as a reward or punishment	3	3
Phy:	ical Activity (n = 11)		
		2010	2020
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	3
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	3	4
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	2
PC2	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
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	3
	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	3	3
Lim	ts on Screen-Time (n = 4)	2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
	Use screen media with children age two years and older only for educational purposes or physical activity	2	1
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

### Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation observed documents also were rated for CACFP changes.

State does not regulate care type

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.

State does not regulate care type

### **MAINE At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Hea	Healthy Infant Feeding (n = 11)				
	stfeeding Support	2010	2020		
_	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		
IB1	Feed infants on cue	4	4		
IB2	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		
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		
	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)				
	ition Standards	2010	2020		
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		3	3		
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2		
	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		
NB1	Serve whole grain breads, cereals, and pastas	2	2		
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	2	2		
NC2	Offer juice (100%) only during meal times	2	2		
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	3		
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		
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		
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
NF1	Serve small-sized, age-appropriate portions	3	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	_			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2		
NH1	Do not force or bribe children to eat	3	3		
NH2	Do not use food as a reward or punishment	3	3		
Phy:	ical Activity (n = 11)				
		2010	2020		
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		
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		
	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	4	4		
PC2	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		
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the				
PD1	day—indoor or outdoor	2	2		
PE1	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		
Lim	ts on Screen-Time (n = 4)	2010	2020		
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3		
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3		
	and the state of t				
	Use screen media with children age two years and older only for educational numbers or physical activity	1	1 1		
PB3	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		

#### Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation contradicts the standard
State does not regulate care type

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.

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards    thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	4
	t Feeding Practices	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
IB1	Feed infants on cue	4	4
IB2	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	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
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
IC3 ID1	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 whole truits, masked on pureed, for marks 7 months up to 1 year or age  Serve no fruit juice to children younger than 12 months of age	1	4
	ition (n = 21)	1	4
	ition Standards	2010	2020
		2010	2020
NA2	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods  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 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	3	3
NA4	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	3
	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
	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
	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
	hy 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
	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		
NF2	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:	ical Activity (n = 11)		
		2010	2020
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
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
	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	4	4
PC2	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
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	3	3
	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
Lim	ts on Screen-Time (n = 4)	2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
	Use screen media with children age two years and older only for educational purposes or physical activity	2	3
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
	Rating Code:		

#### Rating Code:

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

Maryland Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG)/2012\* (CTR,SML); 2015 (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.

## **MASSACHUSETTS At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Cer	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2020
IA1	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		
IA2	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	3	3
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
	rition (n = 21)		
Nuti	ition Standards	2010	2020
NA1	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	2	2
	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%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	2	2
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1	Serve whole grain breads, cereals, and pastas	2	2
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3	Serve fruits of several varieties, especially whole fruits	2	2
NC1	Use only 100% juice with no added sweeteners	2	2
NC2	Offer juice (100%) only during meal times	2	2
NC3	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
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
Heal	thy Mealtime Practices		
NE1	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
NF1	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 the individual	2	2
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1	Do not force or bribe children to eat	4	4
NH2	Do not use food as a reward or punishment	4	4
Phy:	sical Activity (n = 11)		
		2010	2020
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
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
_	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
	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
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	2
PE1	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	3	3
Lim	its on Screen-Time (n = 4)		
		2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
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
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

### Rating Code:

Massachusetts Regulation Rating History: 2010 (CTR, LRG, SML) 4 Regulation fully meets standard Regulation partially meets standard 2 Regulation does not address standard 1 Regulation contradicts the standard 0 State does not regulate care type

## **MICHIGAN At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Name   Part		ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Main				
Internst Teeding Practices			2010	2020
Main   Section			4	3
18   18   18   18   18   18   18   18				
18.1   18.1   18.2				
18.1         bit infants while bottle feeding, frostoron an infant for bottle feeding in the caragiver/fraseder's various or infants or infants of the caragiver/fraseder's various or infants or infants of the caragiver/fraseder's various and great products         3         3           17.2         Checology being for infancial caragiver and the caragiver fraseder's various in some of the caragiver fraseder's various day and preferably around a month of age.         4         3         4           18.0         19.0         Seew whole final structure for infancial y months of age.         4         4         3         4           18.0         19.0         Seew whole final structure for infancial y months of age.         4	IB1			
Company   Comp				
Col   Incirculate Description of Internation Standard On Standard On Standard Stan	IB3			
Company   Comp	IC1			
100   100	IC2			
10.   Seven whole fruits, marked or pureed, for infants zero this ego   1 year of age   1   1   1   1   1   1   1   1   1	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		
103   Serve no facility fixed to children younger than 12 months of age   Nutrition Standards   103				
Note				
Number   N			1	4
NAI			1	
NAZ Sever meats and/or beans: chicken, fish, lean meat, and/or legumes (such as dired geas, beans), avoiding fired meats         3 <td>Nutr</td> <td>ition Standards</td> <td></td> <td></td>	Nutr	ition Standards		
Nat   Serve where in the equivalent products is yeague, to catage cheese) using love-far varieties for 2 years of age and older   2				
No.	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		
Name   Name   Name   Among	NA3		3	3
No.	NA4		2	4
No.   1				
NEZ   Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and not vegetables, such as potatoes and viandas   3   3   3   3   3   3   3   3   3		•		
NB3   Save Furtils of several variaties, especially whole furtils         3         3           NC1   Use only 100% juice with no added sweetners         4				
NCI         Use only 100% juke with no added sweeteners         4         4           NCI         Use only 100% juke with no added sweeteners         4         4           NCI         Offer juice (100%) only during meal time to 5 or juice/day for children 1-6 years of age         3         4           NCI         Seeve no more than 4 to 6 or juice/day for children 7-12 years of age         3         4           NCI         Seeve no more than 8 to 12 or juice/day for children 7-12 years of age         4         3         4           NCI         Institute and variable both institude and outside         2         4         4           NCI         Institute and variable both institute and outside sality meals with children to eat activity of a support of protion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs         2         2         2         2           NEI         Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs         2         2         2           NEI         Teach children appropriate portion sizes by using plates, bowls & cups that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual individual individual individual individual individual individual individual individual indi				
NC2   Offer juice (100%) only during meal times				
NG3         Save no more than 4 to 6 oz juice/day for children 1-6 years of age         3         4           NG5         Serve no more than 8 to 12 oz juice/day for children 7-12 years of age         3         4           NG1         Immitted by the value of the side of the side and outside         2         4           NG2         Avoid Sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2         2           NG2         Avoid Sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         3         2         2         2           NG2         Avoid Sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         3         2         2         2           NG2         Avoid Sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         3         2         2           NBC2         Avoid Children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs         2         2         2           NEI         Teach children appropriate portions         2         2         2           NEI         Teach children with a device and usual suited and outside play         4         4         4           NEI				
NCS   Serve no more than 8 to 12 or juice/day for children 7-12 years of age				
NDI         Make water available both inside and outside         2         4           NGI         Limit salt by avoiding salty foods such as chips and pretzels         2         2         2           NGI         Avoid saggi, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         1         3           NEADITY Wealthine Practices         Versile and children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs         2         2           NEZ         Require adults eating meals with children to eat items that meet nutrition standards         2         2           NEZ         Require adults eating meals with children to eat items that meet nutrition standards         2         2           NEZ         Require adults eating meals with children to eat items that meet nutrition standards         2         2           NEZ         Recursive adults eating meals with children to eat terms that meet nutrition standards         2         2           NEZ         Recursive adults eating meals with children to eat terms that meet nutrition standards         2         2           NEZ         Recursive adults eating meals with children to eat terms that meet nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual standards and the nutrition of the n				
MG   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   2   2   2   2   2   2   2   2   2				
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  **Neathre** Preatition** Practices**  **NET** Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  **NET** Teach children appropriate portions sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  **NET** Teach children appropriate portions sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  **NET** Teach shildren appropriate portions sizes and suited standards  **Permittichildren to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the calonic needs of the individual all the control of the control or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the calonic needs of the individual all the control or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the calonic needs of the individual all the control or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the calonic needs of the individual all the control transport of the individual and serving se				
Neal time Practices   Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   2   2   2   2   2   2   2   2   2				
NEI         Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs         2         2           NEZ         Require adults eating meals with children to eat items that meet nutrition standards         2         2           NEZ         Require adults eating meals with children to eat items that meet nutrition standards         4         4           NEZ         Require adults eating meals with children to eat items that meet nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children to eat items that promote additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children to eat         2         2           NHI         Do not force or bride children to eat         2         2         2           NHZ         Controlled children with a dequate space for both inside and outside play         4         4           PA3         Provide children with adequate space for both inside and outside play         4         4           PA3         Provide children with adequate space for both inside and outside play         4         4           PA3         Provide children with adequate space for both inside and outside play         4         4           PA3         Require caregiver/teachers to promote children's activity and participation of playsical activity and provide and provide play of provide durin			1	3
NE2         Require adults eating meals with children to eat items that meet nutrition standards         2         2           NE1         Serve small-sized, age-appropriate portions         4         4           NE2         Serve small-sized, age-appropriate portions         4         4           NE2         Parmit Indiffer 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 hild in the caloric needs of the caloric needs of the individual hild in the caloric needs of the caloric needs of the individual hild in the caloric needs of the needs of the individual hild in the caloric needs of the needs o			_	_
NF1 Serve small-sized, age-appropriate portions				
NETE   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 and individ				
NHZ   Do not force or bribe children who require limited portions about portion size and monitor their portions   2   2   2   2   2   2   2   2   2	NF1		4	4
NH1       Do not force or bribe children to eat       2       2         NH2       Do not use food as a reward or punishment       3       3         NR2       Do not use food as a reward or punishment       2010       3         PRAI       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       2         PA4       Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so       2       2       2         PA5       Do not withhold active play from children's active play, and participate in active games at times when they can safely do so       2       3       3       3       3       3       3       3       3       3       3 </td <td>NF2</td> <td></td> <td>3</td> <td>3</td>	NF2		3	3
NH2 Do not use food as a reward or punishment    NH2 Do not utilize TV, video, or DVD viewing during meal or snack time    NH2 Do not utilize TV, video, or DVD viewing during meal or snack time    NH2 Do not utilize TV, video, or DVD viewing during meal or snack time    NH2 Do not utilize TV, video, or DVD viewing during meal or snack time    NH2 Do not utilize TV, video, or DVD viewing during meal or snack time    NH2 Do not utilize TV, video, or DVD viewing during meal or snack time    NH2 Do not utilize TV, video, or DVD viewing during meal or snack time    NH2 Do not utilize TV, video, or DVD viewing during meal or snack time    NH2 Do not utilize TV, video, or DVD viewing during meal or snack time    NH2 Do n	NH1		2	2
Physical Activity (n = 11)  Paral Provide children with adequate space for both inside and outside play 4 Provide children with adequate space for both inside and outside play 4 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 2 Pas Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 2 Pas Pas Pevolue orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 2 Pas				
PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA3 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so 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 PA6 PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PA6 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA8 Allow preschoolers 90-120 minutes per 8-hour day			3	
PAI Provide children with adequate space for both inside and outside play  PAZ Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PAZ Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PAZ Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PAZ Do not withhold active play from children who misbehave  PCI Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  A llow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  A llow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PDI Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PDI Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PDI Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PDI Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PDI Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PDI Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement ov	111/2	real rectivity (ii = 11)	2010	2020
PAZ 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  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  2 4  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  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  3 3  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  PC5 Ensure that infants have supervised turmmy time every day when they are awake  PC6 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  1	<b>D</b> Δ1	Provide children with adequate space for both inside and outside play		
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 2 2 PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so 2 2 PA5 Do not withhold active play from children who misbehave 2 4 PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3 3 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC4 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 4 3 3 3 PC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 4 5 4 5 4 5 5 5 5 5 5 5 5 5 5 5 5 5 5				
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  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  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  BB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  BB3 Use screen media with children age two years and older only for educational purposes or physical activity  BB4 Do not utilize TV, video, or DVD viewing during meal or snack time				
PAS Do not withhold active play from children who misbehave 2 4 PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3 3 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC5 Ensure that infants have supervised turmy time every day when they are awake 2 2 3 PC5 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 3 PC6 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 2 2 2 2 3 PC7 Do not utilize media itime for children 2 years and older to not more than 30 min. weekly 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3				
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PDI day—indoor or outdoor PE1 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  Limits on Screen-Time (n = 4)  PB1 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 ton ot more than 30 min. weekly  BB3 Use screen media with children age two years and older only for educational purposes or physical activity  BC 2 2  2 3  2 3  2 3  2 3  2 3  2 3  2 3				
PD   day—indoor or outdoor   2   2   2   2   2   2   2   2   2	PC3		3	3
PE2     Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all     2     3       Limits on Screen-Time (n = 4)       PB1     Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years     3     4       PB2     Limit total media time for children 2 years and older to not more than 30 min. weekly     3     3       PB3     Use screen media with children age two years and older only for educational purposes or physical activity     3     4       PB4     Do not utilize TV, video, or DVD viewing during meal or snack time     2     2	PD1		2	2
Limits on Screen-Time (n = 4)       2010 2020       PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years     3     4       PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly     3     3       PB3 Use screen media with children age two years and older only for educational purposes or physical activity     3     4       PB4 Do not utilize TV, video, or DVD viewing during meal or snack time     2     2	_			
20102020PB1Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years34PB2Limit total media time for children 2 years and older to not more than 30 min. weekly33PB3Use screen media with children age two years and older only for educational purposes or physical activity34PB4Do not utilize TV, video, or DVD viewing during meal or snack time22			2	3
PB1     Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years     3     4       PB2     Limit total media time for children 2 years and older to not more than 30 min. weekly     3     3       PB3     Use screen media with children age two years and older only for educational purposes or physical activity     3     4       PB4     Do not utilize TV, video, or DVD viewing during meal or snack time     2     2	Limi	ts on Screen-Time (n = 4)		
PB2Limit total media time for children 2 years and older to not more than 30 min. weekly33PB3Use screen media with children age two years and older only for educational purposes or physical activity34PB4Do not utilize TV, video, or DVD viewing during meal or snack time22			2010	2020
PB3     Use screen media with children age two years and older only for educational purposes or physical activity     3     4       PB4     Do not utilize TV, video, or DVD viewing during meal or snack time     2     2	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Michigan Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*(CTR, LRG, SML); 2014 (CTR); 2017\*(CTR, LRG, SML); 2019 (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.

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Healthy Infant Feeding (n = 11)				
	stfeeding Support	2010	2020		
_	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	3	3		
IB1	Feed infants on cue	3	3		
IB2	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	2	2		
IC1		3	3		
IC2	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider  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  Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4		
ID1			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)	2040	2020		
	ition Standards	2010	2020		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
NA2		3	3		
NA3		3	3		
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3		
NIAF	those who are at risk for hypercholesterolemia or obesity	2	4		
	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		
NB2		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		
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		
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		
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
NF1	Serve small-sized, age-appropriate portions	4	4		
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3		
	child; Teach 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		
Phys	ical Activity (n = 11)				
		2010	2020		
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		
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		
PA5	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	Allow preschoolers 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 course of the				
PD1	day—indoor or outdoor	3	3		
	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	3	3		
Lim	ts on Screen-Time (n = 4)	2010	2020		
PR1	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		
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
L D 3	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
DD /					

#### Rating Code:

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

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

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.

## **MISSISSIPPI At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards				
	Ithy Infant Feeding (n = 11)				
	stfeeding Support	2010	2020		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4		
	t Feeding Practices				
IA2		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	4	4		
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	3		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	1		
ID3	Serve no fruit juice to children younger than 12 months of age	3	3		
Nut	ition (n = 21)				
Nutr	ition Standards	2010	2020		
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	3		
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	4	4		
NA3		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%) pasteurized milk to				
NA4	those who are at risk for hypercholesterolemia or obesity	3	3		
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	4	4		
NB1	Serve whole grain breads, cereals, and pastas	4	4		
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4		
	Serve fruits of several varieties, especially whole fruits	4	4		
NC1	Use only 100% juice with no added sweeteners	1	1		
NC2		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	4	4		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3		
	thy Mealtime Practices	3	3		
_		2	2		
NE2	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		
_					
NF1	Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4		
NF2	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		
	Do not use food as a reward or punishment	4	4		
	ical Activity (n = 11)		-		
AIL A	incar activity (ii = 11)	2010	2020		
DA1	Provide children with adequate space for both inside and outside play	4	4		
LAI	точние сыпител мистанециале эрасе тогновит извие ани онивие риау				
	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		
PA4		2	2		
PA5		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	4		
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
	Description of the property of		2		
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	_		
	day—indoor or outdoor				
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2		
PE1 PE2	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				
PE1 PE2	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2		
PE1 PE2 Limi	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		
PE1 PE2 Limi PB1	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 2 2010	2 3 2020		
PE1 PE2 Limi PB1 PB2	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 2 2010 3	2 3 2020 3		
PE1 PE2 Limi PB1 PB2 PB3	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 2010 3 3	2 3 2020 3 3		

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Mississippi Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG, SML); 2013 (CTR,LRG, SML); 2020 (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.

## MISSOURI At A Glance:

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards				
Healthy Infant Feeding (n = 11)					
Brea	astfeeding Support	2010	2020		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2		
Infa	nt 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	2		
IB1	Feed infants on cue	3	3		
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	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	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		
	rition (n = 21)				
	ition Standards	2010	2020		
	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%) pasteurized milk to				
NA4	those who are at risk for hypercholesterolemia or obesity	2	2		
NA5	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	4	4		
	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	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	2	2		
_	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		
NF1	Serve small-sized, age-appropriate portions	4	4		
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2		
NUIA	child; Teach children who require limited portions about portion size and monitor their portions		2		
	Do not force or bribe children to eat	3	3		
	Do not use food as a reward or punishment	3	3		
Phys	sical Activity (n = 11)	2040	2020		
		2010	2020		
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		
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		
PA5	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		
PC2	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		
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the				
PD1	day—indoor or outdoor	2	2		
	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	3		
Limi	its on Screen-Time (n = 4)	2010	2020		
DD 4	Do not utilize modia (talquisian [TV] video and DVD) viguing and segmenters with shildren vernous than 2 vern				
_	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		
	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		
		,	2		

### Rating Code:

Regulation fully meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards				
Hea	Ithy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2020		
IA1	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				
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		
Nut	ition (n = 21)				
Nutr	ition Standards	2010	2020		
NA1	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		
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%) pasteurized milk to				
NA4	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		
	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	4	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		
	hy Mealtime Practices	1	3		
		2	2		
NE2	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		
NF1	Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4		
NF2	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	2	2		
	Do not use food as a reward or punishment	2	2		
	ical Activity (n = 11)				
TILY	rearred try (ii = 12)	2010	2020		
DA1	Provide children with adequate space for both inside and outside play	4	4		
FAI	r rovide difficient with adequate space for both fiside and odiside play				
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2		
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		
PA5	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	2	2		
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2		
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2		
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2	2		
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2		
		3	3		
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all				
PE2	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			
PE2	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)	2010	2020		
PE2			<b>2020</b>		
PE2 Limi PB1	ts on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010			
PE2 Limi PB1 PB2	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	<b>2010</b>	2		
PE2 Limi PB1 PB2 PB3	ts 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	2		

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

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

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.

## **NEBRASKA At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards				
	Ithy Infant Feeding (n = 11)				
	stfeeding Support	2010	2020		
	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				
IA2		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		
Nuti	ition (n = 21)				
Nutr	ition Standards	2010	2020		
NA1	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		
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%) pasteurized milk to				
NA4	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		
_	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		
NC1	Use only 100% juice with no added sweeteners	4	4		
NC2	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		
	hy Mealtime Practices		3		
		2	2		
NE2	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		
-					
NF1	Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4		
NF2	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	2	2		
_	Do not use food as a reward or punishment	3	3		
	ical Activity (n = 11)	3	3		
4					
	ical Activity (i = 11)	2010	2020		
DA1		2010	2020		
PA1	Provide children with adequate space for both inside and outside play	4	4		
PA2	Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2		
PA2 PA3	Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 2	2 2		
PA2 PA3 PA4	Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 2 2	2 2 2		
PA2 PA3	Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave	2 2 2 2 2	2 2 2 2 2		
PA2 PA3 PA4 PA5 PC1	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 2 2 2 2 2 3	2 2 2 2 2 3		
PA2 PA3 PA4 PA5 PC1 PC2	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	4 2 2 2 2 2 2 3	4 2 2 2 2 2 2 3 2		
PA2 PA3 PA4 PA5 PC1 PC2	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	2 2 2 2 2 2 3	2 2 2 2 2 3		
PA2 PA3 PA4 PA5 PC1 PC2	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	4 2 2 2 2 2 2 3	4 2 2 2 2 2 2 3 2		
PA2 PA3 PA4 PA5 PC1 PC2 PC3	Provide crientation 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 2 2 2 3 2 2	4 2 2 2 2 2 3 2 2		
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	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  Ensure that infants have supervised tummy time every day when they are awake	4 2 2 2 2 2 3 2 2 2 2	4 2 2 2 2 2 3 2 2 2 2		
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	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  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 2 2 2 2 2 3 2 2 2 2 2	4 2 2 2 2 2 3 2 2 2 2 2		
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	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  Ensure that infants have supervised tummy time every day when they are awake	4 2 2 2 2 2 3 2 2 2 2 2	4 2 2 2 2 2 3 2 2 2 2 2		
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	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  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 2 2 2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2	4 2 2 2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2		
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	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  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 2 2 2 2 2 3 2 2 2 2 2 2 2 2 2	4 2 2 2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2		
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	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  Ensure that infants have supervised turnmy 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 2 2 2 3 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2		
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	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  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 2 2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2	4 2 2 2 2 2 3 2 2 2 2 2 2 2 2 2 2 2 2 2		

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Nebraska Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR); 2013 (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.

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Healthy Infant Feeding (n = 11)				
	stfeeding Support	2010	2020		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	3		
	nt Feeding Practices		3		
	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		
IB2	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		
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	2	4		
		2	4		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
ID1					
_	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)	2040	2020		
	ition Standards	2010	2020		
	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	3		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3		
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3		
NIAF	those who are at risk for hypercholesterolemia or obesity	2	4		
	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		
NB2	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	2	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		
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	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		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3		
Heal	hy 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	2		
NF1	Serve small-sized, age-appropriate portions	3	4		
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3		
	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	4	4		
Phys	ical Activity (n = 11)				
		2010	2020		
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		
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		
PA5	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	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 course of the				
PD1	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	3	2		
Lim	ts on Screen-Time (n = 4)	2010	2020		
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		
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	, , , , , , , , , , , , , , , , , , , ,				

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

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

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.

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Healthy Infant Feeding (n = 11)				
	astfeeding Support	2010	2020		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	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		
IB1	Feed infants on cue	4	4		
IB2	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		
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		
	Introduce age-appropriate solid roots no sooner trail 4 months of age, and preferably around 5 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		
IC3 ID1	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)	1	4		
	ition Standards	2010	2020		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2020		
NA2		3	3		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3		
NA4	those who are at risk for hypercholesterolemia or obesity	3	3		
NA5	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		
NB2		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	4	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	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		
NE2		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				
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	3		
NH1	Do not force or bribe children to eat	3	3		
NH2	Do not use food as a reward or punishment	3	4		
Phys	sical Activity (n = 11)				
		2010	2020		
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		
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		
PA5	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		
PC2	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 course of the				
PD1	day—indoor or outdoor	2	3		
	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	3	4		
Lim	its on Screen-Time (n = 4)	2010	2020		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2		
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2		
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				

#### Rating Code:

New Hampshire Regulation Rating History: 2010 (CTR, LRG, SML); 2017 (CTR, LRG, SML) Regulation fully 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 Regulation partially meets standard documents also were rated for CACFP changes. Regulation does not address standard Regulation contradicts the standard O State does not regulate care type

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2020
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	nt 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	2
IB2	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
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	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	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
	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)		
	ition Standards	2010	2020
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	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	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%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	2	4
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	4
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	4
NB3	Serve fruits of several varieties, especially whole fruits	3	4
NC1	Use only 100% juice with no added sweeteners	3	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
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	4
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
	hy 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	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 the individual		
NF2	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
Phys	ical Activity (n = 11)		
		2010	2020
PA1	Provide children with adequate space for both inside and outside play	4	4
PAZ	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3
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
PA5	Do not withhold active play from children who misbehave	3	4
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	4
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 course of the	2	3
	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	2	3
Limi	ts on Screen-Time (n = 4)		
		2010	2020
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4
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	2
	Rating Code:		

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

 $New \ Jersey \ Regulation \ Rating \ History: 2010 \ (CTR, LRG, SML); \ 2013 \ (CTR, LRG); \ 2017 \ (CTR, LRG, SML)$ 

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. NJ LRG ratings removed in ASHW 2019 due to ASHW Policy Change (see Introduction)

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
	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		
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
Nut	ition (n = 21)		
Nutr	ition Standards	2010	2020
NA1	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
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%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	3	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	3	4
NB1	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
	Serve fruits of several varieties, especially whole fruits	4	4
NC1	Use only 100% juice with no added sweeteners	3	3
NC2	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
	hy Mealtime Practices	1	
		3	3
NE2	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
		4	4
NF1	Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4
NF2	child; Teach children who require limited portions about portion size and monitor their portions	4	4
NH1	Do not force or bribe children to eat	2	2
_	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)	3	
TILY	rearred try (ii = 12)	2010	2020
DA1	Provide children with adequate space for both inside and outside play	4	4
FAI	r rovide difficient with adequate space for both fiside and odiside play		
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
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
PA5	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 course of the	2	2
DF1	day—indoor or outdoor  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)		
-1111	Soft Selection Time (II = 4)	2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

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

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards				
Hea	Ithy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2020	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infar	nt 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	
	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	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4	
IC3	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	
	ition (n = 21)	2010	2020	
	ition Standards	2010	2020	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods  Sono mosts and/or house, chicken fish loap most and/or logumes (such as died nose, boars) avoiding fried mosts.	2	2	
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats  Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3	
	Serve other milk equivalent products (yogurt, cottage cheese) using low-rat varieties for 2 years of age and older  Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to			
NA4	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	2	3	
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3	
NB3	Serve fruits of several varieties, especially whole fruits	2	3	
NC1	Use only 100% juice with no added sweeteners	2	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	
_	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	3	
	hy 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	
NF1	Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	4	4	
NH1	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)			
		2010	2020	
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 physical activity	2	3	
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	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	2	3	
PC3		2	3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2	2	
PE1	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	3	
Limi	ts on Screen-Time (n = 4)			
		2010	2020	
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	2	
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:			

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

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.

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards				
Неа	thy Infant Feeding (n = 11)				
	Breastfeeding Support				
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4		
_	t 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		
	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		
	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		
	Serve no fruit juice to children younger than 12 months of age	1	4		
	ition (n = 21)	1			
_	ition Standards	2010	2020		
	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		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3		
NA4	those who are at risk for hypercholesterolemia or obesity	2	3		
NΔ5	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		
	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	3	3		
	hy 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	4		
NF1	Serve small-sized, age-appropriate portions	4	4		
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3		
	child; Teach children who require limited portions about portion size and monitor their portions		3		
_	Do not force or bribe children to eat	2	3		
	Do not use food as a reward or punishment	3	4		
Phys	ical Activity (n = 11)	1			
		2010	2020		
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		
_	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		
PA5	Do not withhold active play from children who misbehave	2	4		
	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	4		
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 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		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
Limi	ts on Screen-Time (n = 4)				
		2010	2020		
-	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4		
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3		
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				

### Rating Code:

4	Regulation fully meets standard	North Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2017* (CTR, LRG, SML); 2018 (CTR, LRG,
3	Regulation partially meets standard	SML)
2	Regulation does not address 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
1	Regulation contradicts the standard	documents also were rated for CACFP changes.
0	State does not regulate care type	

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards			
Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2020	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infa	nt Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	3	
IB1	Feed infants on cue	2	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	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4	
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	ition (n = 21)			
Nutr	ition Standards	2010	2020	
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%) pasteurized milk to	2	2	
	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	3	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	
	hy Mealtime Practices		_	
	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	
NF1	Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2	
NH1	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)			
		2010	2020	
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	3	
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	4	
PA5	Do not withhold active play from children who misbehave	3	4	
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	4	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4	
PC3		2	3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2	
	day—indoor or outdoor			
	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	
Lim	ts on Screen-Time (n = 4)	2045	2022	
-	Bound Plant Conference (PMC State of DMD) State of DMD St	2010	2020	
	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	
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			

#### Rating Code:

North Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2020 (CTR, LRG, SML) 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

### **OHIO At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Iter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
	stfeeding Support	2010	2020
	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
IB1	Feed infants on cue	4	2
IB2	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
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
		3	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID1			
_	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
	rition (n = 21)	2010	2020
	ition Standards	2010	2020
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2		3	2
NA3		3	2
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3
NIAF	those who are at risk for hypercholesterolemia or obesity	2	4
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	4	2
NB2		3	3
_	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	3
	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
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	1	2
Heal	thy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	2
	child; Teach 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
Phys	ical Activity (n = 11)		
		2010	2020
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
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
PA5	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	2	2
PC3	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		
PD1	day—indoor or outdoor	2	2
	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	2	2
LIM	ts on Screen-Time (n = 4)	2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
<u> </u>	Rating Code:		

#### Rating Code:

Ohio Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*(CTR, LRG, SML); 2016 (CTR, LRG, SML) Regulation fully meets standard Regulation partially meets standard documents also were rated for CACFP changes. Regulation does not address standard Regulation contradicts the standard O State does not regulate care type

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

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Неа	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
_	t 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
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	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	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
	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
	Serve no fruit juice to children younger than 12 months of age	2	2
	ition (n = 21)	l	
_	ition Standards	2010	2020
	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
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
ΝΔ5	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
	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	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	2	3
	hy 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	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 the individual		
NF2	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	2	4
	Do not use food as a reward or punishment	3	4
Phys	ical Activity (n = 11)		
		2010	2020
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
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	3
PA5	Do not withhold active play from children who misbehave	4	4
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	2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	3	3
	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
-1111	S OF Street Printe (II = 4)	2010	2020
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3
-	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
-	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	3
	Rating Code:	_	

#### Rating Code:

Oklahoma Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR); 2017 (CTR, LRG, SML) 4 Regulation fully meets standard Regulation partially meets standard 2 Regulation does not address standard documents also were rated for CACFP changes. Regulation contradicts the standard 0 State does not regulate care type

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

### **OREGON At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards    thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
_	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	3	
	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
	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	1	1
	Introduce age-appropriate solid roots no sooner trial 4 months of age, and preferably around 5 months of age.  Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3
IC3 ID1	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	1
_	Serve no fruit juice to children younger than 12 months of age	1	1
	ition (n = 21)	1	
	ition Standards	2010	2020
		2010	2020
NA2	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods  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  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	3	3
NA4	those who are at risk for hypercholesterolemia or obesity	2	2
NA5	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
NB2	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	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		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2		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		
NF2	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
Phys	ical Activity (n = 11)		
		2010	2020
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
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
_	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
	Allow preschoolers 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 course of the		
PD1	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
Lim	ts on Screen-Time (n = 4)	2010	2020
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
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

#### Rating Code:

4 Regulation fully meets standard Oregon Regulation Rating History: 2010 (CTR, LF NOTE: A starred date (i.e., 2012\* and/or 2017\* documents also were rated for CACFP changes.

1 Regulation does not address standard Regulation contradicts the standard State does not regulate care type

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

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards			
Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2020	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3	
Infa	nt 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	2	
IB1	Feed infants on cue	3	3	
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	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	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	rition (n = 21)			
Nutr	ition Standards	2010	2020	
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	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2	
	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	3	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4	
	Serve fruits of several varieties, especially whole fruits	4	4	
	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	
	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	
NF1	Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4	
NF2	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	2	2	
	Do not use food as a reward or punishment	2	2	
	ical Activity (n = 11)			
		2010	2020	
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 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	
	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	2	2	
PC3		2	2	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2	2	
PE1	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	2020	
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	
_	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			

#### Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Realthy Infant Feeding (n - 1)  Researcheding support  10. In Excessing early support		ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards			
Incl.   Incl	Healthy Infant Feeding (n = 11)				
International content formula to at least age 12 months, not cow's mile, unless written exception is provided  3	Brea	stfeeding Support	2010	2020	
Bit   Feed inflants formals to at least age   2 months, not cov. mill, urriess written exception is provided   3   4	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3	
In   Second information concerns   3	Infar	nt Feeding Practices			
Text    Text	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	4	
Isla   Best affects while bottle receiving. Prostoco an Infant for hortest feeding in the carrighney/basedney among string upon the lap   3   3   3   3   3   3   3   3   3	IB1	Feed infants on cue	3	4	
Inc.   Developatin for introducing are appropriate solid floots in consultation with child's perrett grantfan and primary care provider	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4	
Include to geo-paperprists solid took no sooner than of morths of age   2	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
Incompany   Company   Co	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
DI Serve whole pateurised with cereal fail that just or other foods without primary care provider's written instruction 2 3 4 4 103 Serve whole pateurise, the infrast just one duties you to year of age 2 4 4 103 Serve whole pateurised, for infrast just one duties you to year of age 3 103 Serve whole pateurised from 12 more than 6 age 8 103 Serve more in the province of the pateurised from 12 more than 6 age 8 103 Serve more in the province of the pateurised from 12 more than 6 age 8 103 Serve more as anglor bears - chicken, fish, lean meat, and/or legiones (such as officed feats served, available for the pateurised from 12 more than 6 and avoiding trans fails, subtained fits, and directly find that is a serve meats anglor bears - chicken, fish, lean meat, and/or legiones (such as officed feats served, available for the pateurised find that is a served with a pateurised find from 12 more from 12 served from 12 more from 12 served from 12 more from 12 served from 12 se	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4	
102 Seven wheller furith, manked or purecel, for infirsh 7 months up to 1 year of age 103 Seven on Truly Labor the Children Younger than 1.2 months of age 104 NAL (Limit cits) by choosing minimum trulated and polyumsaturated at an advanting trans fats, saturated fats and fried looks 105 Seven on Truly Seven or Truly Children Seven or	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4	
Mutrition Standards	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
Nutrition fine 21)  Nutrition Standards  Nutrition	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3	
Nutrition   Standards	ID3	Serve no fruit juice to children younger than 12 months of age	2	4	
NAL Jun tools by choosing monounseturisted and polyunisaturisted fats and avoiding trans fats, adularisted fats and fried fineds  2 2 3  ANAL Service metars and offer bears - Chloric, fifty, lam metar and/or legiumes (such, and/or legiumes (such, and/or legiumes (such, and/or legiumes (such, and/or legiumes)), avoiding fine metats  3 2 3  ANAL Service where milk equivalent products (vigout, cottage cheese) using low-fat variaties for 2 years of age and older  5 2 3  ANAL Service whole grain breads, cereals, and pastis  5 2 4 4  ANAL Service whole grain breads, cereals, and pastis  5 2 4 4  ANAL Service whole grain breads, cereals, and pastis  8 2 4 4  ANAL Service whole grain breads, cereals, and pastis  8 2 5 4 4  ANAL Service whole grain breads, cereals, and pastis  8 2 5 4 4  ANAL Service whole grain breads, cereals, and pastis  8 2 5 4 4  ANAL Service whole grain breads, cereals, and pastis  8 2 5 4 4  ANAL Service whole grain breads, cereals, and pastis  8 2 5 4 4  ANAL Service whole grain breads, cereals, and pastis  8 2 6 4  ANAL Service whole grain breads, cereals, and pastis  8 2 6 7 4  ANAL Service whole grain breads, cereals, and pastis  8 2 6 7 4  ANAL Service whole grain breads, cereals, and pastis  8 2 6 7 4  ANAL Service whole grain breads, cereals, and pastis  8 2 6 7 4  ANAL Service whole grain breads, cereals, and pastis  8 2 6 7 4  ANAL Service whole grain breads, cereals, and pastis  8 2 6 7 4  ANAL Service whole grain breads, cereals, and pastis  8 2 6 7 4  ANAL Service whole grain breads, cereals, and pastis  8 2 6 7 4  ANAL Service whole grain breads, cereals, and pastis  8 2 6 7 4  ANAL Service whole grain breads, cereals, and pastis  8 2 6 7 4  ANAL Service whole grain breads, cereals, and pastis  8 2 6 7 4  ANAL Service whole grain breads, cereals, and pastis  8 2 6 7 4  ANAL Service whole grain breads, cereals, and pastis  8 2 7 4  ANAL Service whole grain breads, cereals, and pastis  8 2 8 7 4  ANAL Service whole grain breads, cereals, and pastis  8 2 8 7 4  ANAL Service whole grain	Nuti	ition (n = 21)			
NAZ Serve metats and/or beans: chicken, floh, kan meat and/or legumes (such as dired peas, beans), avoiding fried meats  AND Serve whole pasteurized milk to knelve to twenty-four morth old children who are not on human milk or prescribed formula, or serve reduced fit (2%) pasteurized milk to twelve to twenty-four morth old children who are not on human milk or prescribed formula, or server reduced fit (2%) pasteurized milk to twelve to twenty-four morth old children who are not on human milk or prescribed formula, or server reduced fit (2%) pasteurized milk to the server whole and the first of the server whole pasteurized milk to children two years of age and older  NAS Serve skim or 1% pasteurized milk to children two years of age and older  NAS Serve skim or 1% pasteurized milk to children two years of age and older  NAS Serve vegetables, specifically, dark green, range, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NAS Serve vegetables, specifically, dark green, range, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NAS Serve vegetables, specifically, dark green, range, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NAS Serve vegetables, specifically, dark green, range, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NAS Serve no more than 8 to 12 or juck/day for children 7-12 years of age  NAS Serve no more than 8 to 12 or juck/day for children 7-12 years of age  NAS Serve no more than 8 to 12 or juck/day for children 7-12 years of age  NAS Serve no more than 8 to 12 or juck/day for children 7-12 years of age  NAS Serve no more than 8 to 12 or juck/day for children 7-12 years of age  NAS Serve no more than 8 to 12 or juck/day for children 7-12 years of age  NAS Serve no more than 8 to 12 or juck/day for children 7-12 years of age  NAS Serve no more than 8 to 12 or juck/day for children 7-12 years of age  NAS Serve no more than 8 to 12 or juck/day for children 7-12 years of age  NAS Serve no more th	Nutr	ition Standards	2010	2020	
NA3 Serve other milk equivalent products frogrant, cottage cheese) using low-fat varieties for 2 years of age and older  NA6 Serve whole pastwriter din its to betwee to twenty for urmoth old diffiden who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to 2 3 3 who whole pastwriter din its to rilideren two years of age and older  NB1 Serve whole grain breads, cereals, and pastas  NB2 Serve vergeables, specifically, dark green, corange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NB2 Serve vergeables, specifically, dark green, corange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NB2 Serve vergeables, specifically, dark green, corange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NB2 Serve vergeables, specifically, dark green, corange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NB2 Serve vergeables, specifically, dark green, corange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NB2 Serve vergeables, specifically, dark green, corange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NB2 Serve no more than 4 to 6 or juice/day for children 1-6 years of age  2 4 4  NB3 Serve no more than 4 to 6 or juice/day for children 1-6 years of age  2 5 4  NB3 Serve no more than 4 to 6 or juice/day for children 1-6 years of age  2 6 4  NB4 Serve no more than 8 to 12 or juice/day for children 1-6 years of age  3 7 4  NB4 Serve no more than 8 to 5 or juice/day for children 1-6 years of age  4 9 1 4  NB4 Serve no more than 8 to 5 or juice/day for children 1-6 years of age  5 9 2 4  NB4 Serve no more than 4 to 6 or juice/day for children 1-6 years of age  5 9 2 4  NB4 Serve no more than 8 to 5 or juice/day for children 1-6 years of age  5 9 2 4  NB5 Serve no more than 4 to 6 or juice/day for children 1-6 years of age  5 9 2 4  NB5 Serve no more than 8 to 5 or juice/day for children 1-6 years of age  5 9 2 4  NB5 Serve	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
NAS   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 a bulb those who are not not human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to a bulb the whole who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to a bulb the serve whole the pasteurized milk to children to expect the serve whole the pasteurized milk to a bulb the serve whole the pasteurized milk to children to expect the serve whole the pasteurized milk to a bulb the serve whole the pasteurized milk to a bulb the serve whole the pasteurized milk to a bulb the serve whole the pasteurized milk to a bulb the serve whole the pasteurized milk to a bulb the serve whole the pasteurized milk to a bulb the serve whole the pasteurized milk to a bulb the serve whole the serve whol	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3	
NAM Nose who are a tink for hypercholesterolesteroles or chestly.  NS Serve skine are 1 in Sepasteured milk to olivider not vey ears of age and older  NS Serve whole grain breads, cereals, and pastas  NS Serve skine are 1 in Sepasteured milk to olivider not vey ears of age and older  NS Serve whole grain breads, cereals, and pastas  NS Serve whole grain breads of several varieties, especially whole finds  NS Serve no more than 4 to 5 cz juice/day for children 1-5 years of age  2 4  NS Serve no more than 4 to 5 cz juice/day for children 1-5 years of age  2 5  NS Serve no more than 4 to 5 cz juice/day for children 1-5 years of age  3 6  NS Serve no more than 4 to 5 cz juice/day for children 1-5 years of age  4 7  NS Serve no more than 4 to 5 cz juice/day for children 1-5 years of age  4 8  NS Serve no more than 4 to 5 cz juice/day for children 1-5 years of age  4 9  NS Serve no more than 4 to 5 cz juice/day for children 1-5 years of age  4 9  NS Serve no more than 4 to 5 cz juice/day for children 1-5 years of age  4 9  NS Serve no more than 4 to 5 cz juice/day for children 1-5 years of age  4 9  NS Serve no more than 4 to 5 cz juice/day for children 1-5 years of age  5 9  NS Serve no more than 4 to 5 cz juice/day for children 1-5 years of age  5 9  NS Serve no more than 4 to 5 cz juice/day for children 1-5 years of age  5 9  NS Serve no more than 4 to 5 cz juice/day for children 1-5 years of age  5 9  NS Serve no more than 4 to 5 cz juice/day for children 1-5 years of age	NA3		2	3	
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NB1 Serve whole grain breads, cereals, and pastass  NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  NC1 Use only 100% juice with no added sweeteners  NC2 Offer juice (100%) only during meal times  NC3 Serve no more than 4 to 5 or juice/day for children 1-5 years of age  NC3 Serve no more than 4 to 6 or juice/day for children 1-5 years of age  NC3 Serve no more than 4 to 6 or juice/day for children 1-5 years of age  NC3 Serve no more than 4 to 6 or juice/day for children 1-2 years of age  NC4 Serve no more than 6 to 10 yeilo/eday for children 1-2 years of age  NC5 Serve no more than 6 to 10 yeilo/eday for children 1-2 years of age  NC6 Serve no more than 6 to 10 yeilo/eday for children 1-2 years of age  NC7 Serve no more than 6 to 10 yeilo/eday for children 1-2 years of age  NC8 Serve no more than 6 to 10 yeilo/eday for children 1-2 years of age  NC9 Serve no more than 6 to 10 yeilo/eday for children 1-2 years of age  NC9 Serve no more than 6 to 10 yeilo/eday for children 1-2 years of age  NC9 Serve no more than 6 to 10 yeilo/eday for children 1-2 years of age  NC9 Serve no more than 6 to 10 yeilo/eday for children 1-2 years of age  NC9 Serve no more than 6 to 50 yeilo/eday for children 1-2 years of age  NC9 Serve no more than 6 to 50 yeilo/eday for children 1-2 years of age  NC9 Serve no more than 6 to 50 yeilo/eday for children 1-2 years of age  NC9 Serve no more than 6 to 50 yeilo/eday for children 1-2 years of age  NC9 Serve no more than 6 to 50 yeilo/eday for children 1-2 years of age  NC9 Serve no more than 6 to 50 yeilo/eday for children 1-2 years of age  NC9 Serve no more than 6 to 50 yeilo/eday for children 1-2 years of age  NC9 Serve no more than 6 to 50 years years of age  NC9 Serve no more than 6 to 50 years years of age  NC9 Serve no more than 6 to 50 years years of age  NC9 Serve no more than 6 to 50 years years of age  NC9 Serve no more than 6 to 50 years years of age  NC9 Serve no more than 6 to 50 years years of a					
182 Serve regetables, specifically, dark green, range, deep yellow vegetables, and not vegetables, such as potatoes and viandass  2 3 183 Serve re fruits of several varieties, especially whole fruits  2 4 10 Use only, 100% juice with no added sweetners  2 4 10 Cl. Offer juice [1,00%] only during meal times  2 4 10 Cl. Offer juice [1,00%] only during meal times  3 Serve no more than 4 to 6 up juiced day for children 1-6 years of age  2 4 10 Cl. Serve no more than 4 to 6 up juiced day for children 7-12 years of age  2 4 10 Make water available both inside and outside  10 Make water available both inside and outside play as a characteristic of the make water available both inside and outside play as a characteristic of the children barrow one rome additional servings of the nutritions should be a formation of the children to have one or more additional servings of the nutritions should be a formation of the inside of the inside and outside play and place and the service of provide of the individual of the inside and outside play and place and					
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INCL   See only 100% joinc with no added sweeteners   2					
NC2 Offer juice (100%) only during meal times  NC3 Serve no more than 8 to 12 outled/day for children 1-6 years of age  2 4  NC3 Serve no more than 8 to 12 outled/day for children 7-12 years of age  2 4  ND1 Make water available both inside and outside  3 2 2  ND2 Avoid sugar, including concentrated sweets such as candy, sodias, sweetened drinks, fruit nectars, and flavored milk  2 3  ND2 Avoid sugar, including concentrated sweets such as candy, sodias, sweetened drinks, fruit nectars, and flavored milk  1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  1 2 2  ND2 Require adults eating meals with children to eat items that meet nutrition standards  1 2 2  ND2 Require adults eating meals with children to eat items that meet nutrition standards  2 2 3  ND3 Service in the size of ga-apportate portions  2 2 4  ND4 Service in the size of ga-apportate portion size and monitor their portions  ND4 Do not offere or bribe children who require limited portions about portion size and monitor their portions  ND4 Provide children with adequate space for both inside and outside play  PD4 Provide children with adequate space for both inside and outside play  PD4 Provide children with adequate space for both inside and outside play  PD4 Provide children with adequate space for both inside and outside play  PD4 Provide children with adequate space for both inside and outside play  PD5 Denot written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  2 2 2  PD4 Provide children with adequate space for both inside and outside play  PD5 Denot written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  2 2 2  PD4 Provide children with adequate space for both inside and outside play  PD5 Denot written policies on the promotion of physical activity and the removal of potential barriers to physical activity participati					
NC3   Serve no more than 4 to 6 oz juice/day for children 1-6 years of age   2   4   NC4   Serve no more than 8 to 12 oz juice/day for children 7-12 years of age   2   4   NC4   Serve no more than 8 to 12 oz juice/day for children 7-12 years of age   2   4   NC4   Serve no more than 8 to 12 oz juice/day for children 7-12 years of age   2   4   NC4   NC5   Limit salt by avoiding salty foods such as chips and pretels   2   2   2   NC5   Avoid sugar, including concentrated weeks such as chapts, sodas, sweetened drinks, fruit nectars, and flavored milk   2   2   3   NEalthy Wealtime Practices   2   2   NC5   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   2   2   3   NEALTHY Wealtime Practices   NC5   Require adults eating meals with children to eat items that meet nutrition standards   2   2   2   NC5   Require adults eating meals with children to eat items that meet nutritions doods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual   2   2   4   NC5   NC5					
NGC   Serve no more than 8 to 12 oz jucke/day for children 7-12 years of age   2   4   ND1   Make water available both inside and outside   4   4   4   ND2   Make water available both inside and outside   2   2   2   NG2   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   2   3   NB2   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   2   3   NB2   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   2   2   NB2   Require adults esting meals with children to eat items that meet nutrition standards   2   2   2   NB2   Require adults esting meals with children to eat items that meet nutritions transdards   2   2   2   NB2   Server small-sized, age-appropriate portions   2   4   NB2   Server small-sized, age-appropriate portions   2   4   NB2   Server small-sized, age-appropriate portions   2   4   NB2   Demitt 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 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 children to be at children to read the children to eat   2   4   NB2   Do not use food as a reward or punishment   2   2   4   NB2   Do not use food as a reward or punishment   2   2   4   NB2   Provide children with adequate space for both inside and outside play   2010   2020   NB3   Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation   2   2   NB3   Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation   2   2   4   NB4   Provide children with adequate space for both inside and outside play   2   2   4   NB4   Provide					
NDI   Make water available both inside and outside   4   4   4   NOI   Limit sait by avoiding salty foods such as chips and pretzels   2   2   2   3   3					
NGI   Limit salt by avoiding salty foods such as chips and pretzels   2   3   3   3   3   3   3   3   3   3					
NG2   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   2   3					
Healthy Mealtime Practices  NEI. Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  2 2 2  NEI. 2 Require adults eating meals with children to eat items that meet nutrition standards  2 2 4  NF2 Require adults eating meals with children to eat items that meet nutrition standards  2 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  NHI. Do not force or bribe children to eat  NHI. Do not force or bribe children to eat  NHI. Do not force or bribe children to eat  NHI. Do not sus food as a reward or punishment  Physical Activity (n=11)  Provide children with adequate space for both inside and outside play  NHI. Provide children with adequate space for both inside and outside play  PAI. Provide children with adequate space for both inside and outside play  PAI. Provide children with adequate space for both inside and outside play  PAI. Provide children with adequate space for both inside and outside play  PAI. Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  2 2  PAI. Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  2 2  PAI. Provide daily for all children, pith to 16 years, two to three occasions of active play outdoors, weather permitting  2 3  PAI. Provide original pith to 18 years, two to three occasions of active play outdoors, weather permitting  2 4  PAI. Provide adult for all children, pith to 16 years, two to three occasions of active play outdoors, weather permitting  2 2  PAI. Provide adult for all children, pith to 16 years, two to more structured or craciquery feacher/ adult-led activities or games that p					
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       2         NF2       Serve small-sized, age-appropriate portions       2       4         NF2       Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 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 children who require limited portions and nontrope or bribe children who require limited portions and nontrope or bribe children who require limited portions size and monitor their portions       2       4         NH2       Do not use food as a reward or punishment       3       4         Physical Activity In = 11)       2010       2020         PA1       Provide children with adequate space for both inside and outside play       4       4         PA2       Provide children with adequate space for both inside and outside play       2       2         PA2       Provide children with adequate space for both inside and outside play       2       2         PA3       Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation       2			2	3	
NEZ Require adults eating meals with children to eat items that meet nutrition standards  2 2 3  NF1 Serve small-sized, age-appropriate portions 2 4 4  Permit Inclidren 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 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 children to eat 2 4  NH1 Do not force or bribe children to eat 2 4  NH2 Do not use food as a reward or punishment 3 4  Physical Activity (n = 11)  PAD Provide children with adequate space for both inside and outside play 4 4 4  PAQ 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 2  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so 2 2 2  PA5 Do not withhold active play from children who misbehave 2 4  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 2 3 3  A 10w toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 4  PC3 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 9  Provide daily for all children, birth to six years, two or three occasions physical activity 9  PC3 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 9  PC4 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 9  PC5 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 9  PC6 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 9  PC7 Allow			_	_	
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NH1   Do not force or bribe children to eat   2   4	NF2		2	3	
NH2 Do not use food as a reward or punishment  Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA3 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  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  3 4  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  3 3 4  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  3 3 4  PC3 Indicate the provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised turmny time every day when they are awake  PC2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all turnits on Screen-Time (n = 4)  PC2 In this on Screen-Time (n = 4)  PC3 In turnits on Screen-Time (n = 4)  PC4 In the provide daily for children 2 years and older to not more than 30 min. weekly  PC5 In the provide daily for children 2 years and older only for educational purposes or physical activity  PC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical	NH1		2	4	
Physical Activity (n = 11)  Provide children with adequate space for both inside and outside play  PAI Provide children with adequate space for both inside and outside play  PAZ Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote 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 Allow preschoolers 90-120 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 Insure that infants have supervised tummy time every day when they are awake  PC5 Le insure that infants have supervised tummy time every day when they are awake  PC6 Le insure that infants have supervised tummy time every day when they are awake  PC7 Le insure that infants have supervised tummy time every day when they are awake  PC8 Le infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  Limit total media time for children 2 years and older to not more than 30 min. weekly  PC8 Limit total media time for children 2 years and older only for educational purposes or physical activity  PC9 Le infant lequipment and the process or physical activity					
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  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  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  2 3  4 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  3 4  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  3 3  3 PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  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  1 Imits on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Use screen media with children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older to not more than 30 min. weekly  2 4  PB4 Do not utilize TV, video, or DVD viewing during meal or snack time					
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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  2 3  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  3 4  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 course of the day—indoor or outdoor  PE1 Ensure that infants have supervised turmy time every day when they are awake  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)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  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	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
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  3 4  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 course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  2 2  PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	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	
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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 course of the day—indoor or outdoor  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)  PD1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  PB4 Do not utilize TV, video, or DVD viewing during meal or snack time  2 2  2 3  PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3	
PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  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)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4	
PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  2 2 2  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	PC3		3	3	
day—indoor or outdoor   PE1   Ensure that infants have supervised tummy time every day when they are awake   2   2   2   2   2   2   2   2   2	PD1		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)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  PB4 Do not utilize TV, video, or DVD viewing during meal or snack time  2 2  PB4 Do not utilize TV, video, or DVD viewing during meal or snack time					
Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  PB4 Do not utilize TV, video, or DVD viewing during meal or snack time					
20102020PB1Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years23PB2Limit total media time for children 2 years and older to not more than 30 min. weekly23PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time24			2	2	
PB1Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years23PB2Limit total media time for children 2 years and older to not more than 30 min. weekly23PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time24	LIM	ts on Screen-Time (n = 4)	2045	2022	
PB2Limit total media time for children 2 years and older to not more than 30 min. weekly23PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time24	P	Provide Provide Andrews (PMA), the condition of the State			
PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time24					
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time					
	РВ4		2	4	

#### Rating Code:

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

Rhode Island Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (LRG, SML); 2013 (CTR); 2017 (CTR)/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.

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2020
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infar	nt 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
	ition (n = 21)	_	
	ition Standards	2010	2020
	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
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%) pasteurized milk to		
NA4	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
_	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	4	4
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2
		1	3
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	hy Mealtime Practices	1 2	2
	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  Remail skilds a to have one or more additional consists of the nutritions foods that are less in fact, ages, and additional to most the coloring and the individual	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
NILI1	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
		3	3
PHYS	ical Activity (n = 11)	2010	2020
DAT	Descride abildean with a degreete cases for both incide and extends also	2010	2020
PAI	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
_	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
PA5	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	2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
	day—indoor or outdoor		
_	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	3	3
Limi	ts on Screen-Time (n = 4)		
		2010	2020
	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	3	3
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

#### Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation contradicts the standard
South Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG); 2017 (SML)/2017\* (CTR, LRG)
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.

Regulation contradicts the standard
State does not regulate care type

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Hea	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	2
	It 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
IB1	Feed infants on cue	4	4
IB2	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
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  Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID1			
_	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)	2040	2020
	ition Standards	2010	2020
	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%) pasteurized milk to	2	2
	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	2
	Serve whole grain breads, cereals, and pastas	2	2
NB2	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
ND1	Make water available both inside and outside	2	2
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
Heal	hy 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	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 the individual	2	2
	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
Phys	ical Activity (n = 11)		
		2010	2020
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
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
	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
	Allow preschoolers 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 course of the		
PD1	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
LIM	ts on Screen-Time (n = 4)	2010	2020
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
	Particular de de de la Constantina della Constan	2	2
_	Limit total media time for children 2 years and older to not more than 30 min. weekly	_	
PB2		2	2
PB2 PB3	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	1	2

#### Rating Code:

South Dakota Regulation Rating History: 2010 (CTR, LRG, SML) 4 Regulation fully meets standard 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:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	iter-based child care licensing regulations and support of 47 nigh-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	restfeeding Support	2010	2020
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	nt 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	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	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	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	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	2	3
ID3	Serve no fruit juice to children younger than 12 months of age	2	4
Nut	rition (n = 21)		
Nuti	ition Standards	2010	2020
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	2
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	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%) pasteurized milk to		
NA4	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	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	2	4
	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	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	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	4	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	2	4
141 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 the individual		7
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	3
NH1	Do not force or bribe children to eat	4	3
_	Do not use food as a reward or punishment	4	4
	sical Activity (n = 11)		
		2010	2020
ΡΔ1	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	3
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	3
PA5	Do not withhold active play from children who misbehave	4	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	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3
	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)		
<u> </u>		2010	2020
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
	Use screen media with children age two years and older only for educational purposes or physical activity	3	4
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
	Rating Code:		

#### Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

### **TEXAS At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards    thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	4
	nt Feeding Practices	2	4
_	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	3	3
IB2	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
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  Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID1			
_	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	4
	rition (n = 21)	2040	2020
	ition Standards	2010	2020
	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	2	2
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
	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	2
	Serve whole grain breads, cereals, and pastas	3	4
NB2	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	3	3
	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
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	2	3
Heal	hy 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	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
	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	4	4
Phys	ical Activity (n = 11)		
		2010	2020
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
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
PA5	Do not withhold active play from children who misbehave	4	4
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4
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
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	2
	Ensure that infants have supervised tummy time every day when they are awake	4	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Lim	ts on Screen-Time (n = 4)	2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

#### Rating Code:

4 Regulation fully meets standard Te
3 Regulation partially meets standard NC
2 Regulation does not address standard do
1 Regulation contradicts the standard
0 State does not regulate care type

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

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.

### **UTAH At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	iter-based child care licensing regulations and support of 47 nigh-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	refeeding Support	2010	2020
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	nt 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
Nut	rition (n = 21)		
Nutr	ition Standards	2010	2020
NA1	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%) pasteurized milk to		
NA4	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
	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	3	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
	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
INFI	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	4	4
NF2	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
_	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)		
		2010	2020
ΡΔ1	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
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
	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	2	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
	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	3
LIM	its on Screen-Time (n = 4)	2010	2020
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3
_	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
LFD4	Do not duite 114, video, of DVD viewing duffing fried of strack time	2	

#### Rating Code:

Regulation fully meets standard

Regulation partially meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

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

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	Iter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
	stfeeding Support	2010	2020
	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	4	4
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	4
IB1	Feed infants on cue	4	4
IB2	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
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
		2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
ID1			
	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	3	4
	rition (n = 21)	2040	2020
	ition Standards	2010	2020
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2		2	3
NA3		2	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
NAF	those who are at risk for hypercholesterolemia or obesity	2	4
	Serve skim or 1% pasteurized milk to children two years of age and older	2	3
	Serve whole grain breads, cereals, and pastas		
NB2		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
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	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	2	3
	hy Mealtime Practices	1	
	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	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	3
	child; Teach children who require limited portions about portion size and monitor their portions	2	_
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)	2040	2020
		2010	2020
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	4	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	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	4
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 course of the		
	day—indoor or outdoor	2	2
	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
LIM	ts on Screen-Time (n = 4)	2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	4	3
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

#### Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

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.

### **VIRGINIA At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards    thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
_	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	3	
	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
	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
		3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID1			
_	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
	ition (n = 21)	2040	2020
	ition Standards	2010	2020
	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
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
NAE	those who are at risk for hypercholesterolemia or obesity  Source thinger 10' pasta united milk to children two years of are and older.	2	4
	Serve skim or 1% pasteurized milk to children two years of age and older	3	3
	Serve whole grain breads, cereals, and pastas		
NB2	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	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
	hy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	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	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
	child; Teach children who require limited portions about portion size and monitor their portions	2	
_	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)	2040	2020
<u> </u>		2010	2020
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
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
PA5	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	2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	4	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	ts on Screen-Time (n = 4)	2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
_	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Virginia Regulation Rating History: 2010 (CTR); 2011 (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.

### **WASHINGTON At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

Realthy Infant Feeding (n=1)		ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Institute   Inst	Hea	Ithy Infant Feeding (n = 11)		
International continues of the continues	Brea	stfeeding Support	2010	2020
A	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Bit   Store of familiars to some   4   4   4   4   4   4   4   4   4	Infai	nt Feeding Practices		
10   10   10   10   10   10   10   10	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
Ital   Develop part for moutant part of the part of the carried previous and many care provider   4   3   3   4   4   4   3   4   4   4	IB1	Feed infants on cue	4	4
Italy   Select informs while boths Feeding. Postution an infinish for boths Feeding in the carrigore/bastedre's arms or string up on the lap	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
Include the pass appropriate solid clock in a soner than 6 menths of age   3			4	4
Isa   Introduce breastfed infants; gradually to ron fortified books no some than four months of age, but preferably amond six months   2	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	3
Description of feed an infant formular mixed with correst, final piece or other foods without primary core provider's written instruction   1   3   4	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
10.2 Seven wheller furiths, manheted or purecel, for infinith 7 months up to 1 year of age 10.3 Seven on front than 50 and 50 an	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	4	4
10.2 Seven wheller furiths, manheted or purecel, for infinith 7 months up to 1 year of age 10.3 Seven on front than 50 and 50 an	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
Nutrition fine 21)  Nutrition Standards  Nutrition			1	3
Nutrition fine 21)  Nutrition Standards  Nutrition	ID3	Serve no fruit juice to children younger than 12 months of age	1	4
Nutrition Standards  All Limit dis by Docosing monausaturated and polyunsaturated fats and avoiding trans fats, salurated fats and freed foods  2 2 3  ANA Bill Limit dis by Docosing monausaturated and polyunsaturated fats and avoiding trans fats, salurated fats and freed foods  2 2 3  ANA Bill Limit dis by Docosing monausaturated and polyunsaturated fats and avoiding trans fats, salurated fats and freed foods  3 3 3  ANA Bill Serve meats and/or beause-chicken, fibi, lean meat, and/or legiumes (such as dried peas, beaves), avoiding father meats  3 3 3  ANA Bill Serve white pasticurated milk to browle to two-the four month old filled members of a great and older  3 4 3  ANA Bill Serve white pasticurated milk to thirder who years of age and older  4 2 4  ANA Bill Serve white a strik fact hypercheletratedmain a cheekers  5 2 4  ANA Bill Serve white a strik fact hypercheletratedmain and beautiful to thirder who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to thirder who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to thirder who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to thirder who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to thirder who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to thirder who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to thirder who are not on the serve and the ser				
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NAZ Serve metats and/or beans -chicken, fish, kan meat and/or legames (such as dired peas, Seans), a voiding fried meats  All Serve or other with equalizating routest (yought, coffigure cheese) using low for vioritetis for 2 years of age and older  And Serve whole pasteurized milk to knewbe to twenty-frour month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the whole to twenty-frour month old children who are not on human milk or prescribed formula, or server reduced fat (2%) pasteurized milk to the server server and the server server and the server server and the server server server and the server server server.  NAS Serve ve skim or 1% pasteurized milk to children two years of age and older  NAS Serve ve skim or 1% pasteurized milk to children two years of age and older  NAS Serve ve vegetables, specifically, fask green, range, deep yellow vegetables, and root vegetables, such as potatoes and viandas  NAS Serve vegetables, specifically, fask green, range, deep yellow vegetables, such as potatoes and viandas  NAS Serve vegetables, specifically, fask green, range, deep yellow vegetables, such as potatoes and viandas  NAS Serve no root server a varieties server	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NAB 3 Serve where milk equivalent products (yegunt, cottage cheese) using low-far to varieties for 2 years of age and older 3 serve whole gasteutriced milk to twelve to twenty-froe morth old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteutried milk to 3 s 3 s 3 s 3 s 3 s 3 s 3 s 3 s 3 s 3				3
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1822 Serve vegetables, specifically, dark green, orange, deep yellow vegetables, and not vegetables, such as potatoes and viandas  183 Serve future of several varieties, especially whole fruits  180 Cl. Use only, 100% juice with no added sweeteners  181 Cl. Use only, 100% juice with no added sweeteners  182 Cl. Use only, 100% juice with no added sweeteners  182 Cl. Use only, 100% juice with no added sweeteners  183 Serve no more than 4 to 6 juice/day for children 1-6 years of age  284 Cl. Serve no more than 4 to 6 juice/day for children 7-12 years of age  285 Very no more than 4 to 6 juice/day for children 7-12 years of age  286 Very no more than 4 to 6 juice/day for children 7-12 years of age  287 Very no more than 4 to 10 juice/day for children 7-12 years of age  288 Very no more than 4 to 10 juice/day for children 7-12 years of age  288 Very no more than 4 to 10 juice/day for children 7-12 years of age  289 Very no ve	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
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INCL   See only 100% jalce with no added sweetners   4	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
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NC3   Serve no more than 4 to 6 or juice/day for children 1-6 years of age	NC1	Use only 100% juice with no added sweeteners	4	4
NCC Serve no more than 8 to 12 oz jucie/day for children 7-12 years of age  10 Make water available both inside and outside  21 4 10 Make water available both inside and outside  22 4 10 Make water available both inside and outside  23 2 10 MISE Limits at thy avoiding salty froods such as clinys and pretzels  10 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  22 2 10 MISE Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  10 Each children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  10 Each children appropriate portions is such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  10 Each children appropriate portions sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  10 Each children appropriate portions  10 Each 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; reach children who nave 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 children to have one or more additional servings of the nutritious food shat are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children to be at the caloric needs of the individual children to be at the caloric needs of the individual children to eat the caloric needs of the individual children to be at the caloric needs of the individual children to be at the caloric needs of the individual children to be at the caloric needs of the individual children to be at the caloric needs of the individual children to be at the caloric needs of the individual children to be at the caloric needs of the individual children to be at the caloric needs of the individual childre	NC2	Offer juice (100%) only during meal times	2	4
NDI   Make water available both inside and outside   2   4	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
NGI   Limit salt by avoiding salty foods such as chips and pretzels   2   2   2   NGZ   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   3   3   3   3   3   3   3   3   3	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
NG2   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   18	ND1	Make water available both inside and outside	2	4
NG2   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   Neathine Practices	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
Healthy Mealtime Practices  NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  2 3  REZ Require adults eating meals with children to eat items that meet nutrition standards  2 2  2 3  NEI Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; reach children who require limited portions about portion size and monitor their portions  NHI Do not force or bribe children to eat  NI Do not force or bribe children to eat  NHI Do not force or bribe children appropriate portions about portion size and monitor their portions  Physical Activity (n=11)  PAI Provide children with adequate space for both inside and outside play  POI Provide children with adequate space for both inside and outside play  POI Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  2 2  PAI Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  2 2  PAI Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  2 4  POI Provide daily for all children, birth to 5 years, two to three occasions of active play outdoors, weather permitting  3 3  POI Provide daily for all children, birth to 5 years, two to three occasions of active play outdoors, weather permitting  3 4  POI Provide daily for all children, birth to 5 years, two to tomes true vigorous physical activity  POI daily for all children, birth to 5 years, two to more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  POI Verifice daily for all children, birth to 5 xyears,			3	3
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PB4       Do not utilize TV, video, or DVD viewing during meal or snack time       2       4				
	РВ4		2	4

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Washington Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG, SML); 2017\*(LRG, SML); 2019 (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.

### **WEST VIRGINIA At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

IAL   Encourage and support beastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site   2   Infrast Feeding Practices     IAZ   Sore human milk or infant formula to at less stage 12 months, not cover milk, unless written exception is provided   3     I redult infants on one   4       I redult infants one   3         I redult infants one   3         I redult infants one   3         I redult infants one   3         I redult infants one   3         I redult infants one   3         I redult infants one   3           I redult infants one   3           I redult infants one   3               I redult infants one   3		ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
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Table   Service Human milk or related to one less stage 1.2 months, not cover milk, unless written exception is provided   4	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
181 Year dinfants on cue 182 Do not feel and intrate beyond sately; Allow infant to stop the feeding 183 India dinfants while bother feeding; Position an infant for bother feeding in the caregiver/feedier's arms or sitting up on the lap 184 India dinfants while bother feeding; Position an infant for bother feeding in the caregiver/feedier's arms or sitting up on the lap 185 India dinfants while bother feeding; Position an infant for bother feeding in the caregiver/feedier's arms or sitting up on the lap 186 India dinfants while bother feeding; Position an infant for bother feeding and provider in the lap of the position of the dinfant feeding in the caregiver/feedier's arms or sitting up on the lap 185 India dinfants while bother feeding in the caregiver/feedier's arms of sitting up on the lap 185 India dinfants while bother feeding in the caregiver feeding i	Infan	nt Feeding Practices		•
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183   105   Conception for introducing age appropriate solid foods in consultation with which graver (particular) and primary care provider   4   102   Introduce age appropriate solid foods in consultation with which graver (particular) and primary care provider   4   102   Introduce age appropriate solid foods no sooner than at months of age, and preferably around is months of age   3   1   102   Introduce age appropriate solid foods no sooner than at months of age   3   1   102   Introduce age appropriate solid foods no sooner than at months of age   102   Introduce age appropriate solid foods no sooner than at months of age   102   Introduce age appropriate solid foods no sooner than at months of age   102   Introduce age age age age age age age age age ag	IB1	Feed infants on cue	4	4
193 You dis infants while better feeding. Position an infant for botter feeding in the cangewer/leacher's amus or sitting up on the lap 12 Introduce age-appropriate soll foods in cosion inconsulation which also parverligiously and grinding and primary care provider. 13 Introduce the presented infants is grantly to inno fertified sols in cosioner than 4 months of age. 13 Introduce brestled infants is grantly to inno fertified sols in cosioner than 4 months of age. 19 Introduce presented infants is grantly to inno fertified sols in sooner than 6 months of age. 19 Serve white first, instead or pursely for infants. In an introduce age and preferably around its months. 19 Serve white first, instead or pursely for infants. In an introduce age and infant formula mised with cereal, fruit just or other foods without primary care provider's written instruction. 2 Intritition (19 2 Intrititio	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	3
Total Control Contro			3	3
ISB   Introduce breastfed intains gradually to riso-fortified foods no sooner than four months of age, but prefetably around six months   3   10   10   20   20   10   20   10   20   10   20   10   20   10   20   10   20   10   20   2	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	4
ISB   Introduce breastfed intains gradually to riso-fortified foods no sooner than four months of age, but prefetably around six months   3   10   10   20   20   10   20   10   20   10   20   10   20   10   20   10   20   10   20   2	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
IDI   Discreted an infant formula mised with create, flush juice or other foods without primary care provider's written instruction   2   1   1   1   1   1   1   1   1   1	IC3		3	3
122 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age 13. Serve on this light or biddien younger than 12 months of age 14. Notifician (n = 21)  Noti				2
103 Serve no finit by lace to children younger than 12 months of age Nutrition (1 = 21) Nutrition (1 = 21) Nutrition Standards NAI Limit als by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods NAI Serve member and/or beams - chicken, flush, likan meat, and/or legumes (such as dried peas, beans), avoiding fried meab NAI Serve whole pasturated mits to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized mits to a serve other milk equivalent products (yount, cottage cheese) using low-fat varieties for 2 years of age and older NAI Serve whole pasturated mits to the when to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to 3 serve whole pasturated mits to the whole to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to 3 serve whole grain breads, cereals, and pastas NaI Serve finits of several varieties, especially whole finits 101 Use only follow five with no added seveetnems 102 Offer juce (100%) only during meal times 103 Serve no more than a 1st 12 ca pulce/day for children 1-2 years of age 104 Serve no more than 1st 102 ca pulce/day for children 7-12 years of age 105 Nai Serve no more than 1st 102 ca pulce/day for children 7-12 years of age 107 Avoid segar, including concentrated sweets such as cannoy, sodos, sweetened drinks, fruit necturs, and flavored milk 108 Limit saft by avoiding safty foods such as chips and prettels 109 Naike vater available both inseed and outside 109 And we vater available both inseed and outside 109 And we vater available both inseed and outside play 109 And we vater available both inseed and outside play 109 A			1	1
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IAIA I Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods  A2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats  A3 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 a fish for hypercholesteroblenia or obesity  A3 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 this own as a fish for hypercholesteroblenia or obesity  A3 Serve skim or 1½ pasteurized milk to children who years of age and older  A4 Serve skim or 1½ pasteurized milk to children who years of age and older  A5 Serve skim or 1½ pasteurized milk to children who years of age and older  A6 Serve we gestables, specifically, dark green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas  A6 Serve no more than at 0.6 or pictor/tay for children 1.6 years of age  A6 Serve no more than 6 to 10 co pictor/tay for children 1.6 years of age  A7 Serve no more than 6 to 10 co pictor/tay for children 1.6 years of age  A7 Serve no more than 6 to 10 co pictor/tay for children 1.6 years of age  A7 Serve no more than 6 to 10 co pictor/tay for children 1.6 years of age  A7 Serve no more than 6 to 10 co pictor/tay for children 1.6 years of age  A7 Serve no more than 8 to 10 co pictor/tay for children 1.6 years of age  A7 Serve no more than 8 to 10 co pictor/tay for children 1.6 years of age  A7 Serve no more than 8 to 10 co pictor/tay for children 1.6 years of age  A7 Serve no more than 8 to 10 co pictor/tay for children 1.6 years of age  A7 Serve no more than 8 to 10 co pictor/tay for children 1.6 years of age  A7 Serve no more than 8 to 10 co pictor/tay for children 1.6 years of age  A7 Serve no more than 8 to 10 co pictor/tay for children 1.6 years of age  A			2010	2020
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Physical Activity (n = 11)  Pal Provide children with adequate space for both inside and outside play  Pal Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Pal Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Pal Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Pal 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  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Pc5 Ensure that infants have supervised tummy time every day when they are awake  Pc6 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)				4
PA1 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote 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  3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  3 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  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)				
PA2 Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote 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 Allow preschoolers 90-120 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 Allow for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PC5 Ensure that infants have supervised tummy time every day when they are awake  PC6 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	THYS	ical Activity (II-11)	2010	2020
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote 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  3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  3 PC4 Allow for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	DA1	Dravida children with adaquata space for both inside and outside play		4
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  3 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	FAI	r rovide children with adequate space for both inside and outside play		
PAA Require caregivers/teachers to promote children's 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  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  3 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  3 PC4 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  3 PC5 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PC5 Ensure that infants have supervised tummy time every day when they are awake  PC6 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)				2
PAS 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  3 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  3 PC4 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  3 PC5 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PC5 Ensure that infants have supervised tummy time every day when they are awake  PC6 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2
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  3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  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  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
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  3 PC4 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  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	PA5	Do not withhold active play from children who misbehave	4	4
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 course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1 day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	PC3		3	3
PE1     Ensure that infants have supervised tummy time every day when they are awake     2       PE2     Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all     2       Limits on Screen-Time (n = 4)	PD1		2	2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)	PF1		2	4
Limits on Screen-Time (n = 4)				4
				4
	5,111	S on selection time (11-4)	2010	2020
	DD 1	Do not utilize media (television [TV] video and DVD) viewing and computers with children vounger than 2 years		
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  BB2 Limit total media time for children 2 years and elder to not more than 30 min. weekly.				3
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  3  PB2 Use seepen media with abildren are two years and older only fave dynatical activity.				3
PB3 Use screen media with children age two years and older only for educational purposes or physical activity  2  PB4 Denotativities TV video or DVD viewing during meal or space time.	יים ח	LUSE SCIERCI MEDIA WITH CHILDREN APE TWO VEATS AND ORDER ONLY TOLERONGATIONAL DUROSPORT OF DISCUSSIONAL ACTIVITY		2
PB4   Do not utilize TV, video, or DVD viewing during meal or snack time			2	2

#### Rating Code:

West Virginia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR); 2017 (LRG, SML) 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

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards    thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
	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	3	
	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
	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
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
IC3	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 whole truits, masked on pureed, for marks 7 months up to 1 year or age  Serve no fruit juice to children younger than 12 months of age	1	4
	ition (n = 21)	1	4
	ition Standards	2010	2020
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2020
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  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	3	3
NA4	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
	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
_	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	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
	hy 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
	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		
NF2	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
Phys	ical Activity (n = 11)		
		2010	2020
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	3
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
	Do not withhold active play from children who misbehave	4	4
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
	Allow preschoolers 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 course of the		
PD1	day—indoor or outdoor	2	2
	Ensure that infants have supervised tummy time every day when they are awake	4	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Lim	ts on Screen-Time (n = 4)	2010	2020
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

Wisconsin Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (LRG, SML); 2019 (CTR, SML)

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 Introduction)

### **WYOMING At A Glance:**

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards										
	thy Infant Feeding (n = 11)										
	stfeeding Support	2010	2020								
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2								
Infar	t 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	2								
IB1	Feed infants on cue	4	4								
IB2											
IB3											
IC1											
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											
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								
Nuti	ition (n = 21)										
Nutr	ition Standards	2010	2020								
NA1	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	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%) pasteurized milk to										
NA4	those who are at risk for hypercholesterolemia or obesity	2	2								
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2								
NB1	Serve whole grain breads, cereals, and pastas	2	2								
NB2	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								
NC1	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								
	hy Mealtime Practices										
_	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								
_	Serve small-sized, age-appropriate portions	2	4								
IALT	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		4								
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	3								
NH1	Do not force or bribe children to eat	4	3								
_	Do not use food as a reward or punishment	3	3								
	ical Activity (n = 11)										
		2010	2020								
ΡΔ1	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	3	3								
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								
PA5	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	2	3								
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2								
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2								
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2								
	day—indoor or outdoor										
	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	3	3								
Limi	ts on Screen-Time (n = 4)										
		2010	2020								
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2								
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								
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2								
	Rating Code:										

#### Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
State does not regulate care type

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

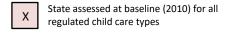
NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

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

### Table 1. State Assessment Years 2010 to 2020

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

					Yea	rs Ra	ated										Yea	rs Ra	ated				
	2	2	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	0	State	0	0	0	0	0	0	0	0	0	0	0
State	1	1	1	1	1	1	1	1	1	1	2	State	1	1	1	1	1	1	1	1	1	1	2
	0	1	2	3	4	5	6	7	8	9	0		0	1	2	3	4	5	6	7	8	9	0
Alabama	Х		Х						Х	Х		Montana	Х		X					X			Ш
Alaska	X		X					X				Nebraska	Х		X	X				X			Ш
Arizona	Х	X								Х	Х	Nevada	Х		Х						Х		
Arkansas	X	X				Х		X			Х	New Hampshire	Х							Х			
California	X		Х					X				New Jersey	Х			Х				Х			
Colorado	X		Х			Х	Х	Х				New Mexico	Х		Х		Х			Х			
Connecticut	X		Х					X				New York	X				Х	Х		Х			
Delaware	Х		Х			Х		X		Х	Х	North Carolina	Х		Х	Х				Х	Х		
District of Columbia	Х						Х	Х				North Dakota	Х	Х		Х							Х
Florida	Х		Х	Х				X		Х		Ohio	Х		Х				Х				
Georgia	Х		Х		Х			X			Х	Oklahoma	Х						Х	Х			
Hawaii	Х		Х					Х				Oregon	Х		Х					Х			
Idaho	Х											Pennsylvania	Х										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		Х						
Minnesota	Х		Х					Х				Wisconsin	Х		Х							Х	
Mississippi	Х		Х	Х							Х	Wyoming	Х		Х	Х							
Missouri	Х						Х																



X State assessed due to new or revised child care licensing regulations

X State assessed due to National CACFP updates

State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document				
			Year	CTR	LRG	SML		
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		Χ	х		
	Minimum Standards for Day Care Centers and Nighttime Centers	1/22/2001	2010	Х				
	Minimum Standards for Family Day Care Homes, Family Nighttime Homes, Group Day Care Homes, and Group Nighttime Homes Regulations and Procedures	11/30/2018	2018		Х	Х		
	Minimum Standards for Day Care Centers and Nighttime Centers	11/30/2018	2018	Х				
	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	Χ			
	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	Х				
	Arizona Administrative Code and Arizona Revised Statues for Child Care Group Homes (Title 9 Ch 3)	9/30/2020	2020		Х			
AR	Arkansas							
	Minimum Licensing Requirements for Child Care Centers	3/2010	2010	Χ				
	Minimum Licensing Requirements for Child Care Family Homes	3/2010	2010		Χ			

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Color Code: Update years highlighted as follows:

**2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020** 

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	C	Child Care Types Covered by Document	
			Year	CTR	LRG	SML
	Minimum Licensing Requirements for Voluntary Registered Child Care Family Homes	3/2010	2010			
	Minimum Licensing Requirements for Child Care Centers	11/1/2011	2011	Х		
	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
	Minimum Licensing Requirements for Licensed Child Care Centers	12/1/2020	2020	Х		
	Minimum Licensing Requirements for Licensed Child Care Family Homes	12/1/2020	2020		Х	
	Minimum Licensing Requirements for Registered Child Care Family Homes	12/1/2020	2020			Х
CA	California					
	Title 22, Division 12, Chapter 1, Articles 1, 2 - Child Care Centers General Licensing Requirements	6/15/2005	2010	Х		
	Title 22, Division 12, Chapter 1, Article 6 - Child Care Centers Continuing Requirements (continued)	6/8/2005	2010	Х		
	Title 22, Division 12, Chapter 1, Article 7 - Child Care Physical Environment	11/1/2008	2010	Х		
	Title 22, Division 12, Chapter 1 Subchapters 2, 3 - Child Care Infant Centers and School Age Day Care	11/1/1998	2010	Х		
	Community Care Licensing Division Child Care Update - Winter/Spring 2011	Winter/Spring 2011	2012	Х	Х	Х
	Title 22, Division 12, Chapter 3 - Family Child Care Homes	4/1/2016	2017*		Х	Х
СО	Colorado					
	Volume of Child Care Facility Licensing	5/1/2010	2010	Х	Х	Х

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	Rules and Regulations Governing the Health and Sanitation of Child Care Facilities	5/30/2005	2010		Х	
	Rules Regulating Family Child Care Homes	6/1/2012	2012		Х	Х
	Rules Regulating Child Care Centers (Less than 24 hrs)	7/1/2012	2012	Х	Х	
	General Rules for Child Care Facilities	10/1/2015	2015	Х	Х	Х
	Rules Regulating Child Care Centers (Less than 24-hour care)	2/1/2016	2016	Х		
СТ	Connecticut					
	Statutes and Regulations for Licensing Child Day Care Centers and Group Day Care Homes	7/2009	2010	Х	Х	
	Statutes and Regulations for Licensing Family Day Care Homes	7/2009	2010			Х
DE	Delaware					
	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
	Delacare: Regulations for Early Care and Education and School-Age Centers	9/10/2020	2020	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

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
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
GA	Georgia					
	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
	Rules and Regulations Family Child Care Learning Homes: Chapter 290-2-3	10/1/2020	2020			Х
HI	Hawaii					
	Title 17: Chapter 891.1 Registration of Family Child Care Homes	12/19/2002	2010			Х

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
				CTR	LRG	SML
	Title 17: Chapter 892.1 Licensing of Group Child Care Centers and Group Child Care Homes	12/19/2002	2010	Χ	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	Χ		
ID	Idaho					
	16.06.02 Rules Governing Standards for Child Care Licensing	7/1/2010	2010	Х	Х	Х
IL	Illinois					
	Part 406: Licensing Standards for Day Care Homes	7/1/2008	2010			Х
	Part 407: Licensing Standards for Day Care Centers	4/1/2010	2010	Х		
	Part 408: Licensing Standards for Group Day Care Homes	7/1/2008	2010		Х	
	Part 407 Licensing Standards for Day Care Centers	9/2014	2014	Х		
IN	Indiana					
	Rule 1.1 Child Care Homes (470 IAC 3-1.1)	7/3/1996	2010			Х
	Rule 1.2 Infant and Toddler Services in a Child Care Home (470 IAC 3-1.2-1 - 470 IAC 3-1.2-3)	7/3/1996	2010		Х	х
	Rule 1.3 Class II Child Care Homes (470 IAC 3-1.3.1)	9/27/1996	2010		Х	
	Rule 4.7 Child Care Centers; Licensing (470 IAC 3-4.7)	11/7/2003	2010	Х		
IA	Iowa					
	Chapter 109: Child Care Centers	6/1/2010	2010	Χ		
	Chapter 110: Child Development Homes	11/1/2009	2010		Х	Х
	Chapter 109: Child Care Centers	5/1/2012	2012	Χ	Х	
KS	Kansas					
	Regulations for Licensing Preschools and Child Care Centers	7/11/2008	2010	Х		

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	Regulations for Licensing Day Care Homes and Group Day Care Homes	7/2008	2010		Х	Х
	Regulations for Licensing Preschools and Child Care Centers	2/3/2012	2012	Χ		
	Regulations for Licensing Day Care Homes and Group Day Care Homes	2/3/2012	2012		Х	Х
	Kansas Laws and Regulations for Licensing Day Care Homes and Group Day Care Homes for Children	2/2012	2013		х	x
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	9/1/2009	2010		Х	Х
	State of Maine Family Child Care Provider Licensing Rule	9/20/2017	2017		Х	Х
MD	Maryland					
	COMAR 13A. 15. 01 - Family Child Care	4/19/2010	2010			Х
	COMAR 13A. 16. 01 - Child Care Centers	4/19/2010	2010	Х	Х	
	COMAR 13A. 18 Large Family Child Care Homes	2/6/2012	2012		Х	

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	Title 13A State Board of Education Subtitle 15 Family Child Care	7/20/2015	2015			Х
	Title 13A State Board of Education Subtitle 16 Child Care Centers	7/20/2015	2015	Х		
	Title 13A State Board of Education Subtitle 18 Large Family Child Care Homes	7/20/2015	2015		Х	
MA	Massachusetts					
	Standards for the Licensure of Child Care Programs	10/2010	2010	Χ	Х	Х
MI	Michigan					
	Licensing Rules for Child Care Centers	6/4/2008	2010	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		
	Regulations Governing Licensure of Child Care Facilities	1/1/2020	2020	Х		
	Child Care Regulations: 12 or Fewer Children in the Operator's Home (Complete)	1/1/2020	2020		Х	Х

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ASHW 2020 Supplement: Child Care Centers

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
МО	Missouri					
	Licensing Rules for Group Child Care Homes and Child Care Centers	1/2002	2010	X	Х	
	Licensing Rules for Family Child Care Homes	5/2002	2010		Х	Х
	Licensing Rules for Group Child Care Homes and Child Care Centers	2016	2016	Х	Х	
	Licensing Rules for Family Day Care Homes	2016	2016			Х
MT	Montana					
	Licensing Requirements for Child Day Care Centers	9/1/2006	2010	Х		
	Requirements for Registration of Family and Group Day Care Homes	9/1/2006	2010		Х	Х
NE	Nebraska					
	Family Child Care Home Standards Chapter 6	3/1998	2010		Х	Х
	Child Care Center Standards Chapter 8	3/1998	2010	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	

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	C	Child Care Types Covered by Document		
			Year	CTR	LRG	SML	
	Chapter 126 - Manual of Requirements for Family Child Care Registration	8/25/2009	2010			Х	
	Chapter 122 Manual of Requirements for Child Care Centers	9/2013	2013	Х	Χ		
	Chapter 52 Manual of Requirements for Child Care Centers	3/6/2017	2017	Х	Х		
	Chapter 54 Manual of Requirements for Family Child Care Registration	3/20/2017	2017			Х	
NM	New Mexico						
	Title 8 Social Services Chapter 16 Part 2 Child Care Centers, Before and After School Programs, Family Child Care Homes and Other Early Care and Education Programs	6/30/2010	2010	Х	Х	х	
	Title 8 Social Services Chapter 16 Part 2- Child Care Centers, Before and After School Programs Family Child Care Homes and Other Early Care and Education Programs	11/20/2012	2012	Х	Х	Х	
	Title 8 Chapter 16 Child Care Licensing: Child Care Centers, Out of School Time Programs, Family Child Care Homes, and Other Early Care and Education Programs	7/2014	2014	Х	х	х	
NY	New York						
	Part 416: Group Family Day Care Homes	1/31/2005	2010		Χ		
	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	Χ	Х	

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	Chapter 110- Article 7	8/1/2012	2012	Х	Х	Х
	Requirements for Family Child Care Homes	12/1/2012	2012		Х	Х
	Family Child Care Home Requirements	5/2013	2013		Х	Х
	Chapter 9- Child Care Rules	1/2013	2013	Х	Х	Х
	Chapter 9- Child Care Rules	10/1/2017	2018	Х	Х	Х
ND	North Dakota					
	Family Child Care Homes Early Childhood Services Chapter 75-03-08	1/1/1999	2010			Х
	Group Child Care Homes Early Childhood Services Chapter 75-03-09	1/1/1999	2010		Х	
	Child Care Center Early Childhood Services Chapter 75-03-10	1/1/1999	2010	Х		
	Family Child Care Homes Early Childhood Services Chapter 75-03-08	4/2011	2011			Х
	Group Child Care Homes Early Childhood Services Chapter 75-03-09	4/2011	2011		Х	
	Child Care Center Early Childhood Services Chapter 75-03-10	4/2011	2011	Х		
	Early Childhood Services Policies and Procedures Service Chapter 620-01	9/2013	2013	Х	Х	Х
	Chapter 75-03-10 Child Care Center Early Childhood Services	7/1/2020	2020	Х		
	Chapter 75-03-09 Group Child Care Early Childhood Services	7/1/2020	2020		Х	
	Chapter 75-03-08 Family Child Care Early Childhood Services	7/1/2020	2020			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	Χ		
	Family Care Center Manual	12/23/2016	2016		Х	Х

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	С	Child Care Types Covered by Document	
			Year	CTR	LRG	SML
OK	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	Χ		
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	11/1/2016	2016		Х	Х
OR	Oregon					
	Rules For Certified Child Care Centers	1/1/2010	2010	Х		
	Rules For Certified Family Child Care Homes	1/1/2010	2010		Х	
	Rules for Registered Family Child Care Homes	1/1/2010	2010			Х
PA	Pennsylvania					
	Chapter 3270 - Child Day Care Centers	5/2009	2010	Х		
	Chapter 3280 - Group Child Day Care Homes	7/2009	2010		Х	
	Chapter 3290 - Family Child Day Care Homes	7/2009	2010			Х
	Chapter 3270 - Child Day Care Centers	12/19/2020	2020	Х		
	Chapter 3280 - Group Child Day Care Homes	12/19/2020	2020		Х	
	Chapter 3290 - Family Child Day Care Homes	12/19/2020	2020			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		

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
SC	South Carolina	- / - /	2212			
	Regulations for the Licensing of Group Child Care Homes	5/19/2005	2010		Х	
	Regulations for the Licensing of Child Care Centers	5/16/2005	2010	Х		
	Family Child Care Home Regulations	4/23/1993	2017*			Х
SD	South Dakota					
	Chapter 67:42:03 Family Day Care Homes (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010			х
	Chapter 67:42:04 Group Family Day Care Homes (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010		Х	
	Chapter 67:42:10 Day Care Centers (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010	Х		
TN	Tennessee					
	Chapter 1240-4-1 Standards for Group Child Care Homes	3/14/2009	2010		Х	
	Chapter 1240-4-3 Licensure Rules for Child Care Centers	3/14/2009	2010	Х		
	Chapter 1240-4-4 Standards for Family Child Care Homes	3/14/2009	2010			Х
	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
TX	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

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State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
	Chapter 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		
	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		

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
				CTR	LRG	SML
	Standards for Licensed Family Day Homes	3/2011	2011		Х	Х
WA	Washington					
	Chapter 170-295 Minimum Licensing Requirements for Child Day Care Centers	5/31/2008	2010	Χ		
	Chapter 170-296 Child Care Business Regulations for Family Home Child Care	5/31/2008	2010		Х	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	Х	Х
WV	West Virginia					
	Title 78, Series 1, Child Care Centers Licensing	5/20/2009	2010	Х		
	Title 78, Series 18, Family Child Care Facility Licensing Requirements	7/1/2007	2010		Х	
	Title 78, Series 19, Family Child Care Home Registration Requirements	7/1/2007	2010			Х
	Title 78 Child Care Centers Licensing	7/2014	2014	Х		
WI	Wisconsin					
	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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Color Code: Update years highlighted as follows:

\* previously undiscovered document; rated in 2017 and ratings applied retroactively

State	Regulation Document Title  For links to states' documents, click here	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
				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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