





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

ACKNOWLEDGEMENTS

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Community Partnership for Child Development El Paso County, Colorado

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Suggested citation: National Resource Center for Health and Safety in Child Care and Early Education. 2021. *Achieving a state of healthy weight 2020 supplement: State profile pages: Large Family Care Homes.* Aurora, CO: University of Colorado Anschutz Medical Campus. https://nrckids.org/HealthyWeight.

This study is supported by the Centers for Disease Control and Prevention, Division of Nutrition, Physical Activity, and Obesity, in the National Center for Chronic Disease Prevention and Health Promotion (subcontract #UCDCN-02-4574, awarded by prime contract McKing Consulting Corporation).

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.

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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.⁷
- Review other states' profiles to reveal those states that have achieved regulatory text fully consistent with the HIOPS in support prevent of childhood obesity.

The <u>CDC's Spectrum of Opportunities</u> for Obesity Prevention in Early Care and Education defines strategies to combat obesity in early care and education, including child care licensing.⁶



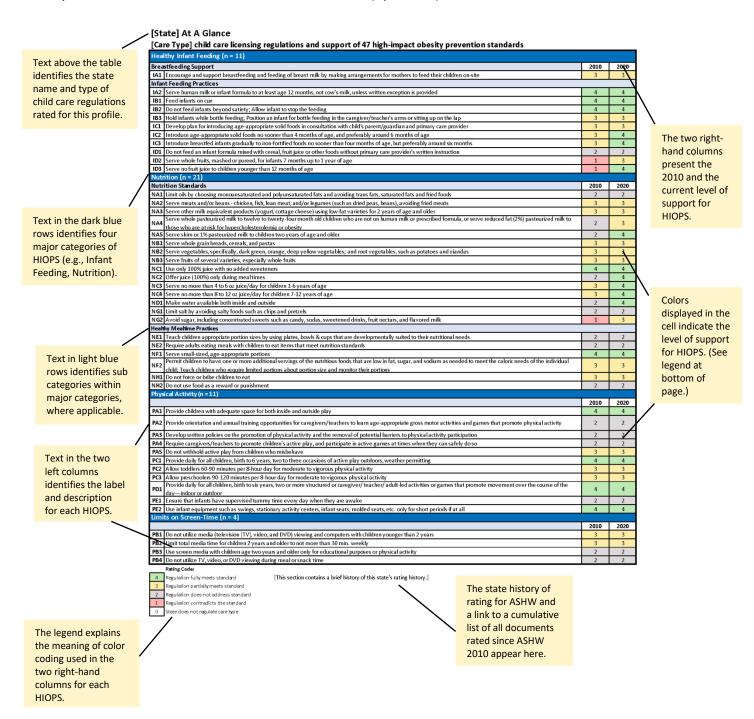
NOTES & REFERENCES:

- 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. https://nrckids.org/files/ASHW.2020.Report.pdf
- ² 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.
- ⁴ American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. *Preventing Childhood Obesity in Early Care and Education Programs: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs*, 3rd ed. Elk Grove Village, IL: American Academy of Pediatrics:2010.
- 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
- ⁶ 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 @ https://nrckids.org/HealthyWeight.

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:

Large family home 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	3	2			
	nt Feeding Practices					
_	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	2			
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	4	4			
IC1		3	2			
IC2	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2			
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age					
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	2			
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction					
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	2			
	Serve no fruit juice to children younger than 12 months of age	1	2			
	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	2			
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	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	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	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	2			
_	Offer juice (100%) only during meal times	2	2			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	2			
	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	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	1	2			
	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	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)	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			
	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	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	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:

Regulation fully meets standard
Regulation partially meets 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:

Large family home 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			
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			
	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			
NAF	those who are at risk for hypercholesterolemia or obesity Some skipper 10's postavijised milk to abilden two years of are and alder.	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	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	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	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	2	2			
Phys	ical Activity (n = 11)	2010	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	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			
	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 Alaska Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (CTR, LRG, SML)

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

8 Regulation contradicts the standard State does not regulate care type

ARIZONA At A Glance:

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

	targe ranning from e child care incensing 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	4	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	3		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	3		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	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	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	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	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		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	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	2	3		
	those who are at risk for hypercholesterolemia or obesity				
	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		
	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		
	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	4	2		
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	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	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		
_	Require adults eating meals with children to eat items that meet nutrition standards	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)	J	J		
		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		
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3		
_		2	2		
_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	4	2		
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	2		
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	2		
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	2		
	Provide daily for all children, 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	2		
	Ensure that infants have supervised tummy time every day when they are awake	4	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	2022		
PD C	Do not with a said (belowing [Tr(1]) titles and DV(D) time and assessment with shift to the control of the cont	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:

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

Large family home 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	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	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		
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		
	ition (n = 21)	1			
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	3		
	those who are at risk for hypercholesterolemia or obesity				
_	Serve skim or 1% pasteurized milk to children two years of age and older	2	4		
_	Serve whole grain breads, cereals, and pastas	3	3		
-	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3		
_	Serve fruits of several varieties, especially whole fruits	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		
	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	4		
	Do not use food as a reward or punishment	3	3		
	ical Activity (n = 11)	J			
-		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	3		
	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		
	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		
	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	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
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:

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

Hea	lthy 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	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	2	2
IB2		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	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
	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)	_	
	rition Standards	2010	2020
_	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2		2	2
NA3		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	4
	Serve whole grain breads, cereals, and pastas	2	2
NB2		2	2
	Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	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	3
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	3
	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
NE2		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	3	3
NH2	Do not use food as a reward or punishment	3	3
Phys	sical Activity (n = 11)		
		2010	2020
PA1	Provide children with adequate space for both inside and outside play	2	2
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
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
	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
_	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	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 modio (taleuticios [TV]) video and DVD) viewing and computers with shill-re-	2010	2020
DD.	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
	Limit total modia time for shildren 2 years and older to at more than 20 min. yearsh.	2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB2 PB3	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	2 2 2	2 2 2

Rating Code:

4 Regulation fully meets standard California Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); *2017 (CTR)

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

9 Regulation contradicts the standard State does not regulate care type

COLORADO At A Glance:

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

	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	4			
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	3			
	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			
		3	3			
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	4	4			
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	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	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			
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			
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	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	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

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:

Large family home 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			
	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	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		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	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	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			
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	3	3			
	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			
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 Connecticut Regulation Rating History: 2010(CTR, LRG, SML); 2012* (CTR, LRG); 2017* (CTR, LRG)

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

Regulation contradicts the standard State does not regulate care type

DELAWARE At A Glance:

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

	Healthy Infant Feeding (n = 11)				
	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		
	at Feeding Practices	l			
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
_	Feed infants on cue	4	4		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4		
	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		
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	4		
	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	3	3		
	ition (n = 21)	ı			
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	3		
	those who are at risk for hypercholesterolemia or obesity				
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4		
	Serve whole grain breads, cereals, and pastas	3	3		
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	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		
-	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	3	3		
-	Require adults eating meals with children to eat items that meet nutrition standards	2	4		
NF1	Serve small-sized, age-appropriate portions Paralle skilds a to have one or more additional consists of the putritions foods that are less in fact suggest and codium as proceeded to most the colorie product 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		
	ical Activity (n = 11)		3		
	real real region () () () () () () () () () (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		
-	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	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	3	2		
PF1	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		
	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		
-	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	4		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
<u> </u>	Pating 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:

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

	ge family home 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	0	4
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	0	4
IB1	Feed infants on cue	0	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	0	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	0	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	0	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	0	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	0	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	0	2
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	0	3
	Serve no fruit juice to children younger than 12 months of age	0	4
	ition (n = 21)	Ü	
	ition Standards	2010	2020
		0	2
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods Source most sand for books, philips fish loop most and for loop was for the loop most sand for loops. Books and fried most sand for loops are for loops and for loops and for loops are for loops.	0	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		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	0	3
NA4	those who are at risk for hypercholesterolemia or obesity	0	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	0	4
	Serve whole grain breads, cereals, and pastas	0	3
	Serve whole grain breads, cerears, and pastes Serve wegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	0	3
	Serve fruits of several varieties, especially whole fruits	0	3
		0	4
	Use only 100% juice with no added sweeteners Office in its (100%) and address and times	0	4
NC2	Offer juice (100%) only during meal times		
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	0	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	0	4
	Make water available both inside and outside	0	4
	Limit salt by avoiding salty foods such as chips and pretzels	0	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	0	3
	hy Mealtime Practices	ı	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	0	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	0	2
NF1	Serve small-sized, age-appropriate portions	0	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	0	3
	child; Teach children who require limited portions about portion size and monitor their portions	_	_
	Do not force or bribe children to eat	0	3
	Do not use food as a reward or punishment	0	3
Phys	ical Activity (n = 11)	2015	2622
		2010	2020
PA1	Provide children with adequate space for both inside and outside play	0	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	0	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	0	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	0	2
PA5	Do not withhold active play from children who misbehave	0	4
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	0	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	0	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	0	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	0	3
PE1	Ensure that infants have supervised tummy time every day when they are awake	0	4
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	0	3
	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	0	3
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	0	3
	Use screen media with children age two years and older only for educational purposes or physical activity	0	4
	Do not utilize TV, video, or DVD viewing during meal or snack time	0	2
	Pating Code:		

Rating Code:

4 Regulation fully meets standard District of Columbia Regulation Rating History: 2010 (CTR, SML); 2016 (CTR, LRG, SML); 2017* (CTR, LRG, SML)

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

Regulation contradicts the standard

State does not regulate care type

FLORIDA At A Glance:

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

	Healthy Infant Feeding (n = 11)					
	· · · · · · · · · · · · · · · · · · ·	2010	2020			
	astfeeding Support I proving a and support heartfeeding and feeding of broast milk by making a proposer for mathems to feed their shildren an site.	2010	2020			
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site nt Feeding Practices	2	3			
	<u> </u>	2	4			
IB1	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided Feed infants on cue	2	4			
IB2		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		2	3			
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3			
	Serve no fruit juice to children younger than 12 months of age	2	4			
Nut	rition (n = 21)	•				
Nutr	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		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			
	those who are at risk for hypercholesterolemia or obesity					
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
NB1	Serve whole grain breads, cereals, and pastas	2	3			
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	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	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	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		2	2			
NF1	Serve small-sized, age-appropriate portions	2	4			
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of 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	3			
NH2	Do not use food as a reward or punishment	3	3			
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			
РАЗ	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
		2	2			
DAA		2	3			
PA4	Do not withhold active play from children who mishehave					
PA5	Do not withhold active play from children who misbehave Provide daily for all children high to 6 years, two to three occasions of active play outdoors, weather permitting		2			
PA5 PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3			
PA5 PC1 PC2	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	2			
PA5 PC1 PC2	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3				
PA5 PC1 PC2	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	3	2			
PA5 PC1 PC2 PC3 PD1 PE1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	3 3 3 2 2	2 2 2 3			
PA5 PC1 PC2 PC3 PD1 PE1 PE2	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 3	2 2 2			
PA5 PC1 PC2 PC3 PD1 PE1 PE2	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	3 3 2 2 2	2 2 2 3 3			
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	3 3 2 2 2 2	2 2 2 3 3 3			
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2 2 2 2 2 2010 2	2 2 2 3 3 3			
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	3 3 3 2 2 2 2 2 2 2010 2 2	2 2 2 3 3 2020 4 3			
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2 2 2 2 2 2010 2	2 2 2 3 3 3 2020 4			

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

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:

Large family home 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	3	0			
	nt Feeding Practices	3	U			
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	0			
IB1	Feed infants on cue	4	0			
IB2		4	0			
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	0			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	0			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	0			
	Introduce age-appropriate solid roots no sooner than 4 months of age, and preferably around six months Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	0			
IC3 ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	0			
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	0			
	Serve no fruit juice to children younger than 12 months of age	1	0			
	rition (n = 21)	1	U			
	ition Standards	2010	2020			
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	0			
NA2		3	0			
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	0			
NA4	those who are at risk for hypercholesterolemia or obesity	2	0			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	0			
	Serve whole grain breads, cereals, and pastas	3	0			
NB2		3	0			
	Serve fruits of several varieties, especially whole fruits	3	0			
	Use only 100% juice with no added sweeteners	4	0			
	Offer juice (100%) only during meal times	2	0			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	0			
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	0			
	Make water available both inside and outside	3	0			
	Limit salt by avoiding salty foods such as chips and pretzels	2	0			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	0			
	thy Mealtime Practices					
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	0			
	Require adults eating meals with children to eat items that meet nutrition standards	2	0			
	Serve small-sized, age-appropriate portions	4	0			
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual					
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	0			
NH1	Do not force or bribe children to eat	3	0			
NH2	Do not use food as a reward or punishment	4	0			
Phys	sical Activity (n = 11)					
		2010	2020			
PA1	Provide children with adequate space for both inside and outside play	4	0			
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	0			
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	0			
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	0			
PA5	Do not withhold active play from children who misbehave	2	0			
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	0			
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	0			
РС3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	0			
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		0			
	day—indoor or outdoor	2				
	Ensure that infants have supervised tummy time every day when they are awake	2	0			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	0			
Lim	its on Screen-Time (n = 4)	2010	2020			
DD 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		0			
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	0			
		2	0			
	Use screen media with children age two years and older only for educational purposes or physical activity	2				
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	0			

Rating Code:

4 Regulation fully meets standard Georgia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017* (CTR); 2020 (SML)

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

4 Regulation contradicts the standard Regulation contradicts the standard State does not regulate care type

HAWAII At A Glance:

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

	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	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	2	2
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	4
	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	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		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	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
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		
	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
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:

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

IDAHO At A Glance:

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

	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	2020
	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	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	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
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
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	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
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2020
NA2		2	2
NA3		2	
IVAS	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	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	2	2
	Serve whole grain breads, cereals, and pastas	2	2
NB2		2	2
	Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	2	2
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	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	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	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	3	3
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
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	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	2
Lim	ts on Screen-Time (n = 4)	2042	2022
DD.C	Do not with a solid factorising (TO) with a read DVD) visusing and a source with shift to a constitution of the constitution o	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
PR3	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
DD A			

Rating Code:

Idaho 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

ILLINOIS At A Glance:

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

	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	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	1	1
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	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	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		
_	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)	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	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
NB2	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	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	4	4
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4
ND1	Make water available both inside and outside	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	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	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	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
	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	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	2
	, , , , , , , , , , , , , , , , , , , ,		

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

INDIANA At A Glance:

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

	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	2020
	nt Feeding Practices	2	
_	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	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	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
		2	
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		
	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	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
NAF	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
	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	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	2	2
	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
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	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
	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
PR4	LDO NOT UTILIZE TV. VIGEO, OF DVD VIEWING GUTING MEATOF SNACK TIME		

Rating Code:

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

IOWA At A Glance:

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

	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	3	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		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	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	4
_	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (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		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
	thy Mealtime Practices		3
	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	2	2
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	2	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	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
DD 4	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		2020
	, , , , , , , , , , , , , , , , , , , ,	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
FD4	DO HOL MINIZE 1 V, VIGEO, OF DVD VIEWING MINING THEATOF STACK LITTLE	Z	Z

Rating Code:

4	Regulation fully meets standard	lowa Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG)/2012* (SML); 2017* (CTR, LRG, SML)
3	Regulation partially meets standard	NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised
2	Regulation does not address standard	documents also were rated for CACFP changes.
1	Regulation contradicts the standard	
0	State does not regulate care type	

KANSAS At A Glance:

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

Leafge fairning from Earth Care incertsing regulations and support of 47 mgn-impact obesity prevention standards					
	ithy Infant Feeding (n = 11)	ı			
	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	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	2	2		
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2		
	Serve no fruit juice to children younger than 12 months of age	2	2		
	ition (n = 21)	1			
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	4		
	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	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		
	Make water available both inside and outside	2	3		
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2		
	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	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		
NILI1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2	3		
	Do not use food as a reward or punishment	2	3		
	ical Activity (n = 11)		,		
	rearresting (ii 11)	2010	2020		
ΡΔ1	Provide children with adequate space for both inside and outside play	3	3		
		_			
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote 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		
-	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	2	2		
DE4	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	2	2		
	ts on Screen-Time (n = 4)		2		
-1111	to on order time (it = 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	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		
PRA		_			

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

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

KENTUCKY At A Glance:

Large family home 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				
	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		
	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				
_	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	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	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	2	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	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	3	4		
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2		
Heal	hy Mealtime Practices				
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3		
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
NF1	Serve small-sized, age-appropriate portions	4	3		
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	2	2		
	Do not use food as a reward or punishment	3	4		
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		
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	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	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		
	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

Kentucky Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2018 (CTR, LRG, SML)

Kentucky Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2018 (CTR, LRG, SML)

State does not regulate care type

LOUISIANA At A Glance:

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

	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	0	0
	nt Feeding Practices		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	0	0
	Feed infants on cue	0	0
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	0	0
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	0	0
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	0	0
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	0	0
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	0	0
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	0	0
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	0	0
	Serve no fruit juice to children younger than 12 months of age	0	0
	ition (n = 21)		
	ition Standards	2010	2020
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	0	0
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	0	0
NA3		0	0
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	0	0
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	0	0
NB1	Serve whole grain breads, cereals, and pastas	0	0
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	0	0
NB3	Serve fruits of several varieties, especially whole fruits	0	0
NC1	Use only 100% juice with no added sweeteners	0	0
NC2	Offer juice (100%) only during meal times	0	0
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	0	0
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	0	0
ND1	Make water available both inside and outside	0	0
NG1	Limit salt by avoiding salty foods such as chips and pretzels	0	0
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	0	0
Healt	hy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	0	0
NE2	Require adults eating meals with children to eat items that meet nutrition standards	0	0
NF1	Serve small-sized, age-appropriate portions	0	0
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	0	0
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	0	0
	Do not use food as a reward or punishment	0	0
Phys	ical Activity (n = 11)		
		2010	2020
PA1	Provide children with adequate space for both inside and outside play	0	0
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	0	0
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	0	0
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	0	0
PA5	Do not withhold active play from children who misbehave	0	0
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	0	0
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	0	0
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	0	0
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	0	0
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	0	0
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	0	0
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	0	0
	Limit total media time for children 2 years and older to not more than 30 min. weekly	0	0
	Use screen media with children age two years and older only for educational purposes or physical activity	0	0
	Do not utilize TV, video, or DVD viewing during meal or snack time	0	0
	Rating Code:		

Rating Code:

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

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

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

5 State does not regulate care type

MAINE At A Glance:

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

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				
	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	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		
		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				
	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	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		
NAF	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	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	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	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	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)	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	4	3		
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	2		
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	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	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	3	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	4	2		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				

Rating Code:

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

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

Regulation contradicts the standard State does not regulate care type

MARYLAND At A Glance:

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

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	4		
	nt 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	4		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	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		
_		2	2		
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	3	3		
INAS	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	ļ			
NE1	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		
	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			
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		
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	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	3	3		
	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		
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
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard
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:

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

	ge family home 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
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	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
	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	2	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
IVAS	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	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
_	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
	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	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	4	
	Do not force or bribe children to eat	4	4
	Do not use food as a reward or punishment	4	4
Phys	ical Activity (n = 11)	2015	2022
		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
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
LDI	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
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	Massachusetts Regulation Rating History: 2010 (CTR, LRG, SML)
3	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:

Large family home 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	2	2		
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	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	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		
NAE	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	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	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	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	3		
	Do not use food as a reward or punishment	3	3		
Phys	ical Activity (n = 11)	2040	2020		
	Box St. (1911). St. (1911). St. (1911). St. (1911). St. (1911).	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	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	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	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	3	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 does not address standard
Regulation contradicts the standard
State does not regulate care type

MINNESOTA At A Glance:

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

Llas	ge family home child care licensing regulations and support of 47 high-impact obesity prevention standards		
неа	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	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
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
_		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 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
		4	4
	Use only 100% juice with no added sweeteners	2	4
NC2			
	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
NE2		2	2
NF1	, , , , , ,	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	2
	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
Phys	sical Activity (n = 11)	2015	2000
		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
PA2		2	2
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 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
PA2 PA3	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
PA2 PA3 PA4	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 PA4 PA5	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 3	2 2 2 3
PA2 PA3 PA4 PA5 PC1 PC2	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 3 3	2 2 2 3 3
PA2 PA3 PA4 PA5 PC1 PC2	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	2 2 2 3 3 3	2 2 2 3 3 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3	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	2 2 2 3 3 3 3 3	2 2 2 3 3 3 3 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	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	2 2 2 3 3 3 3 3 3	2 2 2 3 3 3 3 3 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	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	2 2 2 3 3 3 3 3	2 2 2 3 3 3 3 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	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	2 2 2 3 3 3 3 3 3 2 2	2 2 2 3 3 3 3 3 3 2 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	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 its on Screen-Time (n = 4)	2 2 2 3 3 3 3 3 3 2 2	2 2 2 3 3 3 3 3 2 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	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 its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 3 3 3 3 3 2 2 2	2 2 2 3 3 3 3 3 3 2 2 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	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 its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 2 3 3 3 3 3 2 2 2 2010 2	2 2 2 3 3 3 3 3 2 2 2 2 2020 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	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 its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 3 3 3 3 3 2 2 2	2 2 2 3 3 3 3 3 2 2 2

Rating Code:

Regulation fully meets standard
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

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:

Large family home 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	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			
	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	3	3			
	ition (n = 21)	3	3			
	ition Standards	2010	2020			
		3	3			
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	4	4			
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			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	4	4			
	Serve whole grain breads, cereals, and pastas	4	4			
NB2	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	1	1			
	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	4	4			
	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	4			
	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	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			
	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			
	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	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	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	4	4			
	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 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:

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

	Large family frome child care ilcensing 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	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		3	3		
IB2		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	3. April 19 19 19 19 19 19 19 19 19 19 19 19 19	2	2		
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not food on infant formula mixed with excell facilities as other foods without primary case arounded written instruction.	2	2		
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2		
_	Serve no fruit juice to children younger than 12 months of age	2	2		
	rition (n = 21)	2	2		
	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		
	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		
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	4	4		
NC1	Use only 100% juice with no added sweeteners	4	4		
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	3	3		
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3		
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				
_	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	2	2		
NIII1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	3		
	Do not use food as a reward or punishment	3	3		
	sical Activity (n = 11)	3	3		
, , , , , , , , , , , , , , , , , , ,	Sedi Activity (1-11)	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		
	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	4	4		
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3		
_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
	Provide daily for all children, high 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		
Lim	its on Screen-Time (n = 4)	221	200		
		2010	2020		
I DR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2		
			2		
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2			
PB2 PB3	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	2 2 2	2 2		

Rating Code:

Missouri Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML) Regulation fully meets standard Regulation partially meets standard Regulation does not address standard Regulation contradicts the standard 0 State does not regulate care type

MONTANA At A Glance:

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

	ge family home 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
	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)	-	
	ition Standards	2010	2020
		2	2
	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
		1	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced 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
		4	4
	Use only 100% juice with no added sweeteners	2	4
NC2		1	
	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	7 0 11 1 1	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	2
	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	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	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	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:

Regulation fully meets standard

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

Regulation partially meets standard

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

Regulation contradicts the standard

State does not regulate care type

NEBRASKA At A Glance:

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

	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					
	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			
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)	2	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		2				
IVAS	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	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			
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	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					
	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	2	4			
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of 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	2	2			
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			
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	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	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	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

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:

Large family home 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	2			
	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	2	2		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction				
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	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		
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	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		
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	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		
			2		
PR4	Do not utilize TV, video, or DVD viewing during meal or snack time	2			

Rating Code:

4 Regulation fully meets standard Nevada Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2018 (CTR, LRG, SML)

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

Regulation contradicts the standard

State does not regulate care type

NEW HAMPSHIRE At A Glance:

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

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				
	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 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	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	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	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		
	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	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	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	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		
РС3	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				
	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	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:

Regulation fully meets standard
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

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

NEW JERSEY At A Glance:

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

	Ithy Infant Feeding (n = 11)		
	astfeeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	0
	nt Feeding Practices	2	
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	0
IB1	Feed infants on cue	2	0
IB2		2	0
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	0
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	0
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	0
	Introduce age-appropriate solid roots no sooner than 4 months of age, and preferably around six months Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	0
IC3 ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	0
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	0
	Serve no fruit juice to children younger than 12 months of age	2	0
	rition (n = 21)	2	U
	ition Standards	2010	2020
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	0
NA2		3	0
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	0
NA4	those who are at risk for hypercholesterolemia or obesity	2	0
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	0
	Serve whole grain breads, cereals, and pastas	3	0
NB2		3	0
	Serve fruits of several varieties, especially whole fruits	3	0
	Use only 100% juice with no added sweeteners	3	0
	Offer juice (100%) only during meal times	2	0
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	0
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	0
	Make water available both inside and outside	3	0
	Limit salt by avoiding salty foods such as chips and pretzels	2	0
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	0
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	0
	Require adults eating meals with children to eat items that meet nutrition standards	2	0
	Serve small-sized, age-appropriate portions	3	0
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	0
NH1	Do not force or bribe children to eat	3	0
NH2	Do not use food as a reward or punishment	3	0
Phys	sical Activity (n = 11)		
		2010	2020
PA1	Provide children with adequate space for both inside and outside play	4	0
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	0
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	0
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	0
PA5	Do not withhold active play from children who misbehave	3	0
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	0
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	0
_	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	0
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	0
	Ensure that infants have supervised tummy time every day when they are awake	2	0
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	0
Lim	its on Screen-Time (n = 4)	2010	2020
DD 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	0
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	0
		2	0
	Use screen media with children age two years and older only for educational purposes or physical activity	2	U
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	0

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

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)

State does not regulate care type

NEW MEXICO At A Glance:

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

Name		Healthy Infant Feeding (n = 11)					
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193 193							
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NUMER			1	4			
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NGQ Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Healthy Mealtime Practices NET 1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs NET 2 Require adults eating meals with children to eat items that meet nutrition standards NET 2 Require adults eating meals with children to eat items that meet nutrition standards NET 2 Require adults eating meals with children to eat items that meet nutrition standards NET 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 children to be are one 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 are one 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 NHI 2 Do not see food as a reward or punishment Provide children who require limited portions about portion size and monitor their portions NHI 2 Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide children with policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Provid							
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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 2 2							
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			2	2			
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 activity22	-1111	ts on screen-Time (n = 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		4			
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3			
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2			
Rating Code:	PB4		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:

Large family home 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	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	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	2	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	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	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			
NAF	those who are at risk for hypercholesterolemia or obesity	2	3			
	Serve skim or 1% pasteurized milk to children two years of age and older	2	2			
	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	2	2			
_	Serve fruits of several varieties, especially whole fruits	2	2			
	Use only 100% juice with no added sweeteners	2	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	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	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			
	hy Mealtime Practices	ı				
	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	4	4			
	child; Teach children who require limited portions about portion size and monitor their portions	2				
_	Do not force or bribe children to eat	3	4			
	Do not use food as a reward or punishment	3	4			
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	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	3	3			
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	3			
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	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	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	4			
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4			
	· · · · · · · · · · · · · · · · · · ·					

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

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:

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

	Healthy Infant Feeding (n = 11)					
		2040	2020			
	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	4	4			
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided Feed infants on cue	4	4			
_		4	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3				
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3			
IC1 IC2	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	4			
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3				
IC3 ID1	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not food as infant formula mixed with excell fruit living or other foods without primary except 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	1	3			
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	1	4			
	ition (n = 21)	1	4			
	ition Standards	2010	2020			
_		2	2020			
	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			
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3			
IVAS	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			
NB3	Serve fruits of several varieties, especially whole fruits	3	3			
NC1	Use only 100% juice with no added sweeteners	4	4			
NC2	Offer juice (100%) only during meal times	2	4			
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4			
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4			
ND1	Make water available both inside and outside	3	4			
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3			
Healt	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	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					
	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)	2040	2020			
D44	Descride abildean with a degree to space for both incide and exteride play	2010	2020			
	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	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 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			
	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			
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:					

	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, SML); 2018
	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.
ı	Λ	State does not regulate care type	

NORTH DAKOTA At A Glance:

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

Ноз	lthy Infant Feeding (n = 11)		
	· · · · · · · · · · · · · · · · · · ·	2040	2020
	astfeeding 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 It can be have a milk or infant formula to at least and 12 months, not could milk, unless written expection is provided.	3	3
IB1	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided Feed infants on cue	2	4
IB2	7 77	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	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	4	4
	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)		
	rition Standards	2010	2020
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2		2	2
NA3		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
NAE	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
		2	2
NB2		2	2
	Serve fruits of several varieties, especially whole fruits	1	
	Use only 100% juice with no added sweeteners Offer juice (100%) only during meal times	2	2
		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
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
NE2		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
	sical Activity (n = 11)		3
	inconvenies (ii = 11)		
		2010	2020
ΡΔ1	Provide children with adequate space for both inside and outside play	2010	2020 4
	Provide children with adequate space for both inside and outside play	4	4
	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		
PA2	i i	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 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA2 PA3 PA4	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 3
PA2 PA3 PA4	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	4 2 3 4
PA2 PA3 PA4 PA5	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 3	4 2 3 4 4
PA2 PA3 PA4 PA5 PC1 PC2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4 2 2 2 2 3 3	4 2 3 4 4 4
PA2 PA3 PA4 PA5 PC1 PC2	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 3 3 2	4 2 3 4 4 4
PA2 PA3 PA4 PA5 PC1 PC2 PC3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	4 2 2 2 3 3 3 2 2 2	4 2 3 4 4 4 4 3 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	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 3 3 3 2 2 2 2	4 2 3 4 4 4 4 3 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	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 3 3 3 2 2 2	4 2 3 4 4 4 4 3 2
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	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 3 3 3 2 2 2 2 2 2	4 2 3 4 4 4 4 3 2 2 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim	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 its on Screen-Time (n = 4)	4 2 2 2 3 3 3 2 2 2 2 2 2 2	4 2 3 4 4 4 4 3 2 2 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1	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 its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 3 3 3 2 2 2 2 2 2 2 2 2	4 2 3 4 4 4 4 3 2 2 3 2 2 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB2	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 its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	4 2 2 2 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2	4 2 3 4 4 4 4 3 2 2 3 2 2 3
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB2 PB3	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 its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 3 3 3 2 2 2 2 2 2 2 2 2	4 2 3 4 4 4 4 3 2 2 3 2 2 3

Rating Code:

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

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

O State does not regulate care type

ASHW 2020 Supplement: Large Family Child Care Homes

OHIO At A Glance:

Large family home 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	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	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					
_	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)	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	2			
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	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	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	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			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	2			
	hy 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)	l				
		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	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			
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 Ensures that infants have supposited tummy time event day when they are awake	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			
	Rating Code:					

Rating Code:

4 Regulation fully meets standard Ohio Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, SML); 2016 (CTR, LRG, SML)

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

9 Regulation contradicts the standard State does not regulate care type

OKLAHOMA At A Glance:

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

	thy Infant Feeding (n = 11)		
		2010	2020
	Streeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site It Feeding Practices	2	3
_		2	4
IB1	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided Feed infants on cue	2	4
		2	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding		
	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		
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 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
_		2	3
	Serve no fruit juice to children younger than 12 months of age ition (n = 21)	2	4
		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	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	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	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	3
	hy Mealtime Practices	2	
	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	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	1
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	4	2
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	2	2
	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	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	3	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	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 Oklahoma Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR); 2017 (CTR, LRG, SML)

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

9 Regulation contradicts the standard State does not regulate care type

OREGON At A Glance:

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

	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	1	1			
		3				
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not food as infant formula mixed with excell fruit juice or other foods without primary except provided with providing the providing the providing the providing the provided with providing the providing t	2	2			
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction					
_	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)	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	2			
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	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	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	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	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			
	Bur Markellan - Marker and a conference of the first of t	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	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	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 Oregon Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (SML)

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

9 Regulation contradicts the standard State does not regulate care type

PENNSYLVANIA At A Glance:

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

	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					
	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	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			
	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)	2	2			
	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	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	3	3			
NB2	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			
	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	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	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	2	2			
	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			
-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			
	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 oos not address standard
Regulation contradicts the standard
State does not regulate care type

RHODE ISLAND At A Glance:

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

	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	2	2			
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	3			
	ition (n = 21)	1	3			
	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	3	3			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	3	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	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	4	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	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	2	2			
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	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	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	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:

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

Rhode Island Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (LRG, SML); 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:

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

	Healthy Infant Feeding (n = 11)				
		l			
	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				
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
_	Feed infants on cue	4	4		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4		
	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	2		
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction				
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	1	3 4		
	ition (n = 21)	1	4		
	ition Standards	2010	2020		
_		2010	2020		
	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		
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	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		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		
NB1	Serve whole grain breads, cereals, and pastas	3	3		
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3		
NB3	Serve fruits of several varieties, especially whole fruits	3	3		
NC1	Use only 100% juice with no added sweeteners	4	4		
NC2	Offer juice (100%) only during meal times	2	4		
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4		
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4		
ND1	Make water available both inside and outside	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		
_	hy Mealtime Practices	1			
	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	3	3		
NH1	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		
	ical Activity (n = 11)	J	J		
		2010	2020		
PA1	Provide children with adequate space for both inside and outside play	3	3		
		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		
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		
DE1	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		
	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		
	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		
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	South Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG); 2017 (SML)/2017* (CTR, LRG)
3	Regulation partially meets standard	NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised
2	Regulation does not address standard	documents also were rated for CACFP changes.
1	Regulation contradicts the standard	
0	State does not regulate care type	

SOUTH DAKOTA At A Glance:

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

	ge family home 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	2
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	2
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
	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)		
	ition Standards	2010	2020
		2	2
	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	2	2
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	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	2	2
	Serve whole grain breads, cereals, and pastas	2	2
	Serve whole grain breads, cereas, and pastes Serve wegetables, 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
		2	2
	Use only 100% juice with no added sweeteners Office in its (100%) and address and a times	2	
NC2	Offer juice (100%) only during meal times	1	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	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	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
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
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	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	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
DR4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
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Rating Code:

Regulation fully meets standard
South Dakota 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

TENNESSEE At A Glance:

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

	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	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	2	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	2	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	2	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		3
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)	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	1	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	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	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	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	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	4
Phys	ical Activity (n = 11)	2040	2020
D	Box St. (1911). St. (1911). St. (1911). St. (1911). St. (1911).	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
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	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	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	2	4
	ts on Screen-Time (n = 4)		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	4
	Rating Code:		

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

TEXAS At A Glance:

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

	thy Infant Fooding (n = 11)		
	Ithy Infant Feeding (n = 11)	l	
	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	4
	nt Feeding Practices		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
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	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
_	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)	1	
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	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	3	4
	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
	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	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
		4	4
Fillys	ical Activity (n = 11)	2010	2020
DA1	Describe skildren with adorunte coppe for both incide and outride play.		
	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		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
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	3	3
-im	ts on Screen-Time (n = 4)	2010	2020
DD.	Do not utilize modic (talevicine [TV]) video and DVD) viewing and computers with shill-re-	2010	2020
-	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
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:

4 Regulation fully meets standard Texas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML)

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

9 Regulation contradicts the standard State does not regulate care type

UTAH At A Glance:

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

	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	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 food as infant formula mixed with eartal fruit juice or other foods without primary ears provided a written instruction.	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	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
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	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	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
Healt	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	3	3
Phys	ical Activity (n = 11)		
		2010	2020
PA1	Provide children with adequate space for both inside and outside play	2	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	2	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		
	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	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	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
	Rating Code:		

Rating Code:

4 Regulation fully meets standard Utah Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG); 2017 (CTR, LRG, SML)

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

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

10 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.

10 State does not regulate care type

VERMONT At A Glance:

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

	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	4	4
	t 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	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	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	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	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	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
ND1	Make water available both inside and outside	3	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	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	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		
_	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	2	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	2	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
	Provide daily for all children, 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	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
	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	3
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

Rating Code:

4 Regulation fully meets standard Vermont Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML); 2017* (CTR, LRG, SML)

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

9 Regulation contradicts the standard State does not regulate care type

VIRGINIA At A Glance:

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

	Large family frome child care ilcensing 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	l			
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
_	Feed infants on cue	4	4		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4		
	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	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		
	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			
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	4	4		
	those who are at risk for hypercholesterolemia or obesity				
	Serve skim or 1% pasteurized milk to children two years of age and older	4	4		
	Serve whole grain breads, cereals, and pastas	3	3		
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	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		
-	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		
NII1	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		
ыну	ical Activity (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		
-	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	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		
DE1	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	3	3		
	ts on Screen-Time (n = 4)	3	3		
-1111	to on ocicen time (it = 4)	2010	2020		
DD 1	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		
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		
	I DO HOL GUILZE TV, VIGEO, OF DVD VIEWING GUILING HEAT OF SHACK LITTE	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

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:

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

Institute		thy Infant Feeding (n = 11)		
Main Institute Main Ma			2010	2020
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ABA 1 1 1 1 1 1 1 1 1			3	
Mile Section and some	_		1	1
182 Income frost infinitists beyond strikty. Allow infinist not stop the freeding. Income frost profit				
19.1 Incident of the bottle feeding. Footline in a life and for bottle feeding in the caregiver/backer's arms or string, up on the lap				
Company Comp				
Company Comp				
Commitmate the mean that and the product of infraints granularly to inon-finited feeds no soomer than four months of age. Do not the deep whether fulls, machine of products with creenful froit part of means that the products of the pr				
10.1 Door treed an infant, formula mixed with creat, initiplize or other foods without primary care provider's written instruction 1 3 3 3 3 3 3 3 3 3				
102 Serve whole finals, mashed or gureenf, for infinits? 7 months or ga year of age 1 1 3 3 3 3 3 3 3 3				
103 Seven furth jutor to children younger than 12 months of age Nutrition Standards Nutrition Nutritio				
Nutrition Standards Note Stan				
Nutrition Standards			1	4
NAL Lind cills by choosing monounsaturated and ophymusaturated fats and avaiding trans ofts, suburated fats and freed finods NS Serve ments and/or bears - chicker, fish, learn ment and/or figures (such as dided pears, because), avaiding free ments Serve whole praise quieted misk control or the properties of the pro			2010	2020
NAZ Serve meats and/or bears - chicken, fish, lean meat, and/or legumes (such as dired peas, beams), avoiding fried meats AS Serve where its equil-where products (yeagh, citating beleas) units (learly sardies) for 2 years of age and older ANA Serve whole past eutred milk to bewher to week to exceed a such children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurised milk to the whole to whole and a strike for hyperoteles/steedmelar or beebly. ANA Serve whole past beautised milk to bewher in wor years of age and older NAS Serve skinn or 1% pasteurised milk to children nov years of age and older NAS Serve skinn or 1% pasteurised milk to children nov years of age and older NAS Serve skinn or 1% pasteurised milk to children nov years of age and older NAS Serve skinn or 1% pasteurised milk to children nov years of age and older NAS Serve skinn or 1% pasteurised milk to children nov years of age and older NAS Serve through the beads, cereals, and pastas NAS Serve through the pasteurised milk to children nov years of age and root vegetables, such as polatoes and viandas NAS Serve through jurise with no added sweetners ANA CO (Orle pixels (100%) only during meal times NAS Serve no more than at 50 to 2 pixel/day for children 1-24 years of age NAS Serve no more than at 50 to 2 pixel/day for children 1-24 years of age NAS Serve no more than at 50 to 2 pixel/day for children 1-24 years of age NAS Serve no more than at 50 to 2 pixel/day for children 1-24 years of age NAS Serve no more than at 50 to 2 pixel/day for children 1-24 years of age NAS Serve no more than at 50 to 2 pixel/day for children 1-24 years of age NAS Serve no more than at 50 to 2 pixel/day for children 1-24 years of age NAS Serve no more than at 50 to 2 pixel/day for children 1-24 years of age NAS Serve no more than at 50 to 2 pixel/day for children 1-24 years of age NAS Serve no more than at 50 to 2 pixel/day for children 1-24 years of age NAS Serve no more than at 50 to 2 pixel/day for children 1-2				
NA3 Serve withor milk equivalent products (regard, cottage cheese) using box-fat varieties for 2 years of age and older Serve whole parturisted milk to twelve to twenty-for unmorth old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteuristed milk to 2 4 4 4 8 1 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5				
NAS Serve whole pasteurized milk to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the blear human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to children two years of age and older 2				
Name bits one was a trisk for hypocrholestorelemia or obesity 3 3 3 3 3 3 4 Name Name Sizew swindle grain breards, cereals, and pastas 3 3 3 3 Name Sizew very eight belose, specifically, dirth green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 3 Name Sizew very vegetables, specifically, dirth green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 3 Name Sizew very vegetables, specifically, dirth green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 3 NCI Sever no more than 4 to 500 yiu divident with no added sweeteners 4 4 4 NCI Oldre juice (10005) only during meal times 2 4<	INAS		3	3
NAS Serve which or 1's pasteurized milit to children two years of age and older 2 4 3 3 3 3 3 3 3 3 3	NA4		3	3
NBI Serve whole grain breads, cereals, and pastas 3 3 3 3 3 3 3 3 3	NA5		2	4
NB2 Serve regetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables; such as potatoes and visindas 3 3 3 3 3 3 3 3 3				
NB3 3 3 3 3 3 3 3 3 4			3	3
NCI Use only 100% jucic with no added sweeteners				
NCZ Serve no more than 4 to 6 oz juice/day for children 1-6 years of age 3				
NC3 Serve no more than 4 to 6 or juice/day for children 1-6 years of age				
NCE Serve no more than 8 to 12 oz julce/day for children 7-12 years of age 4 4 4 4 4 4 4 4 4				
NDI Make water available both inside and outside NGI Limit sait by avoiding salty foods such as chips and pretzels NGI Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 3 Neathy Mealtime Practices ***********************************				
Imits alt by avoiding salty foods such as chips and pretzels 1 3 3 3 3 3 3 3 3 3				
NGC Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 3 1 3 1 1 1 1 1 1				
Healthy Mealtime Practices NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 3 REI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 2 2 2 REI Require adults eating meals with children to eat items that meet nutrition standards 2 2 3 3 NEI Deve small-sized, age-appropriate portions 4 4 4 9 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 the 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 the 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 the very or punishment Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Provide 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 4 Provide orientation and annual training opportunities for caregivers/teachers to physical activity participation 2 2 4 Provide daily for all children, birth to 6 years, two to three occasions of active games at times when they can safely do so 2 4 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3 3 4 Provide daily for all children, birth to 6 years, two to three occasions				
NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs REI Require adults eating meals with children to eat items that meet nutrition standards REI Serve small-sized, age-appropriate portions PRI Serve small-sized, age-appropriate portions RIP Serve small-sized, age-appropriate gross motor activities and games that promote physical activity RIP Serve small-sized, age-appropriate gross motor activities and games that promote physical activity RIP Serve small-sized, age-appropriate gross motor activities and games that promote physical activity RIP Serve small-sized, age-appropriate gross motor activities and games that promote physical activity RIP Service or intensive promote children's active play, and participate in active games at times when they can safely do so RIP Service aches to promote children's active play, and participate in active games at times when they can safely do so RIP Service aches to promote children's active play, and participate in active games at times when they can safely do so RIP Service aches to promote children's active play, and participate in active games at times when they can safely do so RIP Service appropriate portions about the deal of the provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting RIP Service and RIP Service aches to promote children'				
NEZ Require adults eating meals with children to eat items that meet nutrition standards 2 2 NET Serve small-sized, age-appropriate portions 4 4 NEZ 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 to the children who require limited portions about portion size and monitor their portions NHI Do not force or bribe children who require limited portions about portion size and monitor their portions 2 3 NHI Do not force or bribe children who require limited portions about portion size and monitor their portions 3 3 NHI Do not such search or purple white adequate space for both inside and outside play 2 2 3 PAI Provide children with adequate space for both inside and outside play 4 4 4 4 PA3 Provide children with adequate space for both inside and outside play 4 4 4 PA3 Provide children with adequate space for both inside and outside play 4 4 4 PA3 Pervoide children with adequate space for both inside and outside play 4 </td <td></td> <td></td> <td>2</td> <td>3</td>			2	3
NF1 Serve small-sized, age-appropriate portions 4 4 4 4 4 4 4 4 4				
NF2 NF2 Commit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions (1) 1 2 3 3 3 3 3 3 3 3 3				
child; Teach children who require limited portions about portion size and monitor their portions NHL Do not use food as a reward or punishment NHL Do not use food as a reward or punishment NHL Do not use food as a reward or punishment NHL Do not use food as a reward or punishment NHL Do not use food as a reward or punishment NHL Do not use food as a reward or punishment NHL Do not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not use food as a reward or punishment NHL DO not utilize media with children age two years and older only for educational purposes or physical activity NHL DO not utilize media with children age two years and older only for educational purposes or physical activity NHL DO not utilize media with children age two years and older only for educational purposes or physical activity NHL DO not utilize media with children age two years and older only for educational purposes or physical activity NHL DO not utilize media with children age two years and older on not more than 30 min. weekly				
NH2 Do not use food as a reward or punishment 3 Physical Activity (n = 11) PA2 Provide children with adequate space for both inside and outside play 4 4 4 PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 2 PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 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 PA5 Do not withhold active play from children who misbehave 2 PA6 I Povide daily for all children, birth to 6 years, day for moderate to vigorous physical activity 3 A 10 Word dollers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 A 2 PA5 I Povide daily for all children, birth to six years, two or more structured or caregivers/ teacher/ adult-led activities or games that promote movement over the course of the daily for all children, birth to six years, two or more structured or caregivers/ teacher/ adult-led activities or games that promote movement over the course of the daily for all children, birth to six years, two or more structured or caregivers/ teacher/ adult-led activities or games that promote movement over the course of the daily for all children, birth to six years, two or more structured or caregivers/ teacher/ adult-led activities or games that promote movement over the course of the daily for all children, birth to six years, two or more structured or caregivers/ teacher/ adult-led activities or games that promote movement over the course of the daily for all children, birth to six years, two or more structured or caregivers/ teacher/ adult-led activities or games that promote movement over the course of the daily for all c	NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
Physical Activity (n = 11) PA1 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	3
PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor 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 who misbehave PA5 Do not withhold active play from children who misbehave PA6 Value to deally for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC1 Provide daily for all children, birth to 6 years, two or 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 PC2 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 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 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 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 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 m	NH2	Do not use food as a reward or punishment	3	3
PA1 Provide children with adequate space for both inside and outside play 4 4 4 4 4 4 4 4 4	Phys	ical Activity (n = 11)		
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 2 PAA Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 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 4 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 4 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 3 4 PC2 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 4 PC2 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 4 PC2 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor 2 2 2 2 2 2 2 2 2 2 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 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 4 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 4 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 4 PC5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 4 PC6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 4 PC7 En indicate of 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 4 2 2 PC7 El Ensure that infants have supervised tummy time every day when they are awake 4 2 4 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 3 PC7 El Ensure that infants have supervised tummy time every day when they are awake 5 2 3 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 4 2 3 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 4 3 4 PC9 El Ensure that infants have supervised tummy time every day when they are awake 5 2 3 PC9 El Ensure that infants have supervised tummy time every day when they are awake 6 2 3 3 PC9 El Ensure that infants have supervised tummy time every day when they are awake 7 2 3 3 PC9 El Ensure that infants have supervised tummy time every day when th	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 PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting A 3 3 3 4 9 9 2 4 9 9 2 4 9 9 2 4 9 9 2 4 9 9 2 9 2	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
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 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 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 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 PC6 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PC7 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PC7 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PC7 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PC7 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PC7 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PC7 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PC7 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at a	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PCt Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3 PCZ 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 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 2 3 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 3 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 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	4
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC4 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC7 PC8 PC8 PC9 I children, birth to six years, 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 PC8 Ensure that infants have supervised tummy time every day when they are awake PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 3 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	PA5	Do not withhold active play from children who misbehave	2	4
PCZ Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 4 PCZ Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 4 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 2 2 PEI Ensure that infants have supervised tummy time every day when they are awake 2 4 PEZ 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) 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 4	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PDI day—indoor or outdoor PEI 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 2 1 2 1 2 2 3 2 3 2 3 2 4 PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 3 2 4 PE3 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 3 2 4 PE3 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 3 2 4 PE3 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 3 2 4 PE3 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 3 3 3 4 PE3 Use screen media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 3 4 PE3 Use screen media with children 2 years and older to not more than 30 min. weekly 3 3 3 PE3 Use screen media with children age two years and older only for educational purposes or physical activity	PC2		3	4
PDI day—indoor or outdoor 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 BB3 Use screen media with children age two years and older only for educational purposes or physical activity 4 4	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PEI 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 2 3 Limits on Screen-Time (n = 4)	DU1	Provide daily for all children, 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
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 BB3 Use screen media with children age two years and older only for educational purposes or physical activity 4 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 3 3 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 4 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 4 4			2	3
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 4	-1111	ts on screen-Time (n = 4)	2010	2020
PB3 Use screen media with children age two years and older only for educational purposes or physical activity 4 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
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	4	
Rating Code:	PB4		2	4

Rating Code:

Regulation fully meets standard
Regulation partially meets 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:

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

	Ithy Infant Feeding (n = 11)		
		2010	2020
	stfeeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site It Feeding Practices	2	2
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
	Feed infants on cue	2	2
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	2	2
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
_	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	ition (n = 21)	2	2
	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	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
ND1	Make water available both inside and outside	3	3
NG1	Limit salt by avoiding salty foods such as chips and pretzels	3	3
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	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	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
DA1	Describe children with adequate space for both inside and outside play	4	4
	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	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	2	2
	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
	ts on Screen-Time (n = 4)	1	1
	to on 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	3
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:		

Rating Code:

West Virginia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR); 2017 (LRG, SML) Regulation fully meets standard Regulation partially meets standard Regulation does not address standard Regulation contradicts the standard 0 State does not regulate care type

WISCONSIN At A Glance:

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

	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2020
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	0
	nt Feeding Practices	3	
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	0
IB1	Feed infants on cue	4	0
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	0
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	0
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	0
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	0
	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	0
IC3 ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	0
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	0
	Serve no fruit juice to children younger than 12 months of age	1	0
	ition (n = 21)	1	U
	ition Standards	2010	2020
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	0
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	0
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	0
NA4	those who are at risk for hypercholesterolemia or obesity	2	0
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	0
	Serve whole grain breads, cereals, and pastas	3	0
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	0
	Serve fruits of several varieties, especially whole fruits	3	0
	Use only 100% juice with no added sweeteners	4	0
	Offer juice (100%) only during meal times	2	0
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	0
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	0
	Make water available both inside and outside	4	0
	Limit salt by avoiding salty foods such as chips and pretzels	2	0
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	0
	hy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	0
	Require adults eating meals with children to eat items that meet nutrition standards	2	0
	Serve small-sized, age-appropriate portions	4	0
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	0
NH1	Do not force or bribe children to eat	3	0
NH2	Do not use food as a reward or punishment	3	0
Phys	ical Activity (n = 11)		
		2010	2020
PA1	Provide children with adequate space for both inside and outside play	4	0
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	0
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	0
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	0
PA5	Do not withhold active play from children who misbehave	4	0
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	0
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	0
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	0
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		0
	day—indoor or outdoor	2	0
	Ensure that infants have supervised tummy time every day when they are awake	4	0
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	0
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	0
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	0
	Use screen media with children age two years and older only for educational purposes or physical activity	2	0
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	0
	Rating Code:		

Rating Code:

4 Regulation fully meets standard Wisconsin Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (LRG, SML); 2019 (CTR, SML)

3 Regulation partially meets standard 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)

4 Regulation contradicts the standard State does not regulate care type

WYOMING At A Glance:

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

	the leftert Fooding (p = 11)		
	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	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
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	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
	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)	1	
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	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
-	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 any express additional consists of the putritions foods that are less in fact, ages, and codium as proceeded to most the colorism and set the individual.	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
NILI1	child; Teach children who require limited portions about portion size and monitor their portions 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)		3
	rearred with 127	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	3	3
	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	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 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	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:

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

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

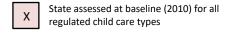
Regulation contradicts the standard State does not regulate care type

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.

	Years Rated												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			
Alaska	X		X					X				Nebraska	Х		X	X				X			<u> </u>
Arizona	Х	Х								Х	Х	Nevada	Х		Х						Х		
Arkansas	X	Х				Х		X			Х	New Hampshire	Х							Х			
California	X		Х					X				New Jersey	Х			Х				Х			
Colorado	X		Х			Х	Х	X				New Mexico	Х		Х		Х			Х			
Connecticut	X		X					X				New York	X				Х	Х		X			
Delaware	Х		Х			Х		X		Х	Х	North Carolina	Х		Х	Х				Х	Х		
District of Columbia	X						Х	X				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	C	ypes by nt	
			Year	CTR	LRG	SML
AL	Alabama					
	Minimum Standards for Family Day Care Homes, Family Nighttime Homes, Group Day Care Homes, and Group Nighttime Homes Regulations and Procedures	1/22/2001	2010		Х	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	Х	
	6 A.A.C.5, Article 52: Arizona Dept. of Economic Security, Certification and Supervision of Family Child Care Home Providers (document and associated ratings removed from ASHW assessment in 2015, retroactive to 2010)	5/19/1999	2010			
	Arizona Bureau of Child Care Licensing for Child Care Group Homes	9/2011	2011		Х	
	Arizona Administrative Code and Arizona Revised Statues for Child Care Facilities (Title 9 Ch 5)	12/5/2018	2019	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		Х	

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

Color Code: Update years highlighted as follows:

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

^{*} 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	C	d Care To Overed b Oocumer	ру
			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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Color Code: Update years highlighted as follows:

2013 2014

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

State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	Child Care Types Covered by Document				
			Year	CTR	LRG	SML		
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	x		
	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	C	ypes Dy nt	
			Year	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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2013 2014

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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	Х				
	Regulations for Licensing Day Care Homes and Group Day Care Homes	2/3/2012	2012		Х	Х		
	Kansas Laws and Regulations for Licensing Day Care Homes and Group Day Care Homes for Children	2/2012	2013		Х	х		
КҮ	Kentucky							
	922 KAR 2:100 Certification of Family Child Care Homes	3/19/2008	2010			Х		
	922 KAR 2:120 Child Care Facility Health and Safety Standards	3/19/2008	2010	Х	Х			
	922 KAR 2:120. Child-care Center Health and Safety Standards	9/2013	2013	Х	Х			
	922 KAR 2:100 Certification of Family Child Care Homes	7/18/2018	2018			Х		
	922 KAR 2:120. Child-care Center Health and Safety Standards	7/18/2018	2018	Х	Х			
LA	Louisiana							
	Child Day Care Center Class A Minimum Standards	11/1/2003	2010	Х				
	Child Day Care Center Class B Minimum Standards	10/1/2000	2010	Х				
	Bulletin 137—Louisiana Early Learning Center Licensing Regulations	7/1/2015	2015	Х	Х			
ME	Maine							
	Rules for the Licensing of Child Care Facilities	8/27/2008	2010	Х	Х			
	Rules for Family Child Care Providers	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		Χ			

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Color Code: Update years highlighted as follows:

2014 2015

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment Year	C	ypes by nt	
				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	Χ	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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Color Code: Update years highlighted as follows:

2015 2

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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			
	Missauri .		Year	CTR	LRG	SML	
МО	Missouri	4 /2002	2010				
	Licensing Rules for Group Child Care Homes and Child Care Centers	1/2002	2010	Х	Х		
	Licensing Rules for Family Child Care Homes	5/2002	2010		Х	Х	
	Licensing Rules for Group Child Care Homes and Child Care Centers	2016	2016	Х	Х		
	Licensing Rules for Family Day Care Homes	2016	2016			Х	
MT	Montana						
	Licensing Requirements for Child Day Care Centers	9/1/2006	2010	Х			
	Requirements for Registration of Family and Group Day Care Homes	9/1/2006	2010		Х	Х	
NE	Nebraska						
	Family Child Care Home Standards Chapter 6	3/1998	2010		Х	Х	
	Child Care Center Standards Chapter 8	3/1998	2010	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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Color Code: Update years highlighted as follows:

2010 2011 2012 2013 2014 2015 2016 2017

2020

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State	Regulation Document Title For links to states' documents, click here	Document Date	ASHW Assessment	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	Х		
	Chapter 52 Manual of Requirements for Child Care Centers	3/6/2017	2017	Х	Х		
	Chapter 54 Manual of Requirements for Family Child Care Registration	3/20/2017	2017			Х	
NM	New Mexico						
	Title 8 Social Services Chapter 16 Part 2 Child Care Centers, Before and After School Programs, Family Child Care Homes and Other Early Care and Education Programs	6/30/2010	2010	Х	х	Х	
	Title 8 Social Services Chapter 16 Part 2- Child Care Centers, Before and After School Programs Family Child Care Homes and Other Early Care and Education Programs	11/20/2012	2012	Х	Х	Х	
	Title 8 Chapter 16 Child Care Licensing: Child Care Centers, Out of School Time Programs, Family Child Care Homes, and Other Early Care and Education Programs	7/2014	2014	Х	х	х	
NY	New York						
	Part 416: Group Family Day Care Homes	1/31/2005	2010		Х		
	Part 417: Family Day Care Homes	1/31/2005	2010			Х	
	Part 418_1: Day Care Centers	1/31/2005	2010	Х			
	Part 418_2: Small Day Care Centers	1/31/2005	2010	Х			
	Section 416 Group Family Day Care Homes	5/2014	2014		Х		
	Section 417 Family Day Care Homes	5/2014	2014			Х	
	Part 418-1: Day Care Centers	6/2015	2015	Х			
	Part 418-2: Small Day Care Centers	6/2015	2015		Х		
NC	North Carolina						
	Chapter 9 - Child Care Rules	8/1/2010	2010	Х	Х	Х	

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2014 2015

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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	Χ	Х	Х	
	Requirements for Family Child Care Homes	12/1/2012	2012		Х	X	
	Family Child Care Home Requirements	5/2013	2013		Х	X	
	Chapter 9- Child Care Rules	1/2013	2013	X	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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Color Code: Update years highlighted as follows:

2014 2015

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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		
			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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Color Code: Update years highlighted as follows:

2010

2011

2012

2013 2014

2015

2017

2

2019

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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		
		2/2211		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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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 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	Χ	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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