# 2021 Supplement

State Profile Pages: Child Care Centers Achieving a State of Healthy Weight



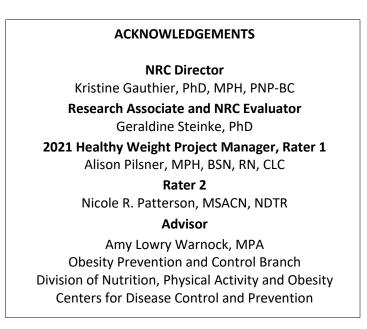


National Resource Center for Health and Safety in Child Care and Early Education



University of Colorado Anschutz Medical Campus

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



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## **INTRODUCTION**

#### ASHW 2021 STATE SUPPLEMENTS

Achieving a State of Healthy Weight 2021 Annual Report,<sup>1</sup> is the eleventh update of Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010 (ASHW 2010).<sup>2</sup> In addition to this report, each year the National Resource Center for Health and Safety in Child Care and Early Education (NRC) publishes three supplements that offer state-specific data on regulatory support for 47 high-impact obesity prevention standards (HIOPS) for each licensed child care type. ASHW supplements from 2013-2018 presented data for all three types of care in a single 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 revises the state profiles collaboratively with the Center for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity (DNPAO). Since 2019, a familiar reader will note the following changes to the state supplement pages:

- State profiles consist of a one-page table showing support in the regulations for the 47 ASHW HIOPS.
- 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.
- 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.)



If a state does not regulate a specific child care type, ratings of "0" are displayed for the care type for all HIOPS on the state profile page. In the past, some states that did 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.

For more information on methodology and 2019 policy changes, see the <u>ASHW 2021 Report, Appendix C</u>.

*History of ASHW:* 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).<sup>3</sup> More specifically, the CFOC standards used to derive the HIOPS were those included in a special 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).<sup>4</sup> NRC developed the HIOPS with input from representatives of key federal agencies and national stakeholders in children's wellbeing and healthy development (see <u>Origin of Achieving a State of Healthy Weight High-Impact</u> <u>Obesity Prevention Standards</u>).<sup>5</sup>

## **INTRODUCTION**

#### HOW TO USE THE ASHW 2021 STATE SUPPLEMENT

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. This state supplement presents updated ASHW ratings for Child Care Centers.



## Policy makers and licensing agencies may use the state supplement profiles to:

- 1. **Identify** areas of strength and needed improvement to inform promulgation of new and revised rules.
- 2. **Review** other states' profiles to reveal those states that have achieved regulatory text fully consistent with the HIOPS in support prevent of childhood obesity.

To prevent obesity among our youngest children, and encourage healthy behaviors early in life, state licensing officials, public health practitioners, and child care providers can adopt evidence-based high-impact obesity prevention standards into statewide early care and education (ECE) licensing regulations.

#### Here are two helpful resources to get started:

- CDC's <u>Spectrum of Opportunities for Obesity Prevention in Early Care and Education</u>: defines strategies to combat obesity in early care and education, including child care licensing
- <u>High Impact Obesity Prevention Standards</u> for Early Care and Education: learn more about the HIOPS and how they can be used to strengthen licensed state child care regulations

#### NOTES & REFERENCES:

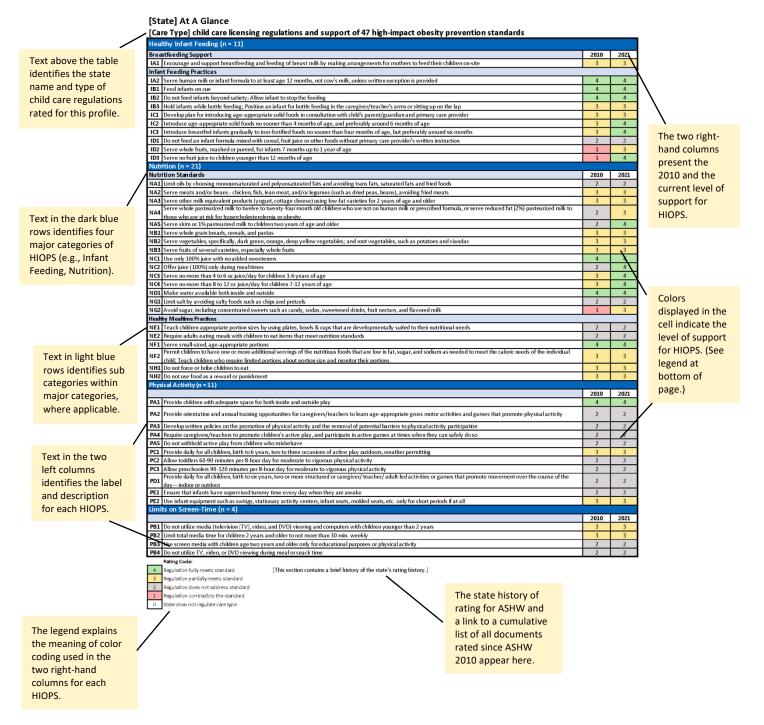
- <sup>1</sup> Achieving a state of healthy weight 2021 report. National Resource Center for Health and Safety in Child Care and Early Education. University of Colorado Anschutz Medical Campus. Published September 20, 2022. <u>https://nrckids.org/files/ASHW.2021.Report.pdf</u>
- <sup>2</sup> The baseline assessment, Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010, which details the study methodology, and subsequent annual ASHW updates (2011-2020) may be accessed @ https://nrckids.org/HealthyWeight/Archives.
- <sup>3</sup> American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs,* 3rd ed. Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association:2011.
- <sup>4</sup> American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. 2012. *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.
- <sup>5</sup> Origin of achieving a state of healthy weight high-impact obesity prevention standards. National Resource Center for Health and Safety in Child Care and Early Education; University of Colorado Anschutz Medical Campus. Updated September 18, 2020. <u>https://nrckids.org/files/HIOPSOrigin.pdf</u>

#### ASHW 2021 Supplement: Child Care Centers

## **INTRODUCTION**

#### A Guide to Understanding the State Supplement Profiles

The following state profiles display all states' ASHW results through 2021. 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, 2021. The format of the state profiles was redesigned collaboratively with the Division of Nutrition, Physical Activity and Obesity of the Centers for Disease Control and Prevention (April 2020).



#### ALABAMA At A Glance:

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

Неа	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2021	
	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	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	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)			
Nutr	ition Standards	2010	2021	
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 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	-		
	Make water available both inside and outside	3 2	4	
	Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened dinks, nult nectars, and havored mik	T	5	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
	Serve small-sized, age-appropriate portions	4	4	
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3	
NH1	Do not force or bribe children to eat	3	4	
NH2	Do not use food as a reward or punishment	4	4	
Phys	ical Activity (n = 11)			
		2010	2021	
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	4	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2	2	
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	4	
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	4	
Limi	ts on Screen-Time (n = 4)			
		2010	2021	
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4	
	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	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
4	Rating Code: Regulation fully meets standard Alabama Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2019 (CTR); 2021 (CTR,	LRG. SML)		

Alabama Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2019 (CTR); 2021 (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.

1Regulation contradicts the standard0State does not regulate care type

3 2 Regulation partially meets standard

Regulation does not address standard

#### ALASKA At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2021		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3		
Infar	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		
IB1	Feed infants on cue	4	4		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3		
ID3	Serve no fruit juice to children younger than 12 months of age	1	4		
Nut	ition (n = 21)				
Nutr	ition Standards	2010	2021		
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	2	4		
	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3		
	hy Mealtime Practices	-	-		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
	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	2	2		
	ical Activity (n = 11)	2	2		
T HYS		2010	2021		
<b>ΡΔ1</b>	Provide children with adequate space for both inside and outside play	4	4		
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2		
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
	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		
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4		
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the				
PD1	day—indoor or outdoor	4	4		
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	4	4		
Lim	ts on Screen-Time (n = 4)				
		2010	2021		
	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		
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				
4	Regulation fully meets standard Alaska Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (CTR, LRG, SML)				

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

2 Regulation does not address standard1 Regulation contradicts the standard

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

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

	Ithy Infant Feeding (n = 11)		
A1	stfeeding Support	2010	2021
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	3
	nt Feeding Practices		
A2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	3
B1		2	2
B2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
B3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
C1		4	3
C2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
C3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	3	3
D2	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
lut	rition (n = 21)		T
uti	ition Standards	2010	2021
A1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
A3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	2
A4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
	those who are at risk for hypercholesterolemia or obesity	4	2
	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	3
	Serve fruits of several varieties, especially whole fruits	4	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	2
	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
ID1	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	1	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
IE2	Require adults eating meals with children to eat items that meet nutrition standards	3	2
IF1	Serve small-sized, age-appropriate portions	4	4
IF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	1	1
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	3	3
117	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)		
hys		2010	2021
hys	Provide children with adequate space for both inside and outside play	<b>2010</b>	<b>202</b> 1
hy: PA1	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		
hy: PA1 PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	4	4
hy: A1 A2 A3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	4 2 2	4 2 2
PA1 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	4 2 2 2	4 2 2 2 2
A1 A2 A3 A4 A5	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	4 2 2 2 3	4 2 2 2 2 2
hys PA1 PA2 PA3 PA4 PA5 PC1	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 3 3 3	4 2 2 2 2 3
hys A1 A2 A3 A4 A5 C1 C2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	4 2 2 2 3 3 3 3	4 2 2 2 2 2 3 3 3
hys 2A1 2A2 2A3 2A4 2A5 2C1 2C2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	4 2 2 2 3 3 3	4 2 2 2 2 3
A1 A2 A3 A4 A5 C1 C2 C3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 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 3 3 3 3	4 2 2 2 2 2 3 3 3
A1 A2 A3 A4 A5 C1 C2 C3 C3 C1	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave 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 3 3 3 3 3 3 3 3	4 2 2 2 3 3 3 3 3 3 3 3
hys 2A1 2A2 2A3 2A4 2A5 2C1 2C2 2C3 2D1 2E1	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	4 2 2 3 3 3 3 3 3 4	4 2 2 2 3 3 3 3 3 4
2A1 2A2 2A3 2A4 2A5 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C1 2C2 2C3 2C1 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C3 2C2 2C3 2C2 2C3 2C3 2C3 2C3 2C3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4 2 2 3 3 3 3 3 3 3 3	4 2 2 2 3 3 3 3 3 3 3 3
2011 2012 2012 2013 2014 2012 2011 2011 2011 2011 2011 2011	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	4 2 2 3 3 3 3 3 3 4 3	4 2 2 2 3 3 3 3 3 4 3
hys PA1 PA2 PA3 PA3 PA4 PA5 PC1 PC2 PC2 PC3 PD1 PE1 PE2 im	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	4 2 2 3 3 3 3 3 3 4 3 2010	4 2 2 2 3 3 3 3 3 3 4 3 2021
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE1 PE1 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 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4 2 2 3 3 3 3 3 3 4 3 4 3 2010 2	4 2 2 2 3 3 3 3 3 4 3 2021 3
hys A1 A2 A3 A4 A5 C1 C2 C3 C1 C2 C3 C1 C2 C3 C1 C2 C3 C1 C2 C3 C1 C2 C3 C1 C2 C2 C3 C1 C2 C3 C1 C2 C2 C3 C1 C2 C2 C3 C1 C2 C2 C3 C1 C2 C2 C3 C1 C2 C2 C3 C1 C2 C2 C3 C1 C2 C2 C3 C1 C2 C2 C3 C2 C2 C3 C2 C2 C3 C2 C2 C3 C2 C2 C3 C2 C2 C3 C2 C2 C2 C3 C2 C2 C3 C2 C2 C2 C2 C2 C3 C2 C2 C2 C2 C2 C2 C3 C2 C2 C2 C2 C2 C2 C2 C2 C2 C2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised turmy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	4 2 2 3 3 3 3 3 3 4 3 4 3 2010 2 2 2	4 2 2 2 3 3 3 3 3 3 3 4 4 3 2021 3 2 2
hys A1 A2 A3 A4 A5 C1 C2 C2 C3 C1 C2 C3 C1 C2 C3 C1 C2 C3 C1 C2 C3 C1 C2 C2 C3 C1 C2 C2 C3 C1 C2 C2 C3 C1 C2 C2 C3 C1 C2 C2 C3 C3 C1 C2 C2 C3 C3 C1 C2 C2 C3 C3 C2 C3 C3 C2 C3 C3 C3 C3 C3 C3 C3 C3 C3 C3 C3 C3 C3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	4 2 2 3 3 3 3 3 3 4 3 4 3 2010 2 2 2 2	4 2 2 2 3 3 3 3 3 3 3 3 4 4 3 2 2 2 2
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E1 E2 B1 B2 B3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised turmy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	4 2 2 3 3 3 3 3 3 4 3 4 3 2010 2 2 2	4 2 2 2 3 3 3 3 3 3 3 3 4 4 3 2022 3 2 2

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

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

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

srea	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	202:
	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		1
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
	Feed infants on cue	4	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
C3	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	T
	ition Standards	2010	202
A1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
A3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
A4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
	those who are at risk for hypercholesterolemia or obesity	2	
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	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	3
F1	Serve small-sized, age-appropriate portions	4	4
F2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
Н1	child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2	4
	Do not use food as a reward or punishment	3	- 3
	ical Activity (n = 11)	5	5
		2010	202
nys			
	Provide children with adequate space for both inside and outside play.	Л	
A1	Provide children with adequate space for both inside and outside play	4	4
A1	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	4 2	3
A1 A2			
A1 A2 A3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3
A1 A2 A3 A4	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3
A1 A2 A3 A4 A5	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	2 2 2	3 3 4
A1 A2 A3 A4 A5 C1	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2 2 4	3 3 4 4
A1 A2 A3 A4 A5 C1 C2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	2 2 2 4 3	3 3 4 4 3
A1 A2 A3 A4 A5 C1 C2 C3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 2 4 3 3 3	3 3 4 4 3 3 3 3
A1 A2 A3 A4 A5 C1 C2 C3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 2 2 4 3 3	3 3 4 4 3 3 3
A1 A2 A3 A4 A5 C1 C2 C3 D1	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, 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 4 3 3 3	3 3 4 4 3 3 3
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 2 4 3 3 3 2	3 3 4 4 3 3 3 3 2
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 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 4 3 3 3 2 2 2	3 3 4 4 3 3 3 3 2 2 2
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor 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 4 3 3 3 2 2 2	3 3 4 4 3 3 3 2 2 2 2
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 imi	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, 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 4 3 3 3 2 2 2 2 2	3 3 4 4 3 3 3 2 2 2 2
2A1 2A2 2A3 2A4 2A5 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C2 2C3 2C1 2C2 2C2 2C3 2C2 2C3 2C2 2C3 2C3 2C3 2C3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2 2 4 3 3 2 2 2 2 2 2 2010	3 3 4 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E1 E1 E1 B1 B2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 4 3 3 2 2 2 2 2 2 2 2 0 10 2	3 3 4 4 3 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 mi B1 B2 B3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to siy years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised turmy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 4 3 3 2 2 2 2 2 2 2 2 0 10 2 2 2 2	3 3 4 3 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2

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

documents also were rated for CACFP changes.

2 Regulation does not address standard

3

1 Regulation contradicts the standard

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

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

Неа	thy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2021
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
Infar	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
_	Serve no fruit juice to children younger than 12 months of age	1	4
	ition (n = 21)		
Nutr	ition Standards	2010	2021
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	4	4
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	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
	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
	ical Activity (n = 11)	3	3
Filys		2010	2021
DA1	Provide children with adequate space for both inside and outside play.	2010	
PAI	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
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	3	3
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limi	ts on Screen-Time (n = 4)		
		2010	2021
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:		
4	Regulation fully meets standard California Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); *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 improvem	ents only; r	evised

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

1 Regulation contradicts the standard

2

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

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

	stfeeding Support	2010	202
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
	It Feeding Practices		-
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
_	Feed infants on cue	4	4
_	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
_	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
_	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
_	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
_	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
<b>D1</b>	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	3
02	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)		
utri	ition Standards	2010	202
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
_	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
_	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
44	those who are at risk for hypercholesterolemia or obesity	2	3
_	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
_	Serve whole grain breads, cereals, and pastas	2	3
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
_	Serve fruits of several varieties, especially whole fruits	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
-	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
	hy Mealtime Practices	2	
- 1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
_		2	2
	Require adults eating meals with children to eat items that meet nutrition standards	4	4
	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
	child; Teach children who require limited portions about portion size and monitor their portions	2	3
	Critica, recent criticaticaticaticaticaticaticaticaticatic		
нті		3	3
	Do not use food as a reward or punishment	3	-
H2	Do not use food as a reward or punishment ical Activity (n = 11)	3	4
H2	Do not use food as a reward or punishment ical Activity (n = 11)	3	4
H2 1ysi	ical Activity (n = 11)	3 2010	4 202
H2 nysi A1	ical Activity (n = 11)       Provide children with adequate space for both inside and outside play	3 2010 4	4 202 4
H2 nysi A1	ical Activity (n = 11)	3 2010	4 202 4
H2 nysi 41 42	ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	3 2010 4 2	4 202 4 2
H2 nysi A1 A2 A3	Ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	3 2010 4 2 2 2	4 202 4
H2 Nysi A1 A2 A3 A4	ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	3 2010 4 2 2 2 2	202 4 202 2 2 2 2
H2 1ysi A1 A2 A3 A4 A5	ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave	3 2010 4 2 2 2 2 3	202 4 22 2 2 2 4
H2 1ysi 41 42 43 44 45 C1	ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 2010 4 2 2 2 3 3 3	202 4 202 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
H2 1ysi 41 42 43 44 45 51 52	ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3 2010 4 2 2 2 3 3 3 3 3	200 200 202 202 202 202 202 202 202 202
H2 1ysi 41 42 43 44 45 51 52 53	ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3 2010 4 2 2 2 3 3 3 3 3 3	202 4 22 22 22 24 4 3 4 4 3
H2 1ysi A1 A2 A3 A4 A5 C1 C2 C3 C3	ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3 2010 4 2 2 2 3 3 3 3 3	202 4 2 2 2
12 ysi 11 12 13 14 15 11 12 13 11	ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3 2010 4 2 2 2 3 3 3 3 3 3	202 202 22 22 22 22 22 22 22 22 22 22 22
12 ysi 11 12 13 14 15 11 12 11	ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 2010 4 2 2 2 3 3 3 3 2 2	200 200 200 200 200 200 200 200
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H2 1ysi A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 mit B1	ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow toddlers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake       Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)       Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 2010 4 2 2 2 3 3 3 3 3 3 2 2 2 2 3 2 2 3 3 2 2 3 3 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	2007 2027 222 222 222 222 222 222 222 22
H2 1) ysi A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 mit B1 B2	ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day – indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older to not more than 30 min. weekly	3 2010 4 2 2 2 3 3 3 3 3 2 2 2 3 2 2 3 2 2 3 2 2 3 3 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3	2022 44 22 2 2 2 2 2 2 2 4 4 3 3 2 2 2 2 2
H2 1ysi A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 mit B1 B2 B3	ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to is years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older to not more than 30 min. weekly <td< td=""><td>3 2010 4 2 2 2 3 3 3 3 3 2 2 2 3 2 2 3 2 2 3 2 2 3 3 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3</td><td>2000 2020 2020 2020 2020 2020 2020 202</td></td<>	3 2010 4 2 2 2 3 3 3 3 3 2 2 2 3 2 2 3 2 2 3 2 2 3 3 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3	2000 2020 2020 2020 2020 2020 2020 202
H2 Nysi A1 A2 A3 A4 A5 C1 C2 C3 C1 C2 C3 C1 C2 C3 C1 C2 C3 C1 C2 C3 C1 C2 C3 C1 C2 C3 C3 C1 C2 C3 C3 C3 C1 C2 C3 C3 C3 C3 C3 C3 C3 C3 C3 C3 C3 C3 C3	ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow toddlers of 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older to not more than 30 min. weekly <td< td=""><td>3 2010 4 2 2 2 3 3 3 3 3 2 2 2 3 2 2 3 2 2 3 2 2 3 3 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3</td><td>2000 2020 2020 2020 2020 2020 2020 202</td></td<>	3 2010 4 2 2 2 3 3 3 3 3 2 2 2 3 2 2 3 2 2 3 2 2 3 3 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3	2000 2020 2020 2020 2020 2020 2020 202
12       ysi       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1       1	Ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day – indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake       Use infant shave supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)       Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older on	3 2010 4 2 2 2 3 3 3 3 3 2 2 2 3 3 3 2 2 3 3 3 3 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3	2000 2020 2020 2020 2020 2020 2020 202
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2 Regulation does not address standard

0 State does not regulate care type

1

Regulation contradicts the 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.

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

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2021	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infar	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	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3	
ID3	Serve no fruit juice to children younger than 12 months of age	1	4	
Nutr	ition (n = 21)			
Nutr	ition Standards	2010	2021	
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	
	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	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 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		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	2	2	
	Do not use food as a reward or punishment	2	2	
	ical Activity (n = 11)		-	
		2010	2021	
PA1	Provide children with adequate space for both inside and outside play	4	4	
PAZ	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
PA5	Do not withhold active play from children who misbehave	2	2	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	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	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	
Limi	ts on Screen-Time (n = 4)			
		2010	2021	
	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	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
4	Rating Code: Regulation fully meets standard Connecticut Regulation Rating History: 2010(CTR, LRG, SML); 2012* (CTR, LRG); 2017* (CTR, LRG); 2021 (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

2 Regulation does not address standard

documents also were rated for CACFP changes.

1 Regulation contradicts the standard

3

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

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2021	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4	
Infa	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	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	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	
	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 ition (n = 21)	3	4	
Nutrition Standards			2021	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	<b>2010</b>	<b>2021</b>	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding meats Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3	
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to			
NA4	those who are at risk for hypercholesterolemia or obesity	3	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
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	4	3	
NB3	Serve fruits of several varieties, especially whole fruits	4	3	
NC1	Use only 100% juice with no added sweeteners	4	4	
NC2	Offer juice (100%) only during meal times	2	4	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
	Make water available both inside and outside	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	2	2	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards	3 2	3	
	Serve small-sized, age-appropriate portions	4	4	
INFI	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual			
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	2021	
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	3	
	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	4	4	
	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	4	3	
PF1	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	
	ts on Screen-Time (n = 4)			
		2010	2021	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3	
	Use screen media with children age two years and older only for educational purposes or physical activity	4	4	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Delaware Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2015 (CTR); 2017 (LRG, SML); 2019 (CTR, LRG	, SML); 202	0 (CTR);	
3	Regulation partially meets standard 2021 (LRG, SML)			

2 Regulation does not address standard

0 State does not regulate care type

1

Regulation contradicts the 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.

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

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

Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2021
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	4
Infar	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1	Feed infants on cue	2	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	4
	ition (n = 21)		
	ition Standards	2010	2021
-	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
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	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
NB3	Serve fruits of several varieties, especially whole fruits	2	3
NC1	Use only 100% juice with no added sweeteners	2	4
	Offer juice (100%) only during meal times	2	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
ND1	Make water available both inside and outside	2	4
	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
	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	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
NH1	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)		
		2010	2021
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
P۵3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	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
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 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)	2	3
		2010	2021
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	3
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
	Use screen media with children age two years and older only for educational purposes or physical activity	2	4
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard District of Columbia Regulation Rating History: 2010 (CTR. SML): 2016 (CTR. LRG. SML): 2017* (CTR. LRG. SML)		

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

documents also were rated for CACFP changes.

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

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

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

Brea	stfeeding Support	2010	202
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	3
	t Feeding Practices	2	J
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
	Feed infants on cue	2	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3
	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
	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)		
Nutr	ition Standards	2010	20
	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	Э
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	
	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
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	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	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	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
		2	4
111	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	4
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Cinic, rearrent winder winder and the bolton's about portion size and monitor their portons	2	3
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)	3	
ii ys		2010	20
DA1	Provide children with adequate space for both inside and outside play	4	20
		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
Þ۷3	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 promotion or physical activity and the removal or potential barners 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	
rA5	Do not withhold active play from children who misbehave	2	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4
		~	2
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	
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	3	4
PC2 PC3	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		
PC2 PC3 PD1	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 2	:
PC2 PC3 PD1 PE1	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 2 2	:
PC2 PC3 PD1 PE1 PE2	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 2	:
PC2 PC3 PD1 PE1 PE2	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 2 2 2	
PC2 PC3 PD1 PE1 PE2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	3 2 2 2 2 2010	20
PC2 PC3 PD1 PE1 PE2 .imi	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 2 2 2 2 2010 2	20
PC2 PC3 PD1 PE1 PE2 Limi	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	3 2 2 2 2 2010	20 20
PE2 Limi PB1 PB2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 2 2 2 2 2010 2	20 20
PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	3 2 2 2 2 2 2010 2 2	20
PC2 PC3 PD1 PE1 PE2 imi PB1 PB2 PB3	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	3 2 2 2 2 2 2 2 2 2 2 2	20
C2 C3 D1 E1 E2 B1 B2 B3	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	3 2 2 2 2 2 2 2 2 2 2 2 2 2	20
C2 C3 D1 E1 E2 M1 B1 B2 B3	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 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 Rating Code:	3 2 2 2 2 2 2 2 2 2 2 2 2 2 1 2	20

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.

ASHW 2021 Supplement: Child Care Centers

Regulation does not address standard

Regulation contradicts the standard 0 State does not regulate care type

2

1

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

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

Hea	Healthy Infant Feeding (n = 11)				
	stfeeding Support	2010	2021		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4		
Infai	nt Feeding Practices		-		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
	Feed infants on cue	4	4		
	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		
	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		
	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 rition (n = 21)	1	4		
Nutrition Standards			2021		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	<b>2010</b>	2		
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3		
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3		
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to				
NA4	those who are at risk for hypercholesterolemia or obesity	2	3		
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4		
	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 Make water available both inside and outside	3 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		
	thy Mealtime Practices	3			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
	Serve small-sized, age-appropriate portions	4	4		
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	2021		
DA1	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		
	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		
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		
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	4		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3		
_	ts on Screen-Time (n = 4)				
		2010	2021		
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	3	3		
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
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 improvem	ents only; re	evised		

documents also were rated for CACFP changes.

- 3 Regulation partially meets standard
- 2 Regulation does not address standard

1 Regulation contradicts the standard

#### **HAWAII At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2021		
	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	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 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	4		
	Serve no fruit juice to children younger than 12 months of age	1	4		
	rition (n = 21)				
	ition Standards	2010	2021		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3		
NA4	those who are at risk for hypercholesterolemia or obesity	2	3		
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4		
	Serve whole grain breads, cereals, and pastas	3	3		
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3		
	Serve fruits of several varieties, especially whole fruits	3	3		
NC1	Use only 100% juice with no added sweeteners	4	4		
NC2	Offer juice (100%) only during meal times	2	4		
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4		
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		
	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 Do not force or bribe children to eat	3	3		
	Do not use food as a reward or punishment	4	4		
_	ical Activity (n = 11)	4	4		
1 Hys		2010	2021		
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		
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
	Do not withhold active play from children who misbehave	2	2		
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3		
PC2		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		
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	2	2		
	ts on Screen-Time (n = 4)				
		2010	2021		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2		
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2		
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				
4	Regulation fully meets standard Hawaii Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, 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 improvem	ents only; re	evised		
	Description does not address standard description also were rated for CACED shapped				

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

2 Regulation contradicts the standard 1

#### **STATE PROFILES**

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

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

rea	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	202
41	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
far	nt Feeding Practices		
42	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
B1	Feed infants on cue	2	2
B2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
B3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
	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
_	ition Standards	2010	202
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
42	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
A3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
44	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
	those who are at risk for hypercholesterolemia or obesity		
A5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
31	Serve whole grain breads, cereals, and pastas	2	2
32	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
33	Serve fruits of several varieties, especially whole fruits	2	2
C1	Use only 100% juice with no added sweeteners	2	2
C2	Offer juice (100%) only during meal times	2	2
	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
		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
F1	Serve small-sized, age-appropriate portions	2	2
F2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2
	child: Teach children who require limited portions about portion size and monitor their portions		-
		-	2
	Do not force or bribe children to eat	2	1
H2	Do not use food as a reward or punishment	2 2	2
H2			2
H2	Do not use food as a reward or punishment		
H2 1ys	Do not use food as a reward or punishment	2	
H2 1ys A1	Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play	2 2010 2	<b>202</b> 2
H2 1ys A1	Do not use food as a reward or punishment ical Activity (n = 11)	2 2010	202
H2 1ys 41 42	Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play	2 2010 2	<b>202</b> 2 2
H2 1ys 41 42 43	Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 2010 2 2	202 2 2 2 2
H2 1ys A1 A2 A3 A4	Do not use food as a reward or punishment ical Activity (n = 11)  Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 2010 2 2 2 2	202 2 2 2 2
H2 Nys A1 A2 A3 A4	Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 2010 2 2 2 2 2 2	202 2 2 2 2 2 2 2
H2 Nys A1 A2 A3 A4 A5 C1	Do not use food as a reward or punishment ical Activity (n = 11)  Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	2 2010 2 2 2 2 2 2 2 2	202 2 2 2 2 2 2 2 2 2 2
H2 Nys A1 A2 A3 A4 C1 C2	Do not use food as a reward or punishment ical Activity (n = 11)  Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2010 2 2 2 2 2 2 2 2 2 2 2 2	202 2 2 2 2 2 2 2 2 2 2 2
H2 Nys A1 A2 A3 A4 A5 C1 C2 C3	Do not use food as a reward or punishment ical Activity (n = 11)  Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 2010 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	202 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
H2 Nys A1 A2 A3 A4 A5 C1 C2 C3	Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2 2010 2 2 2 2 2 2 2 2 2 2 2 2	202 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
H2 1ys A1 A2 A3 A4 A5 C1 C2 C3 D1	Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 2010 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	202 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
H2 Nys A1 A2 A3 A4 C1 C2 C3 D1 E1	Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 2010 2 2 2 2 2 2 2 2 2 2 2 2 2	202 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
H2 A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2010 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	202 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
H2 A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 2010 2 2 2 2 2 2 2 2 2 2 2 2 2	202 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
H2 nys A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 mi	Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2 2010 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	202 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
H2 nys A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E1 E1 E1 E1 E1	Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to 6 years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>ts on Screen-Time (n = 4)</b> Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2010 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	202 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
H2 Nys A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 mi B1 B2	Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>ts on Screen-Time (n = 4)</b> Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2010 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	202 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
H2 195 195 195 195 195 195 195 195	Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>ts on Screen-Time (n = 4)</b> Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2 2010 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	202 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
12 13 14 12 14 15 12 12 13 11 12 13 13 13 13 13 13 13 13 13 13	Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>ts on Screen-Time (n = 4)</b> Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2010 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2007 222 222 222 222 222 222 222 222 222

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

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

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

Неа	Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2021		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3		
Infar	t Feeding Practices				
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	1	1		
	Feed infants on cue	2	3		
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	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	4		
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	4	4		
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3		
	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	4		
	Serve no fruit juice to children younger than 12 months of age	1	3		
	ition (n = 21)	-			
	ition Standards	2010	2021		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	4		
	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	3	4		
NA4	those who are at risk for hypercholesterolemia or obesity				
	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		
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3		
	Serve fruits of several varieties, especially whole fruits	4	4		
	Use only 100% juice with no added sweeteners	4	4		
	Offer juice (100%) only during meal times	2	4		
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age 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	3	4		
-	Limit salt by avoiding salty foods such as chips and pretzels	2	4		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	4		
	hy Mealtime Practices	3	-		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3		
	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
	Serve small-sized, age-appropriate portions	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		
INF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3		
	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)				
DAT		2010	2021		
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		
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
	Do not withhold active play from children who misbehave	3	4		
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4		
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
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 dav—indoor or outdoor	3	3		
PE1	aay—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	4	4		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
	ts on Screen-Time (n = 4)				
		2010	2021		
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		
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	4		
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4		
	Rating Code:		_		
4	Regulation fully meets standard Illinois Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR)				

3Regulation partially meets standard2Regulation does not address standard

1 Regulation contradicts the standard

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

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

2169	Ilthy Infant Feeding (n = 11) astfeeding Support	2010	202
1 / 1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	202
	recourage and support breastreeding and record of breast milk by making anangements for mothers to record their children on-site	5	3
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
A2 B1		2	2
		2	2
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	4
C1		2	2
C2		2	2
		2	2
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)	2	2
		2010	
_	rition Standards	2010	202
	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
A3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
Α4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3
^	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	1	1
-		2	
	Serve whole grain breads, cereals, and pastas		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	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
D1	Make water available both inside and outside	3	3
G1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
G2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
eal	thy Mealtime Practices		
E1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
E2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
F1	Serve small-sized, age-appropriate portions	2	2
F2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of 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	4	4
hy	sical Activity (n = 11)		1
		2010	202
A1	Provide children with adequate space for both inside and outside play	4	4
A2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
44		2	2
A5	Do not withhold active play from children who misbehave	3	3
C1		3	3
C2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
2	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	3	3
C3		5	
C3 D1	day—indoor or outdoor		2
C3 D1 E1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	
C3 D1 E1 E2	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 3	3
C3 D1 E1 E2	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake		3
C3 D1 E1 E2	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		3 202
C3 D1 E1 E2 m	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	
C3 D1 E1 E2 m	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 2010	<b>202</b>
C3 D1 E1 E2 M B1 B2	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 2010 4	<b>20</b> 2 4 2
C3 D1 E1 E2 M B1 B2 B3	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 2010 4 2	202
3 1 2 1 3 1 3 1 3 2 3 3	day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         its on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older to not more than 30 min. weekly         Use screen media with children age two years and older only for educational purposes or physical activity	3 2010 4 2 4 4	<b>20</b> 2 4 2 4

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

#### **STATE PROFILES**

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

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

Неа	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2021	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	4	
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	4	
	Serve no fruit juice to children younger than 12 months of age	1	4	
	ition (n = 21)			
	ition Standards	2010	2021	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3	
NA4	serve whole pasteurized milk to twelve to twelve to twelve to twelve rour month old children who are not on numan milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	3	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
	Serve fruits of several varieties, especially whole fruits	3	3	
	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	
	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	
	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 Do not force or bribe children to eat	2	2	
	Do not use food as a reward or punishment	3	3	
	ical Activity (n = 11)	5	5	
		2010	2021	
PA1	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	2	2	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
	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	
DF1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
	ts on Screen-Time (n = 4)	-	-	
		2010	2021	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Iowa 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 improvem	ents only; r	evised	

tandard documents also were rated for CACFP changes.

2 Regulation does not address standard1 Regulation contradicts the standard

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

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

Неа	Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2021		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3		
Infar	t Feeding Practices				
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2		
IB1	Feed infants on cue	2	2		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2		
ID3	Serve no fruit juice to children younger than 12 months of age	2	2		
Nuti	ition (n = 21)				
Nutr	ition Standards	2010	2021		
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		
	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	2	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		
NC1	Use only 100% juice with no added sweeteners	4	4		
	Offer juice (100%) only during meal times	2	2		
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2		
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2		
	Make water available both inside and outside	4	4		
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2		
	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	1	1		
	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	2021		
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	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	3	3		
Limi	ts on Screen-Time (n = 4)				
		2010	2021		
	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		
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				
4	Regulation fully meets standard Kansas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (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 improvem	ents only; r	evised		

Regulation partially meets standard Regulation does not address standard

documents also were rated for CACFP changes.

2 Regulation does not address standar1 Regulation contradicts the standard

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

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

Brea	Ithy Infant Feeding (n = 11)		
	istfeeding Support	2010	2021
A1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
nfai	nt Feeding Practices		
A2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
B1	Feed infants on cue	2	2
B2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
B3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
C1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
C2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
C3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
D1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
D2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
D3	Serve no fruit juice to children younger than 12 months of age	2	4
lut	rition (n = 21)		
utr	ition Standards	2010	2021
A1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
IA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
A4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) 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	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
IC2		2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	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	2
	thy Mealtime Practices	_	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
IF1	Serve small-sized, age-appropriate portions	4	3
IF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	1	1
111	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
1112	sical Activity (n = 11)		-
hvs			
hys		2010	2021
	Provide children with adequate snace for both inside and outside nav	2010	2021
A1	Provide children with adequate space for both inside and outside play	4	4
PA1	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		
PA1 PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	4	4
A1 A2 A3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	4 2 2	4 2 3
PA1 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	4 2 2 2	4 2 3 2
PA1 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	4 2 2	4 2 3
A1 A2 A3 A4 A5 C1	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	4 2 2 2 2 2	4 2 3 2 4
A1 A2 A3 A4 A5 C1 C2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4 2 2 2 2 2 3	4 2 3 2 4 3
A1 A2 A3 A4 A5 C1 C2 C3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	4 2 2 2 2 3 3 3 3	4 2 3 2 4 3 4 3
A1 A2 A3 A4 A5 C1 C2 C3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	4 2 2 2 2 3 3 3	4 2 3 2 4 3 4 3
A1 A2 A3 A4 A5 C1 C2 C3 D1	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	4 2 2 2 2 3 3 3 3	4 2 3 2 4 3 4 3
2A1 2A2 2A3 2A4 2A5 2C1 2C2 2C3 2D1 2E1	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	4 2 3 2 4 3 4 3 2 2
2A1 2A2 2A3 2A4 2A5 2C1 2C2 2C3 2C3 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C2 2C2 2C2 2C2 2C2 2C2 2C2 2C2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	4 2 2 2 3 3 3 3 2 2 2	4 2 3 2 4 3 4 3 2 2 4
2A1 2A2 2A3 2A4 2A5 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C3	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 3 2 2 2	4 2 3 2 4 3 4 3 2 2 4 2
2A1 2A2 2A3 2A4 2A5 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C3 2C1 2C2 2C3 2C3 2C4 2C4 2C4 2C4 2C4 2C4 2C4 2C4 2C4 2C4	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 3 2 2 2 2 2 2	4 2 3 2 4 3 4 3 2 2 4
PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE1 PE1 PE1 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 ts on Screen-Time (n = 4)	4 2 2 2 3 3 3 3 2 2 2 2 2 2 2 2010	4 2 3 2 4 3 4 3 2 2 4 2 2 2 2021
A1 A2 A3 A4 A5 C1 C2 C2 C3 C1 C2 C3 C1 C2 C2 C3 C1 C2 C2 C3 C1 C2 C2 C3 C1 C2 C2 C3 C1 C2 C2 C3 C1 C2 C2 C3 C1 C2 C3 C1 C2 C3 C1 C2 C3 C1 C2 C3 C1 C2 C3 C3 C1 C2 C2 C3 C3 C1 C2 C2 C3 C3 C1 C2 C2 C3 C3 C1 C2 C2 C3 C3 C1 C2 C2 C3 C3 C3 C3 C3 C3 C3 C3 C3 C3 C3 C3 C3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4 2 2 2 3 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2	4 2 3 2 4 3 4 3 2 2 4 2 2 2 2 2 2 2 2 2
A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 E1 E2 B1 B2 B3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	4 2 2 2 3 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2	4 2 3 4 3 4 3 2 2 4 202 4 3

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

#### LOUISIANA At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2021	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infar	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	1	4	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	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)			
	ition Standards	2010	2021	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3	
NA4	those who are at risk for hypercholesterolemia or obesity	2	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	3	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
	Serve fruits of several varieties, especially whole fruits	4	3	
	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	
	Make water available both inside and outside	4	4	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3	
	hy Mealtime Practices			
	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	1	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	3	
	ical Activity (n = 11)		5	
i nys		2010	2021	
PA1	Provide children with adequate space for both inside and outside play	4	4	
PAZ	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	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	3	4	
	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	3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3	
	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	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)	5	5	
		2010	2021	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	4	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3	
	Use screen media with children age two years and older only for educational purposes or physical activity	2	1	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	DU HUL ULIIZE I V, VIUEU, UL DVD VIEWING UUHING HEALUI SHACK LIHE			
		2		
4	Rating Code: Regulation fully meets standard Louisiana Regulation Rating History: 2010 (CTR); 2015 (CTR); 2017* (CTR); 2021 (CTR)	L		

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

2 1 Regulation contradicts the standard

#### MAINE At A Glance:

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

Brea	istfeeding Support	2010	2021
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
	nt Feeding Practices		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
B1		4	4
B2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
C2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
C3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
D2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
D3	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)	<u>.</u>	
uti	ition Standards	2010	202
_	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		
A4	those who are at risk for hypercholesterolemia or obesity	2	2
A5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
Β1	Serve whole grain breads, cereals, and pastas	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
<b>C1</b>	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	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	3
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
		~	~
	Iserve small-sized age-appropriate portions	3	r
	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	3	3
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3 2	3 2
F2			
F2 H1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
IF2 IH1 IH2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2 3	2
F2 H1 H2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment	2 3	2 3 3
F2 H1 H2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment	2 3 3	2
F2 H1 H2 hys	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play	2 3 3 2010 4	2 3 3 202: 4
F2 H1 H2 hys	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment sical Activity (n = 11)	2 3 3 2010	2 3 3 202:
F2 H1 H2 hy: A1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play	2 3 3 2010 4	2 3 3 202: 4
F2 H1 H2 hys A1 A2 A3	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 3 3 2010 4 2	2 3 3 202: 4 2
F2 H1 H2 A1 A2 A3 A4	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment Sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 3 3 2010 4 2 2	2 3 3 202 4 2 2
F2 H1 H2 A1 A2 A3 A4 A5	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment Sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 3 3 2010 4 2 2 2 2 2	2 3 3 202: 4 2 2 2
F2 H1 H2 hys A1 A2 A3 A4 A5 C1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not use food as a reward or punishment <b>Sical Activity (n = 11)</b> Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	2 3 3 2010 4 2 2 2 2 2 2 2	2 3 3 202 4 2 2 2 2 4
F2 H1 H2 A1 A1 A3 A4 A5 C1 C2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment Sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 3 3 2010 4 2 2 2 2 2 2 4	2 3 3 202 4 2 2 2 2 4 3
F2 H1 H2 A1 A2 A3 A4 A5 C1 C2 C3	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not use food as a reward or punishment <b>sical Activity (n = 11)</b> Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 3 3 2010 4 2 2 2 2 2 2 4 3 3 3	2 3 3 202 4 2 2 2 2 4 3 4 3 4 3
F2 H1 H2 A1 A2 A3 A4 A5 C1 C2 C3	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not use food as a reward or punishment <b>sical Activity (n = 11)</b> Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2 3 3 2010 4 2 2 2 2 2 4 3	2 3 3 202: 4 2 2 2 2 4 3 4
F2 H1 H2 NY A1 A2 A3 A4 A5 C1 C2 C3 D1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment <b>sical Activity (n = 11)</b> Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2 3 3 2010 4 2 2 2 2 2 2 4 3 3 3	2 3 3 202: 4 2 2 2 2 2 4 3 4 3 3
F2 H1 H2 A1 A2 A3 A4 A5 C1 C2 C3 D1 E1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not use food as a reward or punishment <b>sical Activity (n = 11)</b> Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 3 3 2010 4 2 2 2 2 2 2 4 3 3 3 2 2	2 3 3 202: 4 2 2 2 4 3 4 3 4 3 2
F2 H1 H2 A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 3 3 2010 4 2 2 2 2 2 2 4 3 3 3 2 2 2 2 2 2 2 2 2	2 3 3 202: 4 2 2 2 4 3 4 3 4 3 2 4 4
F2 H1 H2 A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not use food as a reward or punishment sical Activity (n = 1) Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised turmny time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 3 3 2010 4 2 2 2 2 2 2 4 3 3 3 2 2 2 2 2 2 2 2 2	2 3 3 202: 4 2 2 2 2 4 3 4 3 4 3 2 4 4
F2 H1 H2 A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 m	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not use food as a reward or punishment sical Activity (n = 1) Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised turmny time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 3 3 2010 4 2 2 2 2 2 4 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2	2 3 3 202: 4 2 2 2 4 3 3 4 3 2 2 4 3 3
F2 H1 H2 A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E1 E1 E1 E1 E1 E1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions Do not serve or bribe children to eat Do not use food as a reward or punishment sical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow trodelers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2 3 3 2010 4 2 2 2 2 2 2 4 3 3 3 2 2 2 2 2 2 2 2 2	2 2 2 3 3 3 3 2022 4 4 2 2 2 2 4 4 3 3 2 2 4 4 3 3 2 2 2 4 4 3 3 2 2 2 2 4 3 3 2 2 2 2 2 4 3 3 2 2 2 2 2 2 3 4 3 3 2 2 2 2 2 2 2 2 4 4 3 3 2 2 2 2 2 2 4 4 3 3 2 2 2 2 2 2 2 2 3 3 2 2 2 2
IF2 IH1 IH2 A1 A2 A3 A4 A5 C1 C2 C3 PD1 E1 E2 E1 E2 E1 E2 E1 E2 E1 E2 E1 E2 E1 E2 E1 E2 E1 E2 E1 E2 E2 E1 E1 E2 E2 E2 E2 E2 E2 E2 E2 E2 E2 E2 E2 E2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment sical Activity (n = 11)  Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 5 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to 5 years, 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 turmmy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2 3 3 2010 4 2 2 2 2 2 2 4 3 3 2 2 2 2 2 2 2 2 2 2	2 3 3 202: 4 2 2 2 4 3 3 4 3 2 2 4 3 2 2 2 2 2 2
F2 H1 H2 A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E1 E1 B1 B2 B3	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not torce or bribe children to eat 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 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 treschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children age two years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2 3 3 2010 4 2 2 2 2 2 2 4 3 3 3 2 2 2 2 2 2 2 2 2	2 2 2 3 3 3 3 2022 4 4 2 2 2 2 4 4 3 3 2 2 4 4 3 3 2 2 2 4 4 3 3 2 2 2 2 3 3 3 2 2 2 2 3 3 2 2 2 2
F2 H1 H2 A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 B1 B2 B3	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children who require limited portions about portion size and monitor their portions Do not use food as a reward or punishment siceal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow 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 turmny time every day when they are awake Use infant equipment such as swings, sationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Do not utilize TV, video, or DVD viewing during meal or snack time	2 3 3 2010 4 2 2 2 2 2 2 4 3 3 2 2 2 2 2 2 2 2 2 2	2 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to e at Do not force or bribe children to e at Do not orce or bribe children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who miseheave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow todlens 90-120 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Develop minutes per 8-hour day for moderate to vigorous physical activity and the reduint infant have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>ts on Screen-Time (n = 4)</b> Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media with children age two years and older only for educational purposes or physical activity Do not uvitize TV, video, or DV	2 3 3 2010 4 2 2 2 2 2 2 4 3 3 2 2 2 2 2 2 2 2 2 2	2 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3
2 11 12 2 3 4 5 1 2 3 1 2 3 1 2 3 1 1 2 3 1 1 2 3 1 1 2 3 1 1 2 3 1 1 2 3 1 1 2 3 4 5 1 2 1 1 2 3 1 1 2 1 2 1 1 2 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 2 1 1 1 2 1 1 1 1 2 1 1 1 1 2 1 1 1 1 2 1 1 1 1 1 2 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children who require limited portions about portion size and monitor their portions Do not use food as a reward or punishment siceal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow 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 turmny time every day when they are awake Use infant equipment such as swings, sationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Do not utilize TV, video, or DVD viewing during meal or snack time	2 3 3 2010 4 2 2 2 2 2 2 2 4 3 3 2 2 2 2 2 2 2 2 2	2 2 3 3 2022 4 4 2 2 2 2 4 4 3 3 2 2 4 4 3 3 2 2 2 4 4 3 3 2 2 022 2 4 4 4 3 3 2 022 4 4 4 4 4 4 3 3 2 022 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4

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

1Regulation contradicts the standard0State does not regulate care type

2

#### MARYLAND At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2021	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	4	
Infar	t Feeding Practices		-	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
	Feed infants on cue	4	4	
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4	
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	1	3	
	ition (n = 21)		4	
	ition Standards	2010	2021	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3	
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to			
NA4	those who are at risk for hypercholesterolemia or obesity	2	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	3	
NB1	Serve whole grain breads, cereals, and pastas	3	3	
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
	Serve fruits of several varieties, especially whole fruits	3	3	
	Use only 100% juice with no added sweeteners	4	4	
NC2	Offer juice (100%) only during meal times	2	4	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
-	Make water available both inside and outside	3	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3	
	hy Mealtime Practices	2	2	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions	2	2	
INF1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3	
NH1	Do not force or bribe children to eat	3	3	
NH2	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)			
		2010	2021	
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 sucry downhan they are sucke			
	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)	Z	Z	
6000		2010	2021	
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	4	
	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:			
4	Regulation fully meets standard Maryland Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG)/2012* (CTR, SML); 2015 (CTR, LRG, 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		evised	

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 0 State does not regulate care type

3 2

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Regulation does not address standard

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

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

Healthy Infant Feeding (n = 11)				
	stfeeding Support	2010	2021	
	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	2	2	
	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	
Nutr	ition (n = 21)			
Nutr	ition Standards	2010	2021	
	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	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	2	2	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
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	2	2	
NF2	child: Teach children who require limited portions about portion size and monitor their portions	2	2	
NH1	Do not force or bribe children to eat	4	4	
	Do not use food as a reward or punishment	4	4	
	ical Activity (n = 11)			
		2010	2021	
PA1	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	3	3	
	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	
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 event day when they are awake			
-	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)	3	3	
<b>C</b> 1111	(1 - 4)	2010	2021	
DP 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2021	
	Limit total media (television [1 V], video, and DVD) viewing and computers with children younger than 2 years	2	2	
	Using total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
F 04	Rating Code:	2	2	
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

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

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

Healthy Infant Feeding (n = 11)			
Breastfeeding Support		2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	3
	nt Feeding Practices		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
	Feed infants on cue	4	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3		3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
1C2 1C3	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	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
	rition (n = 21)		
	ition Standards	2010	2021
	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	4
	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 skim or 1% pasteurized milk to children two years of age and older 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 regeables, specifically, dark green, orange, deep yellow vegetables, and foot vegetables, such as polaries and vialities	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
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		
	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 child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)		
		2010	2021
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
	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	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	2	3
	Lensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
	ts on Screen-Time (n = 4)	2	
		2010	2021
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
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	3	4
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Michigan Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, SML); 2014 (CTR); 2017*(CTR, LRG, SML); 2019 (CTF	:)	
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 improvem	ents only; r	evised

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

0 State does not regulate care type

Regulation does not address standard

2

1

#### MINNESOTA At A Glance:

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

Healthy Infant Feeding (n = 11)				
	stfeeding Support	2010	2021	
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	3	3	
IB1	Feed infants on cue	3	3	
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	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	
	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)			
	ition Standards	2010	2021	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3	
NA4	those who are at risk for hypercholesterolemia or obesity	2	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	3	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
	Serve fruits of several varieties, especially whole fruits	3	3	
	Use only 100% juice with no added sweeteners	4	4	
NC2	Offer juice (100%) only during meal times	2	4	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
	Make water available both inside and outside	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	
	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	
NILI1	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	
	ical Activity (n = 11)	3	3	
Filys		2010	2021	
<b>Ρ</b> Δ1	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	3	3	
	day—indoor or outdoor			
	Ensure that infants have supervised tummy time every day when they are awake	2	2	
PEZ			3	
1.1	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3		
Limi	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)	1	2024	
	ts on Screen-Time (n = 4)	2010	2021	
PB1	ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	<b>2010</b> 2	2	
PB1 PB2	ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	<b>2010</b> 2 2	2	
PB1 PB2 PB3	ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 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	2010 2 2 2	2 2 2	
PB1 PB2 PB3	ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 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	<b>2010</b> 2 2	2	
PB1 PB2 PB3	ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 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	2010 2 2 2	2 2 2	

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

2 Regulation does not address standard1 Regulation contradicts the standard

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

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

	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	202
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
	tt Feeding Practices		
42	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
81	Feed infants on cue	4	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
C1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
C2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
C3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3
D1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
D2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	1
D3	Serve no fruit juice to children younger than 12 months of age	3	3
ut	ition (n = 21)		
utr	ition Standards	2010	202
A1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	3
A2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	4	4
A3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
A4	those who are at risk for hypercholesterolemia or obesity	3	3
A5	Serve skim or 1% pasteurized milk to children two years of age and older	4	4
IB1	Serve whole grain breads, cereals, and pastas	4	4
B2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4
B3	Serve fruits of several varieties, especially whole fruits	4	4
	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
		4	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	2	2
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	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	4	4
IF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	3	4
NF2 NH1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	4 3 3
NF2 NH1 NH2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment	3	4
IF2 IH1 IH2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3 3 4	4 3 3 4
NF2 NH1 NH2 NH2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11)	3 3 4 2010	4 3 3 4 202
NF2 NH1 NH2 Phys	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment	3 3 4	4 3 3
NF2 NH1 NH2 Phys	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play	3 3 4 2010	4 3 3 4 202 4
NF2 NH1 NH2 NH2 NH2 NH2 NH2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	3 3 4 2010 4 2	4 3 3 4 202 4 202
NF2 NH1 NH2 PA1 PA2 PA3	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	3 3 4 2010 4 2 2	4 3 3 4 202 4 202 2 2
NF2 NH1 NH2 PA1 PA2 PA3	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	3 3 4 2010 4 2	4 3 3 4 200 4 202 2 2
NF2 NH1 NH2 PA1 PA2 PA3 PA3	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	3 3 4 2010 4 2 2 2 2 3	4 3 3 4 200 4 2 2 2 2 2 2 2 2 2 2 3
NF2 NH1 NH2 PA1 PA2 PA3 PA4 PA5	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child. Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	3 3 4 2010 4 2 2 2 2 3 3 3	4 3 3 4 200 4 200 4 200 200 200 200 200 200 2
NF2 NH1 NH2 PA1 PA2 PA3 PA3	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	3 3 4 2010 4 2 2 2 2 3	4 3 4 202 4 2 2 2 2 2 3 3 3 3
NF2 NH1 NH2 PA1 PA2 PA3 PA3 PA3 PA3 PA5 PC1 PC2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11)  Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3 3 4 2010 4 2 2 2 2 3 3 3	4 3 4 20 2 2 2 2 2 3 3 4 4
NF2 NH1 NH2 Phys PA1 PA2 PA3 PA3 PA3 PA5 PC1 PC2 PC3	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3 3 4 2010 4 2 2 2 2 3 3 3 3 3 3 3	44 33 44 2000 44 22 22 22 23 33 34 4 33
IF2 IH1 IH2 PA1 PA2 PA3 PA3 PA3 PA3 PA3 PA3 PA3 PA3 PA3 PA3	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions. Do not force or bribe children to eat Do not use food as a reward or punishment <b>ical Activity (n = 11)</b> Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children, who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to 6 years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 3 4 2010 4 2 2 2 2 3 3 3 3 3	44 33 44 2000 44 22 22 22 23 33 34 4 33
F2 H1 H2 hys A1 A2 A3 A4 A5 C1 C2 C3 D1 E1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11)  Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Envoide orientation or outdoor Ensure that infants have supervised tummy time every day when they are awake	3 3 4 2010 4 2 2 2 2 3 3 3 3 3 3 3	
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F2 H1 H2 hys A1 A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 B1 B2 B3 B4 A4 A3 A4 A3 A4 A5 C1 C2 C3 D1 E1 E1 E2 B3 B4 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A3 A4 A4 A3 A4 A3 A4 A4 A3 A4 A4 A3 A4 A4 A3 A4 A4 A3 A4 A4 A4 A3 A4 A4 A4 A4 A4 A4 A4 A4 A4 A4 A4 A4 A4	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children who require limited portions about portion size and monitor their portions Do not force or brike children to eat Do not use food as a reward or punishment ical Activity (n = 11)  Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to is y years, 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 to an Steene-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 age two years and older to not more than 30 min. weekly Use screen media with children age two years and older on to for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time Rating	3         3         4         2010         4         2         3         3         3         3         3         3         3         3         3         3         3         3         3         3         3         3         3         3         3         4         2         3         4         2	44 3 3 44 2 2 2 2 2 2 2 2 2 3 3 3 2 2 2 2

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

Regulation contradicts the standard 0 State does not regulate care type

2

1

Regulation does not address standard

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

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

	thy Infant Feeding (n = 11) stfeeding Support	2010	202
Δ1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2010	202
	t 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	3	3
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
C2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
	Introduce age-appropriate solid roots to solider than 4 months of age, and preferably around o months of age.	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 (in = 21)	2010	202
_		<b>2010</b>	202
	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
43	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
44	serve whole pasteurized milk to twelve to twelve to twelve to twelve to twelve not on numan milk or prescribed formula, or serve reduced rat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
15	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	4	4
		4	4
	Use only 100% juice with no added sweeteners		
	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	-	
	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	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	1	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
E2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
F1	Serve small-sized, age-appropriate portions	4	4
F2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of 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
iys	ical Activity (n = 11)		1
<u> </u>		2010	202
	Provide children with adequate space for both inside and outside play	4	4
1		-	
		2	2
12	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	
42 43	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
12 13 14	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
42 43 44 45	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 4	2 2 4
42 43 44 45 21	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 4 3	2 2 4 3
4 4 4 5 2 2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 2 2 4 3 3	2 2 4 3 3
A2 A3 A4 A5 C1 C2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2 2 2 4 3	2 2 4 3 3
4 4 5 1 2 2 3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2 2 2 4 3 3	2 2 4 3 3 3
x2 x3 x4 x5 x1 x2 x3 x1 x2 x3 x1 x3 x1 x3 x4 x5 x1 x3 x1 x3 x4 x5 x1 x3 x4 x3 x4 x5 x1 x3 x1 x1 x1 x1 x1 x1 x1 x1 x1 x1 x1 x1 x1	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 2 4 3 3 3 2	2 2 4 3 3 3 2
42 43 44 5 72 73 71 71	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 2 2 4 3 3 3 2 2 2	2 2 4 3 3 3 3 2 2 4
43 44 45 72 73 71 71 72 73	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 4 3 3 3 2	2 2 4 3 3 3 3 2 2 4
A2 A3 A4 A5 C1 C2 C3 D1 E1 E2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 2 2 4 3 3 3 2 2 2 3	22 24 33 33 22 44 33
A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 mi	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2 2 2 4 3 3 3 2 2 2 3 2 2010	22 24 33 33 22 44 33 202
A2 A3 A4 C1 C2 C3 D1 E1 E2 mi	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screeen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 4 3 3 2 2 2 2 3 2 2 3 2 2010 2 2	22 24 33 33 22 44 33 202 202 2
A2 A3 A4 C1 C2 C3 D1 E1 E2 mi	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2 2 2 4 3 3 3 2 2 2 3 2 2010	2 2 4 3 3 3 3 3 2 2 4 4 3 7 202 2 2 2 2 2 2
A2 A3 A4 A5 C1 C2 C3 D1 E1 E2 mi B1 B2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screeen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 4 3 3 2 2 2 2 3 2 2 3 2 2010 2 2	22 24 33 33 22 44 33 202 202 2
12 13 14 15 12 13 13 13 13 13 13 13 13 13 13 13 13 13	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised turmmy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 4 3 3 2 2 2 2 3 2 2 3 2 2010 2 2 2 2 2 2	22 24 33 33 22 44 33 202 202 202 22

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

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

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2021	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infai	nt Feeding Practices	-		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
	Feed infants on cue	4	4	
	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	
	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	
	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 ition (n = 21)	1	4	
	ition Standards	2010	2021	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2021	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3	
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to			
NA4	those who are at risk for hypercholesterolemia or obesity	2	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	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	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 Limit salt by avoiding salty foods such as chips and pretzels	2	4	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3	
	hy Mealtime Practices	-	5	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
	Serve small-sized, age-appropriate portions	4	4	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3	
	child; Teach children who require limited portions about portion size and monitor their portions	-		
	Do not force or bribe children to eat	2	2	
	Do not use food as a reward or punishment	2	2	
Phys	ical Activity (n = 11)	2010	2021	
DA1	Provide children with adequate space for both inside and outside play	<b>2010</b>	<b>2021</b>	
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	
	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	
PF1	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	2021	
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	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Montana Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (CTR, LRG, SML); 2021 (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 improvem			

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.

ASHW 2021 Supplement: Child Care Centers

Regulation does not address standard

Regulation contradicts the standard 0 State does not regulate care type

2

1

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

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

Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	nt Feeding Practices		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
	Feed infants on cue	4	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	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
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
1C2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3 3	4
	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
	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)		
	ition Standards	2010	2021
	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
	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 Some chim or 1% partnuined mills to children two years of are and older	2	
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	4
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve regetables, specially, dark green, ounge, deep yellow vegetables, and for vegetables, such as potatees and variates	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
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	hy Mealtime Practices		
	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 child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)		
		2010	2021
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
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	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
	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	2
		2010	2021
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Nebraska Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR); 2013 (LRG, 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 improvement	ents only · re	avised

3 Regulation partially meets standard

documents also were rated for CACFP changes.

2 Regulation does not address standard 1

Regulation contradicts the standard 0 State does not regulate care type

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

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

Hea	Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2021		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3		
Infar	t Feeding Practices				
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4		
IB1	Feed infants on cue	2	4		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	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		
ID2	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)		1		
	ition Standards	2010	2021		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3		
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		
NA5	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4		
	Serve whole grain breads, cereals, and pastas	2	3		
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3		
	Serve regenations, specification, dark green, dark green, or ange, deep yellow regenatics, and four regenatics, and four regenatics, and four regenatics and vial data	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		
	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		
Healt	hy Mealtime Practices				
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
NF1	Serve small-sized, age-appropriate portions	3	4		
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		
NU 14	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 ical Activity (n = 11)	4	4		
Pilys	ical Activity (II – II)	2010	2021		
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		
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
	Do not withhold active play from children who misbehave	3	3		
	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		
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	2		
	ts on Screen-Time (n = 4)				
		2010	2021		
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:		_		
4	Regulation fully meets standard Nevada Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2018 (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 improvem	ents only; re	evised		
	Deviation does not address standard deviation documents also were rated for CACED shanges				

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

2 Regulation contradicts the standard 1

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

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

Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	nt Feeding Practices		-
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
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
	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 Serve no fruit juice to children younger than 12 months of age	1	3
	ition (n = 21)		4
	ition Standards	2010	2021
	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	2	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	3	3
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	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 Limit salt by avoiding salty foods such as chips and pretzels	3 2	4
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
-	hy Mealtime Practices	2	5
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
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	4
Phys	ical Activity (n = 11)	2010	2024
DA1	Descride skilden with a degrate space for both inside and outside alay	2010	2021
PAI	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
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	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	3	4
	ts on Screen-Time (n = 4)		
		2010	2021
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
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard New Hampshire Regulation Rating History: 2010 (CTR, LRG, 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 improvem	ants only · r	hasive

documents also were rated for CACFP changes.

Regulation partially meets standard 3

2 Regulation does not address standard

1 Regulation contradicts the standard

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

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2021	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3	
Infar	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4	
IB1	Feed infants on cue	2	2	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	4	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	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)			
Nutr	ition Standards	2010	2021	
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	3	
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	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	4	
	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	4	
	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	3	4	
	Use only 100% juice with no added sweeteners	3	4	
	Offer juice (100%) only during meal times	2	4	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age		4	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age Make water available both inside and outside	2	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2	4	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3	
	hy Mealtime Practices	2	5	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
	Serve small-sized, age-appropriate portions	3	4	
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	-		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3	
NH1	Do not force or bribe children to eat	3	3	
NH2	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)			
		2010	2021	
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	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	Ζ.		
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
			2 4	
PA5	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2		
PA5	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 3	4	
PA5 PC1 PC2	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 3 3	4	
PA5 PC1 PC2 PC3	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 3 3 3 3 3	4 3 4 3	
PA5 PC1 PC2 PC3 PD1	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 3 3 3 3 2	4 3 4 3 3	
PA5 PC1 PC2 PC3 PD1 PE1	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 3 3 3 2 2 2	4 3 4 3 3 4	
PA5 PC1 PC2 PC3 PD1 PE1 PE2	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 3 3 3 3 2	4 3 4 3 3	
PA5 PC1 PC2 PC3 PD1 PE1 PE2	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 3 3 3 2 2 2 2	4 3 4 3 3 4 3	
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)	2 3 3 2 2 2 2010	4 3 4 3 4 3 2021	
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 3 3 2 2 2 2 2 2010 2	4 3 4 3 4 3 2021 4	
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older to not more than 30 min. weekly	2 3 3 2 2 2 2 2 2 010 2 2 2	4 3 4 3 4 3 2021 4 3	
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older to not more than 30 min. weekly         Use screen media with children age two years and older only for educational purposes or physical activity	2 3 3 2 2 2 2 2 2 2 010 2 2 2 2 2 2	4 3 4 3 4 3 2021 4 3 4	
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         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 3 3 2 2 2 2 2 2 010 2 2 2	4 3 4 3 4 3 2021 4 3	
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 PB4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         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         Rating Code:	2 3 3 2 2 2 2 2 2 2 010 2 2 2 2 2 2	4 3 4 3 4 3 2021 4 3 4	
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         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 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	4 3 4 3 4 3 2021 4 3 4 2	

documents also were rated for CACFP changes. NJ LRG ratings removed in ASHW 2019 due to ASHW Policy Change (see Introduction)

Regulation does not address standard

Regulation contradicts the standard

0 State does not regulate care type

2

1

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

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2021	
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infar	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3	
	Serve no fruit juice to children younger than 12 months of age	1	4	
	rition (n = 21)	l.		
Nutr	ition Standards	2010	2021	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3	
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	
NAF	those who are at risk for hypercholesterolemia or obesity 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	
	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	3	3	
	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			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
	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			
	Do not force or bribe children to eat	2	2	
_	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)			
		2010	2021	
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		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	
	ts on Screen-Time (n = 4)	2	2	
		2010	2021	
PR1	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	2	2	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard New Mexico Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017*(CTR, LRG, SM	_)		
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 improvem		evised	

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.

1 Regulation contradicts the standard 0 State does not regulate care type

3 2

Regulation does not address standard

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

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2021	
	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	4	
IB1	Feed infants on cue	2	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3	
	Serve no fruit juice to children younger than 12 months of age	2	4	
Nut	rition (n = 21)			
Nutr	ition Standards	2010	2021	
	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	
	those who are at risk for hypercholesterolemia or obesity			
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	2	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3	
	Serve fruits of several varieties, especially whole fruits	2	3	
NC1	Use only 100% juice with no added sweeteners	2	4	
NC2	Offer juice (100%) only during meal times	2	4	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
ND1	Make water available both inside and outside	4	4	
	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	
	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	4	4	
NU 14	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	2021	
DA1	Drawido shidana with a deguate space far bath incide and outride play.	2010	2021	
PAI	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	3	3	
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3	
PD1			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	2		
PE1	day—indoor or outdoor	2		
	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	4	
PE2	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		4	
PE2	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 3	3	
PE2 Limi	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2 3 2010	3 2021	
PE2 Limi PB1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 3 2010 2	3 2021 3	
PE2 Limi PB1 PB2	day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older to not more than 30 min. weekly	2 3 2010 2 2	3 2021 3 2	
PE2 Limi PB1 PB2 PB3	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2 3 2010 2 2 2 2	3 2021 3 2 4	
PE2 Limi PB1 PB2 PB3	day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         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 3 2010 2 2	3 2021 3 2	
PE2 Limi PB1 PB2 PB3 PB4	day—indoor or outdoor         Ensure that infants have supervised turmmy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older to not more than 30 min. weekly         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         Rating Code:	2 3 2010 2 2 2 2	3 2021 3 2 4	
PE2 Limi PB1 PB2 PB3	day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         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 3 2010 2 2 2 2 2 2	3 2021 3 2 4 4	

Regulation partially meets standard

documents also were rated for CACFP changes.

2 Regulation does not address standard 1

Regulation contradicts the standard 0 State does not regulate care type

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

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2021	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4	
Infar	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	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	
	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	2021	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	<b>2010</b>	<b>2021</b>	
		3	3	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3	
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to			
NA4	those who are at risk for hypercholesterolemia or obesity	2	3	
	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 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2	
	hy Mealtime Practices	3	3	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NF2	Require adults eating meals with children to eat items that meet nutrition standards	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	2		
NF2	child: Teach children who require limited portions about portion size and monitor their portions	3	3	
	Do not force or bribe children to eat	2	3	
	Do not use food as a reward or punishment	3	4	
Phys	ical Activity (n = 11)			
DA1	Dravida skildan with a deguate space for both inside and outside play	2010	2021 4	
PAI	Provide children with adequate space for both inside and outside play	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	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3	
PD1	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	2021	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3	
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:		OTD : 0	
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, S	vil); 2018 (	u r, lrg,	
3	Regulation partially meets standard 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.

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

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2021	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	3	
IB1	Feed infants on cue	2	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4	
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2	
	Serve no fruit juice to children younger than 12 months of age	2	2	
	ition (n = 21)			
Nutr	ition Standards	2010	2021	
	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	
	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 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2	
	Make water available both inside and outside	3	3	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2	
	hy Mealtime Practices	Z	2	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
	Serve small-sized, age-appropriate portions	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	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	2021	
PA1	Provide children with adequate space for both inside and outside play	4	4	
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3	
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	4	
PA5	Do not withhold active play from children who misbehave	3	4	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	4	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4	
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, 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	
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	
Limi	ts on Screen-Time (n = 4)			
		2010	2021	
	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	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
4	Rating Code: Regulation fully meets standard North Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2020 (CTR, LRG, SM	L)		

- 4 Regulation fully meets standard3 Regulation partially meets standard
- 2 Regulation does not address standard
- 1 Regulation contradicts the standard
- 0 State does not regulate care type

### STATE PROFILES

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

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2021	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infai	nt Feeding Practices	-		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	2	
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2	
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	3	
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3	
	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	2	2	
	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 ition (n = 21)	1	Z	
	ition Standards	2010	2021	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2021	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	2	
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	2	
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to			
NA4	those who are at risk for hypercholesterolemia or obesity	3	3	
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
NB1	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	4	
	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	
	Make water available both inside and outside	4	4	
	Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	2	
	hy Mealtime Practices	-	2	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
	Serve small-sized, age-appropriate portions	4	4	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	2	
	child; Teach children who require limited portions about portion size and monitor their portions			
	Do not force or bribe children to eat	2	2	
	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)	2010	2021	
DA1	Provide children with adequate space for both inside and outside play	<b>2010</b> 4	<b>2021</b>	
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	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2		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	
PE1	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	2	
	ts on Screen-Time (n = 4)			
		2010	2021	
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	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4	
	Rating Code:			
4	Regulation fully meets standard Ohio Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, SML); 2016 (CTR, LRG, SML); 2021 (CTR, LRG, SML); 2016 (CTR, LRG, SML); 2017 (CTR, LRG, SML); 2018 (CTR, LRG, SML); 20			
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 improvem	ents only: re	evised	

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 does not address standard

Regulation contradicts the standard 0 State does not regulate care type

3 2

1

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

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2021	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3	
Infai	nt Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	4	
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4	
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
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	
	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 ition (n = 21)	2	2	
	ition (t = 21)	2010	2021	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2021	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3	
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to			
NA4	those who are at risk for hypercholesterolemia or obesity	2	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
NB1	Serve whole grain breads, cereals, and pastas	3	3	
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
NB3	Serve fruits of several varieties, especially whole fruits	3	3	
NC1	Use only 100% juice with no added sweeteners	2	4	
	Offer juice (100%) only during meal times	2	4	
	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	
	Serve small-sized, age-appropriate portions	3	4	
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3	
NH1	Do not force or bribe children to eat	2	4	
	Do not use food as a reward or punishment	3	4	
Phys	ical Activity (n = 11)			
		2010	2021	
PA1	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	3	
	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	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	3	
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3	
	ts on Screen-Time (n = 4)			
		2010	2021	
	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	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	3	
	Rating Code :			
4	Regulation fully meets standard       Oklahoma Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR); 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 improvem	ants only -	ovicod	

documents also were rated for CACFP changes.

ASHW 2021 Supplement: Child Care Centers

2 Regulation does not address standard

0 State does not regulate care type

1

Regulation contradicts the standard

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

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2021	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infai	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	3	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	1	1	
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	2	2	
	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	1	
_	ition (n = 21)			
	ition Standards	2010	2021	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3	
NA4	those who are at risk for hypercholesterolemia or obesity	2	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	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	
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	2	
NC4	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	3	4	
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	
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	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	
	ical Activity (n = 11)	J	5	
		2010	2021	
PA1	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	2	2	
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PC3		3	3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2	
	day—indoor or outdoor Ensure that infants have supporting the group day when they are awake			
	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	5	
-		2010	2021	
DR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2021	
	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	
			_	
4	Rating Code: Regulation fully meets standard Oregon Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (SML); 2021 (CTR, LRG, SML)			

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

2 Regulation does not address standard1 Regulation contradicts the standard

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

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

Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	3	3
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	ition (n = 21)	l.	
	ition Standards	2010	2021
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
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 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4
	Serve fruits of several varieties, especially whole fruits	4	4
-	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
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
	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	2	2
	Do not use food as a reward or punishment	2	2
	ical Activity (n = 11)		-
		2010	2021
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
	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
	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	aay—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	ts on Screen-Time (n = 4)		
		2010	2021
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
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
4	Rating Code: Regulation fully meets standard Pennsylvania Regulation Rating History: 2010 (CTR, LRG, SML); 2020 (CTR, LRG, SML)		

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

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

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

Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2021
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
	it 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	4
IB1	Feed infants on cue	3	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	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)	1	
	ition Standards	2010	2021
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
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
NA5	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
	Serve fruits of several varieties, especially whole fruits	2	3
	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
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	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
NH1	child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2	4
	Do not use food as a reward or punishment	3	4
	ical Activity (n = 11)		
		2010	2021
PA1	Provide children with adequate space for both inside and outside play	4	4
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
-	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
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
	Allow reschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	3
	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	4
Limi	ts on Screen-Time (n = 4)		
		2010	2021
	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 Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
F 04	Rating Code:	2	4
4	Regulation fully meets standard Rhode Island Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (LRG, SML); 2013 (CTR); 2017 (CTR)/2017* (LRG, SML); 202	1 (CTR I RG	SML)

Island Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (LRG, SML); 2013 (CTR); 2017 (CTR)/2017\*(LRG, SML); 2021 (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.

Regulation partially meets standard

Regulation contradicts the standard 0 State does not regulate care type

Regulation does not address standard

3 2

1

#### SOUTH CAROLINA At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2021
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infai	nt Feeding Practices	-	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	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
	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 ition (n = 21)	1	4
	ition Standards	2010	2021
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2021
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	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 Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	4
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	hy Mealtime Practices	-	5
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
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
Pnys	ical Activity (n = 11)	2010	2021
DA1	Provide children with adequate space for both inside and outside play	<b>2010</b>	<b>2021</b>
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
	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		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
PF1	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	2021
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
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	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 improvem	ents only; re	evised

 3
 Regulation partially meets standard
 NOTE: A starred date (i.e., 2012\* and/or 2017\*

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

2 Regulation does not address standa1 Regulation contradicts the standard

1Regulation contradicts the standard0State does not regulate care type

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

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

Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2021
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	4	4
IB2	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
Nuti	ition (n = 21)		
Nutr	ition Standards	2010	2021
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 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
	Serve regetables, specifically, dark green, orange, deep yellow vegetables, and four vegetables, such as potatoes and viandas	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
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	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	
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)		5
		2010	2021
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
	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
	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
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limi	ts on Screen-Time (n = 4)		
		2010	2021
	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
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
4	Rating Code: Regulation fully meets standard South Dakota Regulation Rating History: 2010 (CTR, LRG, SML)		

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

#### **TENNESSEE At A Glance:**

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

Hea	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infar	t Feeding Practices		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
	Feed infants on cue	4	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	3
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	4
	ition (n = 21)		•
Nutr	ition Standards	2010	2021
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	2	4
	Offer juice (100%) only during meal times	2	4
	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 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	4	2
	hy Mealtime Practices	-	J
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	2	4
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	4	3
	Do not use food as a reward or punishment	4	4
	ical Activity (n = 11)		
		2010	2021
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	3
	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	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	4
PD1	day-indoor or outdoor	2	3
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4
Limi	ts on Screen-Time (n = 4)		
DE 1		2010	2021
	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 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	4
	Rating Code:		
4	Regulation fully meets standard Tennessee Regulation Rating History: 2010 (CTR, LRG, SML); 2018 (CTR, LRG, SML)		

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

### STATE PROFILES

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

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

reastfeeding Support	2010	2021
A1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	4
nfant Feeding Practices		
A2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
B1 Feed infants on cue	3	4
B2 Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
B3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
C1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
C2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
C3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
D1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
D2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
D3 Serve no fruit juice to children younger than 12 months of age	2	4
lutrition (n = 21)		
utrition Standards	2010	202
A1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
A2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
A3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
A4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
those who are at risk for hypercholesterolemia or obesity		
A5 Serve skim or 1% pasteurized milk to children two years of age and older	2	4
B1 Serve whole grain breads, cereals, and pastas	3	3
B2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
B3 Serve fruits of several varieties, especially whole fruits	3	3
C1 Use only 100% juice with no added sweeteners	4	4
C2 Offer juice (100%) only during meal times	3	4
C3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
C4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
D1 Make water available both inside and outside	4	4
IG1 Limit salt by avoiding salty foods such as chips and pretzels	2	2
G2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
ealthy Mealtime Practices	2	2
E1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
E2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
F1 Serve small-sized, age-appropriate portions 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
F2 [child; Teach children who require limited portions about portion size and monitor their portions	3	3
HI Do not force or bribe children to eat	3	3
H2 Do not use food as a reward or punishment	4	4
hysical Activity (n = 11)		202
hysical Activity (n = 11)	2010	
	<b>2010</b>	4
A1 Provide children with adequate space for both inside and outside play	4	-
A1 Provide children with adequate space for both inside and outside play		4
<ul> <li>A1 Provide children with adequate space for both inside and outside play</li> <li>A2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity</li> </ul>	4	-
<ul> <li>A1 Provide children with adequate space for both inside and outside play</li> <li>A2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity</li> <li>A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> </ul>	4 2	2
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<ul> <li>A1 Provide children with adequate space for both inside and outside play</li> <li>A2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity</li> <li>A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>A5 Do not withhold active play from children who misbehave</li> </ul>	4 2 2 2	2 4 2
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<ul> <li>A1 Provide children with adequate space for both inside and outside play</li> <li>A2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity</li> <li>A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>A5 Do not withhold active play from children who misbehave</li> <li>C1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> </ul>	4 2 2 4 3 3 3	2 4 2 4 4 4 4
<ul> <li>A1 Provide children with adequate space for both inside and outside play</li> <li>A2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity</li> <li>A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>A5 Do not withhold active play from children who misbehave</li> <li>C1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor</li> </ul>	4 2 2 4 3 3 3 2	2 4 2 4 4 4 4 4 4 4
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<ul> <li>A1 Provide children with adequate space for both inside and outside play</li> <li>A2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity</li> <li>A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>A5 Do not withhold active play from children who misbehave</li> <li>C1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C4 Daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor</li> <li>E1 Ensure that infants have supervised tummy time every day when they are awake</li> <li>E2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>mits on Screen-Time (n = 4)</li> </ul>	4 2 2 4 3 3 3 2 4 3 2 4 3 2 2010 3	2 4 4 4 4 4 4 4 4 4 4 4 202 202 4
<ul> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor</li> <li>E1 Ensure that infants have supervised tummy time every day when they are awake</li> <li>E2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>mits on Screen-Time (n = 4)</li> <li>B1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> <li>B2 Limit total media time for children 2 years and older to not more than 30 min. weekly</li> </ul>	4 2 2 4 3 3 3 2 4 3 2 4 3 2 2 010 3 3 3	2 4 4 4 4 4 4 4 4 4 4 4 202 4 3
<ul> <li>A1 Provide children with adequate space for both inside and outside play</li> <li>A2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity</li> <li>A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>A5 Do not withhold active play from children who misbehave</li> <li>C1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>C4 Allow toddlers for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor</li> <li>E1 Ensure that infants have supervised tummy time every day when they are awake</li> <li>E2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>mits on Screen-Time (n = 4)</li> <li>B4 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> <li>B3 Do not utilize media with children age two years and older to not more than 30 min. weekly</li> <li>B4 Do not utilize media with children age two years and older only for educational purposes or physical activity</li> </ul>	4 2 2 4 3 3 3 2 4 4 3 2 4 3 2 2 010 3 3 2 2	2 4 4 4 4 4 4 4 4 4 4 4 4 4 4 202 4 3 3 4
<ul> <li>A1 Provide children with adequate space for both inside and outside play</li> <li>A2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity</li> <li>A3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>A4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>A5 Do not withhold active play from children who misbehave</li> <li>C1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>C2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day -indoor or outdoor</li> <li>E1 Ensure that infants have supervised tummy time every day when they are awake</li> <li>E2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>mit total media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> <li>E3 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> <li>E4 Do not utilize media in fer children 2 years and older to not more than 30 min. weekly</li> <li>B4 Do not utilize TV, video, or DVD viewing during meal or snack time</li> </ul>	4 2 2 4 3 3 3 2 4 3 2 4 3 2 2 010 3 3 3	2 4 4 4 4 4 4 4 4 4 4 4 4 202 4 4 3 4
<ul> <li>Provide children with adequate space for both inside and outside play</li> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>mits on Screen-Time (n = 4)</li> <li>Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> <li>Limit total media time for children 2 years and older to more than 30 min. weekly</li> <li>Use screen media with children age two years and older only for educational purposes or physical activity</li> <li>Bo not utilize TV, video, or DVD viewing during meal or snack time</li> <li>Rating Code:</li> </ul>	4 2 2 4 3 3 3 2 4 4 3 2 4 3 2 2 010 3 3 2 2	2 4 4 4 4 4 4 4 4 4 4 4 202 4 4 3
<ul> <li>Provide children with adequate space for both inside and outside play</li> <li>Provide children with adequate space for both inside and outside play</li> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow todelers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li><b>hits on Screen-Time (n = 4)</b></li> <li>Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> <li>Limit total media time for children 2 years and older to not more than 30 min. weekly</li> <li>Use screen media with children age two years and older only for educational purposes or physical activity</li> <li>Jo not utilize TV, video, or DVD viewing during meal or snack time</li> <li>Regulation fully meets standard</li> <li>Texas Regulation Rating History: 201</li></ul>	4 2 2 4 3 3 3 2 4 4 3 2 4 3 2 2 0 10 3 2 2 2 2	22 44 44 44 44 44 44 44 44 44 44 44 44 4
<ul> <li>Provide children with adequate space for both inside and outside play</li> <li>Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity</li> <li>Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation</li> <li>Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so</li> <li>Do not withhold active play from children who misbehave</li> <li>Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity</li> <li>Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor</li> <li>Ensure that infants have supervised tummy time every day when they are awake</li> <li>Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all</li> <li>mits on Screen-Time (n = 4)</li> <li>Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years</li> <li>Limit total media time for children 2 years and older to not more than 30 min. weekly</li> <li>Use screen media with children age two years and older only for educational purposes or physical activity</li> <li>Do not utilize TV, video, or DVD viewing during meal or snack time</li> <li>Rating Code:</li> </ul>	4 2 2 4 3 3 3 2 4 4 3 2 4 3 2 2 0 10 3 2 2 2 2	22 44 44 44 44 44 44 44 44 44 44 44 44 33 44

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 0 State does not regulate care type

2

1

Regulation does not address standard

### STATE PROFILES

#### UTAH At A Glance:

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

Неа	thy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2021
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infar	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
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
Nutr	ition (n = 21)		
Nutr	ition Standards	2010	2021
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
	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
NC1	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	3	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	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
	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	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	2021
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
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	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Limi	ts on Screen-Time (n = 4)		
		2010	2021
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Utah Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG); 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	ents only; re	evised

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

2 Regulation does not address standard1 Regulation contradicts the standard

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

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

Hea	thy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2021
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
Infar	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	4
	Feed infants on cue	4	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	3	4
	ition (n = 21)		-
	ition Standards	2010	2021
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
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	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	2	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
	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 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened dinks, nult nectars, and navored milk	2	3
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	2	4
	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	3
Phys	ical Activity (n = 11)		
		2010	2021
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
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	4	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	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 dav—indoor or outdoor	2	2
PF1	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	2021
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
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	4	3
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Vermont Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, 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 improvement	ents only; re	evised

Regulation partially meets standard
 Regulation does not address standard

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

1 Regulation contradicts the standard

#### VIRGINIA At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infar	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	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
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	ition (n = 21)		
	ition Standards	2010	2021
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
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
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	3	3
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
	child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	2
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)	3	5
rnys		2010	2021
<b>ΡΔ1</b>	Provide children with adequate space for both inside and outside play	4	4
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	2	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	4	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2	2
<b>C</b> 1111		2010	2021
DP 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2021
	Lib not utilize media (television [1V], 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
	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 Virginia Regulation Rating History: 2010 (CTR); 2011 (LRG, SML); 2012*(CTR, LRG, 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	ents only: r	evised

documents also were rated for CACFP changes.

- Regulation partially meets standard 2
- Regulation does not address standard

1 Regulation contradicts the standard 0 State does not regulate care type

#### WASHINGTON At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	nt Feeding Practices		-
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
	Feed infants on cue	4	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	4	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	1	3
	ition (n = 21)		4
	ition Standards	2010	2021
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	3	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
	Make water available both inside and outside	2	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
	thy Mealtime Practices Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	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	3
NH2	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2021
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
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	4
	Do not withhold active play from children who misbehave	2	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
PF1	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
_	ts on Screen-Time (n = 4)		
		2010	2021
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	4
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
	Rating Code:		
4	Regulation fully meets standard Washington Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG, SML); 2017*(LRG, SML); 2019 (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 improvement	ents only; re	evised

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.

1 Regulation contradicts the standard 0 State does not regulate care type

2

Regulation does not address standard

#### WEST VIRGINIA At A Glance:

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

Неа	Ithy Infant Feeding (n = 11)		
Brea	istfeeding Support	2010	2021
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infai	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	3
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	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	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	4
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	1
	Serve no fruit juice to children younger than 12 months of age	1	1
	rition (n = 21)	2010	2024
	ition Standards	2010	2021
	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 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	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	3	3
	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	1	1
	thy Mealtime Practices	2	2
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
	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	4
NH2	Do not use food as a reward or punishment	3	4
Phys	sical Activity (n = 11)		
		2010	2021
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	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
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3
PD1	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	4
Lim	its on Screen-Time (n = 4)		
		2010	2021
	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
<b>РВ</b> 4	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	2
4	Rating Code: Regulation fully meets standard West Virginia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR); 2017 (LRG, SML)		

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

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

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

-rea	Ithy Infant Feeding (n = 11)								
	stfeeding Support	2010	2021						
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3						
	t Feeding Practices								
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4						
IB1	Feed infants on cue	4	4						
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	1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider								
IC2	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	4						
		2	2						
ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	1	3						
	Serve no fruit juice to children younger than 12 months of age	1	4						
	rition (n = 21)								
	ition Standards	2010	2021						
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2						
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3						
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3						
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3						
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4						
	Serve skill of 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	3	3						
	Serve whole grain breads, cereals, and pastas Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3						
	Serve fruits of several varieties, especially whole fruits	3	3						
	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						
	thy Mealtime Practices	-							
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2						
	Require adults eating meals with children to eat items that meet nutrition standards	2	2						
	Serve small-sized, age-appropriate portions	4	4						
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	_							
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3						
		3	3						
NH1	child; Teach children who require limited portions about portion size and monitor their portions	-							
NH1 NH2	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	3						
NH1 NH2	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment	3	3						
NH1 NH2 Phys	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment	3	3 3						
NH1 NH2 Phys PA1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11)	3 3 2010	3 3 2021						
NH1 NH2 Phys PA1 PA2	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11)  Provide children with adequate space for both inside and outside play	3 3 2010 4	3 3 2021 4						
NH1 NH2 Phys PA1 PA2 PA3	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11)  Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	3 3 2010 4 2	3 3 2021 4 3						
NH1 NH2 Phys PA1 PA2 PA3 PA4	child; Teach children who require limited portions about portion size and monitor their portions         Do not force or bribe children to eat         Do not use food as a reward or punishment         ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	3 3 2010 4 2 2 2	3 3 2021 4 3 2						
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5	child; Teach children who require limited portions about portion size and monitor their portions         Do not force or bribe children to eat         Do not use food as a reward or punishment <b>ical Activity (n = 11)</b> Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	3 3 2010 4 2 2 2 2	3 3 2021 4 3 2 2 2						
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 3 2010 4 2 2 2 2 2 4	3 3 2021 4 3 2 2 2 2 4						
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11)  Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3 3 2010 4 2 2 2 2 2 4 3	3 3 2021 4 3 2 2 2 2 4 3						
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11)  Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3 3 2010 4 2 2 2 4 3 3 3 3 3	3 3 2021 4 3 2 2 2 4 3 3 3 3 3						
NH1           NH2           Phys           PA1           PA2           PA3           PA4           PA5           PC1           PC2           PC3           PD1	child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11)  Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 3 2010 4 2 2 2 2 2 2 4 3 3 3 3 2	3 3 2021 4 3 2 2 2 4 3 3 3 3 2						
NH1           NH2           Phys           PA1           PA2           PA3           PA4           PA5           PC1           PC3           PD1           PE1	child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	3 3 2010 4 2 2 2 2 2 2 4 3 3 3 3 2 4	3 3 2021 4 3 2 2 2 4 3 3 3 3 2 2 4						
NH1           NH2           Phys           PA1           PA2           PA3           PA4           PA5           PC1           PC2           PC3           PD1           PE1           PE2	child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment Gal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 2010 4 2 2 2 2 2 2 4 3 3 3 3 2	3 3 2021 4 3 2 2 2 4 3 3 3 3 2						
NH1           NH2           Phys           PA1           PA2           PA3           PA4           PA5           PC1           PC2           PC3           PD1           PE1           PE2	child: Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	3 3 2010 4 2 2 2 2 2 2 2 4 3 3 3 3 2 4 4 2	3 3 2021 4 3 2 2 2 4 3 3 3 3 2 4 2 4 2						
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PC1 PC2 PC3 PD1 PE1 PE2 Limi	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not sofe food as a reward or punishment ical Activity (n = 11)  Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	3 3 2010 4 2 2 2 2 2 2 2 4 3 3 3 3 2 4 4 2 2 4 2 2 1 2 1 2 1 2 1 2 1 2 1 2	3 3 2021 4 3 2 2 4 3 3 3 3 2 2 4 4 2 2 2 2 2 2 2						
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not see food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to is vigors, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2010 4 2 2 2 2 2 2 2 4 3 3 3 3 2 2 4 4 2 2 1 2 4 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	3 3 2021 4 3 2 2 4 3 3 3 3 2 2 4 4 2 2 2 4 4 2 2 2 2						
NH1           NH2           Phys           PA1           PA2           PA3           PA4           PA5           PC1           PC2           PC3           PD1           PE1           PE2           Limit           PB1           PB2	child; Teach children who require limited portions about portion size and monitor their portions         Do not force or bribe children to eat         Do not use food as a reward or punishment         iccal Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active ages at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2010 4 2 2 2 2 2 2 2 4 3 3 3 2 4 4 2 2 1 2 4 2 3 3 3 3 3 3 3	3 3 2021 4 3 2 2 4 3 3 3 3 2 2 4 4 2 2 4 2 2 1 2 2 2						
NH1           NH2           Phys           PA1           PA2           PA3           PA4           PA5           PC1           PC2           PC3           PD1           PE1           PE2           Limit           PB2           PB3	child: Teach children who require limited portions about portion size and monitor their portions         Do not force or bribe children to eat         Do not use food as a reward or punishment         ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow todelers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant sequence in [tot], video, and DVD) viewing and computers with children younger than 2 years         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	3 3 2010 4 2 2 2 2 2 2 2 4 3 3 3 2 2 4 2 2 1 4 2 2 1 3 3 3 3 3 2 2	3 3 2021 4 3 2 2 4 3 3 3 3 2 2 4 4 2 2 4 4 2 2 1 2 2 2 2 2 2						
NH1           NH2           Phys           PA1           PA2           PA3           PA4           PA5           PC1           PC2           PC3           PD1           PE1           PE2           Limit           PB2           PB3	child: Teach children who require limited portions about portion size and monitor their portions         Do not force or bribe children to eat         Do not use food as a reward or punishment         ical Activity (n = 11)         Provide children with adequate space for both inside and outside play         Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or utdoor         Ensure that infants have supervised turmmy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2010 4 2 2 2 2 2 2 2 4 3 3 3 2 4 4 2 2 1 2 4 2 3 3 3 3 3 3 3	3 3 2021 4 3 2 2 4 3 3 3 3 2 2 4 4 2 2 4 2 2 1 2 2 2						
NH1           NH2           Phys           PA1           PA2           PA3           PA4           PA5           PC1           PC2           PC3           PD1           PE1           PB2           PB3           PB4	child: Teach children who require limited portions about portion size and monitor their portions Do not force or brite children to eat Do not use food as a reward or punishment Seal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children by and participate to vigorous physical activity Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide alily for all children, birth to six years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide alily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media twich 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 Rating Code:	3 3 2010 4 2 2 2 2 2 2 2 4 3 3 3 2 2 4 2 2 1 4 2 2 1 3 3 3 3 3 2 2	3 3 2021 4 3 2 2 4 3 3 3 3 2 2 4 4 2 2 4 4 2 2 1 2 2 2 2 2 2						
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PC3 PD1 PE1 PE2 Limi PE2 PB3 PB4	child: Teach children who require limited portions about portion size and monitor their portions         Do not use food as a reward or punishment         cical Activity (n = 11)    Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised turmy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screeen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two 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 me	3 3 2010 4 2 2 2 2 2 4 3 3 3 3 2 2 4 2 2 0 10 3 3 3 2 2 12 2	3 3 2021 4 3 2 2 4 4 3 3 3 3 2 2 4 4 2 2 4 4 2 2 2 2						
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PC3 PC1 PC2 PC3 PC1 PE1 PE2 Limi PE1 PE2 PB3 PB4	child: Teach children who require limited portions about portion size and monitor their portions Do not force or brite children to eat Do not use food as a reward or punishment Seal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children by and participate to vigorous physical activity Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide alily for all children, birth to six years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide alily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media twich 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 Rating Code:	3 3 2010 4 2 2 2 2 4 3 3 3 2 2 4 2 2 0 10 3 3 2 2 0 10 3 3 2 2 2 2 0 10 10 10 10 10 10 10 10 10 10 10 10 1	3 3 2021 4 3 2 2 4 4 3 3 3 3 2 2 4 4 2 2 4 4 2 2 2 2						

Regulation does not address standard Regulation contradicts the standard 1 0 State does not regulate care type

#### WYOMING At A Glance:

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

Hea	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2021
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	4	4
IB2	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
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
	Serve no fruit juice to children younger than 12 months of age	2	2
	ition (n = 21)		
Nutr	ition Standards	2010	2021
	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
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 Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	Serve skill or 1% pasteurized milk to children two years of age and older 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		
NE1	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
	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	4	3
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)	2010	2024
DA1	Dravida shildran with adaptata space for both inside and outside alay.	2010	2021
PAI	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	3	3
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	3
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	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
PF1	aay—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	2021
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Wyoming Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (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 improvement	ents only; re	evised

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

2 Regulation does not address standar1 Regulation contradicts the standard

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

### Table 1. State Assessment Years 2010 to 2021

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

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

Х

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



State assessed due to new or revised child care licensing regulations



State assessed due to National CACFP updates

State	Regulation Document Title For links to states' documents, click <u>here</u>	Document Date	ASHW Assessment	C	Child Care Types Covered by Document			
AL	Alabama		Year	CTR	LRG	SML		
AL								
	Minimum Standards for Family Day Care Homes, Family Nighttime Homes, Group Day Care Homes, and Group Nighttime Homes Regulations and Procedures	1/22/2001	2010		х	х		
	Minimum Standards for Day Care Centers and Nighttime Centers	1/22/2001	2010	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				
	Child Care Licensing and Performance Standards for Day Care Centers and Nighttime Centers Regulations and Procedures	9/13/2021	2021	Х				
	Child Care Licensing and Performance Standards for Family Day Care Homes/Family Nighttime Homes and Group Day Care Homes/Group Nighttime Homes Regulations and Procedures	9/13/2021	2021		Х	x		
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	9/01/2004	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 ( <i>document and associated ratings</i> <i>removed from ASHW assessment in 2015, retroactive to 2010</i> )	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)	12/05/2018	2019	Х				

2014

2015

2017

2019

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

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

State	<b>Regulation Document Title</b> For links to states' documents, click <u>here</u>	Document Date	ASHW Assessment	Child Care Types Covered by Document			
			Year	CTR	LRG	SML	
AZ (con't)	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	Х			
	Minimum Licensing Requirements for Child Care Family Homes	3/2010	2010		Х		
	Minimum Licensing Requirements for Voluntary Registered Child Care Family Homes	3/2010	2010				
	Minimum Licensing Requirements for Child Care Centers	11/01/2011	2011	Х			
	Minimum Licensing Requirements for Child Care Family Homes	11/01/2011	2011		Х		
	Minimum Licensing Requirements for Registered Child Care Family Homes	11/01/2011	2011			Х	
	Minimum Licensing Requirements for Child Care Centers	1/01/2015	2015	Х			
	Minimum Licensing Requirements for Child Care Family Homes	1/01/2015	2015		Х		
	Minimum Licensing Requirements for Registered Child Care Family Homes	1/01/2015	2015			Х	
	Minimum Licensing Requirements for Licensed Child Care Centers	12/01/2020	2020	Х			
	Minimum Licensing Requirements for Licensed Child Care Family Homes	12/01/2020	2020		Х		
	Minimum Licensing Requirements for Registered Child Care Family Homes	12/01/2020	2020			Х	
СА	California						
	Title 22, Division 12, Chapter 1, Articles 1, 2 - Child Care Centers General Licensing Requirements	6/15/2005	2010	х			
	Title 22, Division 12, Chapter 1, Article 6 - Child Care Centers Continuing Requirements (continued)	6/08/2005	2010	х			
	Title 22, Division 12, Chapter 1, Article 7 - Child Care Physical Environment	11/01/2008	2010	Х			
	Title 22, Division 12, Chapter 1 Subchapters 2, 3 - Child Care Infant Centers and School Age Day Care	11/01/1998	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
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 2020
 2020

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

State	<b>Regulation Document Title</b> For links to states' documents, click <u>here</u>	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
CA (con't)	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	4/01/2016	2017*		Х	Х
СО	Colorado					
	Volume of Child Care Facility Licensing	5/01/2010	2010	х	Х	Х
	Rules and Regulations Governing the Health and Sanitation of Child Care Facilities	5/30/2005	2010		Х	
	Rules Regulating Family Child Care Homes	6/01/2012	2012		Х	Х
	Rules Regulating Child Care Centers (Less than 24 hrs)	7/01/2012	2012	Х	Х	
	General Rules for Child Care Facilities	10/01/2015	2015	Х	Х	Х
	Rules Regulating Child Care Centers (Less than 24-hour care)	2/01/2016	2016	Х		
	7.702 - Rules Regulating Child Care Centers (Less than 24-Hour Care)	12/01/2021	2021	Х		
	7.702 - Rules Regulating Family Child Care Homes	9/30/2018	2021		Х	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
	Statutes and Regulations for Family Child Care Homes	3/19/2021	2021			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		

2015

2017

2019

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Color Code: Update years highlighted as follows: 2010

DWS: **2010 2011 2012 2013** 2014

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

State	Regulation Document Title For links to states' documents, click <u>here</u>	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
DE (con't)	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		
	DELACARE: Regulations for Family and Large Family Child Care Homes	1/10/2021	2021		Х	Х
DC	Washington DC					
	DCMR 29 Public Welfare Chapter 3 Child Development Facilities	4/27/2007	2010	Х		Х
	Title 5-A DCMR Chapter 1 Child Development Facilities: Licensing	11/15/2016	2016	Х	Х	Х
FL	Florida					
	Chapter 65C-20 Family Day Care Standards and Large Family Child Care Homes (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	1/13/2010	2010		х	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

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Color Code: Update years highlighted as follows: **2010** 

 2011
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\* previously undiscovered document; rated in 2017 and ratings applied retroactively

State	<b>Regulation Document Title</b> For links to states' documents, click <u>here</u>	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
				CTR	LRG	SML
GA (con't)	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
	Title 17: Chapter 892.1 Licensing of Group Child Care Centers and Group Child Care Homes	12/19/2002	2010	х	х	
	Title 17: Chapter 895 Licensing of Infant and Toddler Child Care Centers	12/19/2002	2010	Х		
	Title 17: Chapter 896 Licensing of Before and After School Child Care Facilities	12/19/2002	2010	Х		
ID	Idaho					
	16.06.02 Rules Governing Standards for Child Care Licensing	7/1/2010	2010	Х	х	Х
IL	Illinois					
	Part 406: Licensing Standards for Day Care Homes	7/1/2008	2010			Х
	Part 407: Licensing Standards for Day Care Centers	4/1/2010	2010	Х		
	Part 408: Licensing Standards for Group Day Care Homes	7/1/2008	2010		Х	
	Part 407 Licensing Standards for Day Care Centers	9/2014	2014	Х		
IN	Indiana					
	Rule 1.1 Child Care Homes (470 IAC 3-1.1)	7/3/1996	2010			Х
	Rule 1.2 Infant and Toddler Services in a Child Care Home (470 IAC 3-1.2-1 - 470 IAC 3-1.2-3)	7/3/1996	2010		х	х
	Rule 1.3 Class II Child Care Homes (470 IAC 3-1.3.1)	9/27/1996	2010		Х	
	Rule 4.7 Child Care Centers; Licensing (470 IAC 3-4.7)	11/7/2003	2010	Х		

2015

2017

2019

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: 201

**2010 2011 2012 2013 2014** 

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

State	<b>Regulation Document Title</b> For links to states' documents, click <u>here</u>	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
IA	lowa					
	Chapter 109: Child Care Centers	6/1/2010	2010	Х		
	Chapter 110: Child Development Homes	11/1/2009	2010		Х	Х
	Chapter 109: Child Care Centers	5/1/2012	2012	Х	Х	
KS	Kansas					
	Regulations for Licensing Preschools and Child Care Centers	7/11/2008	2010	Х		
	Regulations for Licensing Day Care Homes and Group Day Care Homes	7/2008	2010		х	х
	Regulations for Licensing Preschools and Child Care Centers	2/3/2012	2012	Х		
	Regulations for Licensing Day Care Homes and Group Day Care Homes	2/3/2012	2012		Х	Х
	Kansas Laws and Regulations for Licensing Day Care Homes and Group Day Care Homes for Children	2/2012	2013		х	х
КҮ	Kentucky					
	922 KAR 2:100 Certification of Family Child Care Homes	3/19/2008	2010			Х
	922 KAR 2:120 Child Care Facility Health and Safety Standards	3/19/2008	2010	Х	Х	
	922 KAR 2:120. Child-care Center Health and Safety Standards	9/2013	2013	Х	Х	
	922 KAR 2:100 Certification of Family Child Care Homes	7/18/2018	2018			Х
	922 KAR 2:120. Child-care Center Health and Safety Standards	7/18/2018	2018	Х	Х	
	922 KAR 2:120 - Child-care Center Health and Safety Standards	6/16/2021	2021	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	
	Bulletin 137 – Early Learning Site Licensing Regulations	9/2021	2021	Х		

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State	<b>Regulation Document Title</b> For links to states' documents, click <u>here</u>	Document Date	ASHW Assessment	Child Care Types Covered by Document		
			Year	CTR	LRG	SML
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
	10-148, Chapter 32 - Child Care Facility Licensing Rule	9/27/2021	2021X	Х		
	10-148, Chapter 33 - Family Child Care Provider Licensing Rule	5/27/2021	2021		Х	Х
MD	Maryland					
	COMAR 13A. 15. 01 - Family Child Care	4/19/2010	2010			Х
	COMAR 13A. 16. 01 - Child Care Centers	4/19/2010	2010	Х	х	
	COMAR 13A. 18 Large Family Child Care Homes	2/6/2012	2012		Х	
	Title 13A State Board of Education Subtitle 15 Family Child Care	7/20/2015	2015			Х
	Title 13A State Board of Education Subtitle 16 Child Care Centers	7/20/2015	2015	Х		
	Title 13A State Board of Education Subtitle 18 Large Family Child Care Homes	7/20/2015	2015		Х	
MA	Massachusetts					
	Standards for the Licensure of Child Care Programs	10/2010	2010	Х	Х	Х
MI	Michigan					
	Licensing Rules for Child Care Centers	6/4/2008	2010	Х		
	Licensing Rules for Family and Group Child Care Homes	6/3/2009	2010		Х	Х
	Licensing Rules for Child Care Centers	1/2014	2014	Х		
	Licensing Rules for Child Care Centers	12/17/2019	2019	Х		
MN	Minnesota					
	Chapter 9502 Licensing of Day Care Facilities	10/8/2007	2010		х	Х
	Chapter 9503 Licensing Requirements for Child Care Centers	10/8/2007	2010	Х		

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<b>N4</b> C			Year	CTR	LRG	SML
MS	Mississippi	7/1/2022				-
	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
МО	Missouri					
	Licensing Rules for Group Child Care Homes and Child Care Centers	1/2002	2010	Х	Х	
	Licensing Rules for Family Child Care Homes	5/2002	2010		Х	Х
	Licensing Rules for Group Child Care Homes and Child Care Centers	2016	2016	Х	Х	
	Licensing Rules for Family Day Care Homes	2016	2016			Х
MT	Montana					
	Licensing Requirements for Child Day Care Centers	9/1/2006	2010	Х		
	Requirements for Registration of Family and Group Day Care Homes	9/1/2006	2010		Х	Х
	Licensing Requirements for Child Day Care Centers	12/2021	2021	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	

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			Year	CTR	LRG	SML
NV	Nevada					
	Chapter 432A Services and Facilities for Care of Children	10/31/2007	2010	Х	Х	Х
	Regulation R112-06	1/2010	2010	Х	Х	Х
	Chapter 432A Services and Facilities for Care of Children	8/1/2012	2012	Х	Х	Х
	Chapter 432A Services and Facilities for Care of Children	9/21/2017	2018	Х	Х	Х
NH	New Hampshire					
	Child Care Program Licensing Rules	2008-2016	2010	Х	Х	Х
	Part He-C 4002 NH Child Care Program Licensing Rules	5/17/2017	2017	Х	Х	Х
NJ	New Jersey					
	Chapter 122 - Manual of Requirements for Child Care Centers	8/25/2009	2010	Х	Х	
	Chapter 126 - Manual of Requirements for Family Child Care Registration	8/25/2009	2010			Х
	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

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			Year	CTR	LRG	SML
NY	New York					
	Part 416: Group Family Day Care Homes	1/31/2005	2010		Х	
	Part 417: Family Day Care Homes	1/31/2005	2010			Х
	Part 418_1: Day Care Centers	1/31/2005	2010	Х		
	Part 418_2: Small Day Care Centers	1/31/2005	2010	Х		
	Section 416 Group Family Day Care Homes	5/2014	2014		Х	
	Section 417 Family Day Care Homes	5/2014	2014			Х
	Part 418-1: Day Care Centers	6/2015	2015	х		
	Part 418-2: Small Day Care Centers	6/2015	2015		Х	
NC	North Carolina					
	Chapter 9 - Child Care Rules	8/1/2010	2010	Х	Х	Х
	Chapter 110- Article 7	8/1/2012	2012	Х	Х	Х
	Requirements for Family Child Care Homes	12/1/2012	2012		Х	Х
	Family Child Care Home Requirements	5/2013	2013		Х	Х
	Chapter 9- Child Care Rules	1/2013	2013	Х	Х	Х
	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		

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				CTR	LRG	SML
ND (con't)	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	Х		
	Family Care Center Manual	12/23/2016	2016		Х	Х
	Child Care Center Manual	10/29/2021	2021	х		
	Family Care Center Manual	10/29/2021	2021		х	x
ОК	Oklahoma					
	Licensing Requirements for Child Care Centers	10/1/2009	2010	Х		
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	7/1/2010	2010		х	х
	Licensing Requirements for Child Care Programs	11/1/2016	2016	Х		
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	11/1/2016	2016		х	Х
OR	Oregon					
	Rules For Certified Child Care Centers	1/1/2010	2010	Х		
	Rules For Certified Family Child Care Homes	1/1/2010	2010		х	
	Rules for Registered Family Child Care Homes	1/1/2010	2010			Х
	Rules For Certified Child Care Centers	6/2021	2021	Х		

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				CTR	LRG	SML
OR (con't)	Rules For Certified Family Child Care Homes	10/2021	2021		х	
	Rules for Registered Family Child Care Homes	4/2021	2021			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		
	218-RICR-70-00-1 Child Care Center and School Age Program Regulations for Licensure	4/19/2021	2021	Х		
	218-RICR-70-00-7 Group Family Child Care Home Regulations for Licensure	9/02/2021	2021		Х	
	218-RICR-70-00-2 Family Child Care Home Regulations for Licensure	7/07/2021	2021			Х
SC	South Carolina					
	Regulations for the Licensing of Group Child Care Homes	5/19/2005	2010		Х	
	Regulations for the Licensing of Child Care Centers	5/16/2005	2010	Х		
	Family Child Care Home Regulations	4/23/1993	2017*			Х

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			Year	CTR	LRG	SML
SD	South Dakota					
	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		
	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 67:42:03 Family Day Care Homes (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010			x
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
ТХ	Texas					
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers	3/1/2008	2010	Х		
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes	6/1/2008	2010		х	х
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers (replacement pages)	3/1/2012	2012	х		
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes (replacement pages)	3/1/2012	2012		х	х
	Chapter 746: Minimum Standards for Child-Care Centers	6/2014	2014	Х		
	Chapter 747: Minimum Standards for Child-Care Homes	6/2014	2014		Х	Х

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			Year	CTR	LRG	SML
TX (con't)	Chapter 746: Minimum Standards for Child-Care Centers	10/2021	2021	х		
	Chapter 747: Minimum Standards for Licensed and Registered Child-Care Homes	11/10/2021	2021		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		
	Standards for Licensed Family Day Homes	3/2011	2011		Х	Х
WA	Washington					
	Chapter 170-295 Minimum Licensing Requirements for Child Day Care Centers	5/31/2008	2010	Х		
	Chapter 170-296 Child Care Business Regulations for Family Home Child Care	5/31/2008	2010		х	Х
	Chapter 170-296A Licensed Family Home Child Care Standards	5/8/2012	2012		х	Х

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				CTR	LRG	SML
WA	Chapter 110-300 WAC Foundational Quality Standards for Early Learning Programs	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
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	4/1/2012	2012	х	х	х
	Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers	4/1/2012	2012	х	х	х
	Chapter 8- Administrative Rules for Certification of Child Care facilities Rules relating specifically to Child Care Centers	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 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	12/2013	2013			х

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