# 2021 Supplement

State Profile Pages:
Large Family Child Care Homes
Achieving a State of Healthy Weight







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

### **ACKNOWLEDGEMENTS**

### **NRC Director**

Kristine Gauthier, PhD, MPH, PNP-BC

## Research Associate and NRC Evaluator

Geraldine Steinke, PhD

## 2021 Healthy Weight Project Manager, Rater 1

Alison Pilsner, MPH, BSN, RN, CLC

### Rater 2

Nicole R. Patterson, MSACN, NDTR

### **Advisor**

Amy Lowry Warnock, MPA
Obesity Prevention and Control Branch
Division of Nutrition, Physical Activity and Obesity
Centers for Disease Control and Prevention

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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.)



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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 Origin of Achieving a State of Healthy Weight High-Impact Obesity Prevention Standards).<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 Large Family Child Care Homes.



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.
- 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

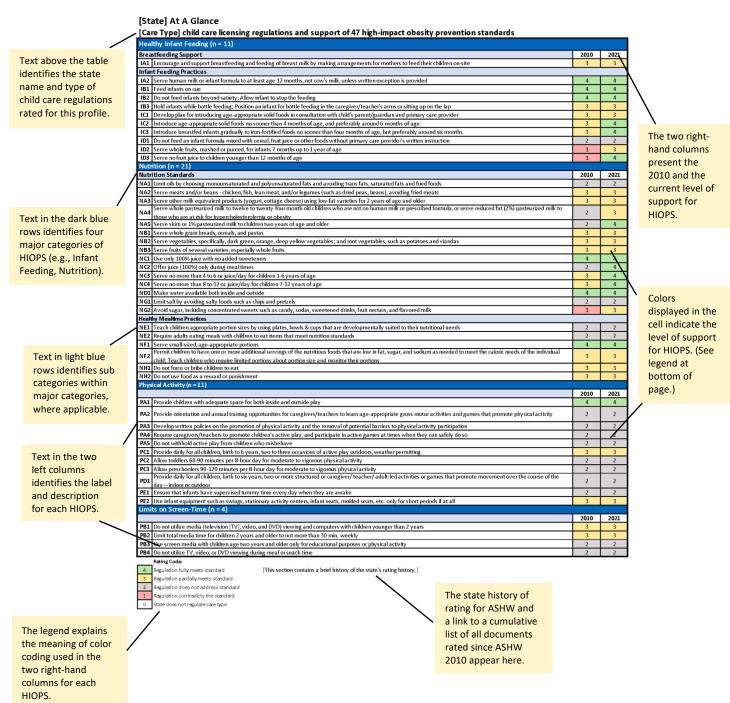
### **NOTES & REFERENCES:**

- 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. <a href="https://nrckids.org/files/ASHW.2021.Report.pdf">https://nrckids.org/files/ASHW.2021.Report.pdf</a>
- <sup>2</sup> The baseline assessment, *Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010,* which details the study methodology, and subsequent annual ASHW updates (2011-2020) may be accessed @ <a href="https://nrckids.org/HealthyWeight/Archives">https://nrckids.org/HealthyWeight/Archives</a>.
- <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.
- Origin of achieving a state of healthy weight high-impact obesity prevention standards. National Resource Center for Health and Safety in Child Care and Early Education; University of Colorado Anschutz Medical Campus. Updated September 18, 2020. https://nrckids.org/files/HIOPSOrigin.pdf

## 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:**

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

|  | Ithy Infant Feeding (n = 11)   |   |   |
|--|--|---|---|
| Brea   | astfeeding 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   | 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                                       |
| Nuti   | rition (n = 21)  |   |   |
| Nutr   | rition 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  |   |   |
| NA5  | Serve skim or 1% pasteurized milk to children two years of age and older   | 2                                       | 4                                       |
| NB1  | Serve whole grain breads, cereals, and pastas  | 3                                       | 3                                       |
| NB2  | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  | 3                                       | 3                                       |
| NB3  | Serve fruits of several varieties, especially whole fruits   | 3                                       | 3                                       |
| NC1  | Use only 100% juice with no added sweeteners   | 4                                       | 4                                       |
| NC2  | Offer juice (100%) only during meal times  | 2                                       | 4                                       |
| NC3  | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age   | 3                                       | 4                                       |
| NC4  | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age   | 3                                       | 4                                       |
| ND1  | Make water available both inside and outside   | 2                                       | 4                                       |
| NG1  | Limit salt by avoiding salty foods such as chips and pretzels  | 2                                       | 2                                       |
| NG2  | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  | 1                                       | 3                                       |
|  | thy Mealtime Practices   |   |   |
| NE1  | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  | 2                                       | 2                                       |
| NE2  |  | 2                                       | 2                                       |
|  | Serve small-sized, age-appropriate portions  | 4                                       | 4                                       |
|  | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual   |   |   |
| NF2  | child: Teach children who require limited portions about portion size and monitor their portions   | 3                                       | 3                                       |
| NH1  | Do not force or bribe children to eat  | 3                                       | 3                                       |
| NH2  | Do not use food as a reward or punishment  | 3                                       | 3                                       |
| Phys   | sical 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                                       |
|  | Do not withhold active play from children who misbehave  | 2                                       | 4                                       |
|  | Do not withhold active play from children who misbenave  |   | 3                                       |
|  | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting   | 3                                       | 3                                       |
| PA5  |  | 3                                       | 4                                       |
| PA5<br>PC1<br>PC2                            | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting   |   |   |
| PA5<br>PC1<br>PC2                            | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the  | 3                                       | 4                                       |
| PA5<br>PC1<br>PC2<br>PC3<br>PD1              | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  | 3 3 2                                   | 4<br>3<br>2                             |
| PA5<br>PC1<br>PC2<br>PC3<br>PD1<br>PE1       | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 3<br>3<br>2<br>4                        | 4                                       |
| PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised turnmy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 3 3 2                                   | 4<br>3<br>2<br>4                        |
| PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 3<br>3<br>2<br>4<br>2                   | 4<br>3<br>2<br>4<br>4                   |
| PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi             | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised turnmy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  its on Screen-Time (n = 4)  | 3<br>3<br>2<br>4<br>2                   | 4<br>3<br>2<br>4<br>4<br>2<br>2021      |
| PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi             | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised turnmy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 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<br>3<br>2<br>4<br>2<br>2010<br>2      | 4<br>3<br>2<br>4<br>4<br>4<br>2021<br>4 |
| PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2     | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised turnmy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 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<br>3<br>2<br>4<br>2<br>2010<br>2<br>2 | 4<br>3<br>2<br>4<br>4<br>2021<br>4<br>3 |
| PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised turnmy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 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<br>3<br>2<br>4<br>2<br>2010<br>2      | 4<br>3<br>2<br>4<br>4<br>4<br>2021<br>4 |

| 4   | 1    | Regulation fully meets standard      |
|-----|------|--------------------------------------|
| (7) | 3    | Regulation partially meets standard  |
| 2   | 2    | Regulation does not address standard |
| 1   | 1    | Regulation contradicts the standard  |
| (   | )  _ | State does not regulate care type    |

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

## **ALASKA At A Glance:**

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

|        | thy Infant Feeding (n = 11)  |             |        |
|--------|--|-------------|--------|
|        |  | 2015        | 2021   |
|        | stfeeding Support  | <b>2010</b> | 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      |
|        | 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      |
| ID3    | Serve no fruit juice to children younger than 12 months of age   | 1           | 4      |
| 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      |
| 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<br>4 |
|        | Use only 100% juice with no added sweeteners   | 2           | 4      |
|        | Offer juice (100%) only during meal times  Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 3           | 4      |
|        | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age   | 3           | 4      |
|        | Make water available both inside and outside   | 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  | -           | 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      |
|        | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual |             |        |
| NF2    | child; Teach children who require limited portions about portion size and monitor their portions   | 3           | 3      |
| NH1    | Do not force or bribe children to eat  | 3           | 3      |
| NH2    | Do not use food as a reward or punishment  | 2           | 2      |
| 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  | 3           | 3      |
| PC1    |  | 4           | 4      |
| PC2    | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 3           | 3      |
| PC3    | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  | 3           | 3      |
| PD1    | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the | 4           | 4      |
| DE1    | day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 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      |
|        | ts on Screen-Time (n = 4)  |             | -      |
| - 1111 |  | 2010        | 2021   |
| PR1    | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  | 3           | 3      |
|        | Limit total media time for children 2 years and older to not more than 30 min. weekly  | 3           | 3      |
|        | Use screen media with children age two years and older only for educational purposes or physical activity  | 2           | 2      |
|        | Do not utilize TV, video, or DVD viewing during meal or snack time   | 2           | 2      |
| -      | Rating Code:   |             |        |
|        | ·  |             |        |

Regulation fully meets standard Regulation partially meets standard 2 Regulation does not address standard Regulation contradicts the standard O State does not regulate care type

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

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

## **ARIZONA At A Glance:**

|                                  | Ithy Infant Feeding (n = 11)  |                     |                               |
|----------------------------------|---|---------------------|-------------------------------|
| Brea                             | astfeeding 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                             |
| Infa                             | nt Feeding Practices  |                     |                               |
| IA2                              | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 3                   | 3                             |
| IB1                              | Feed infants on cue   | 2                   | 3                             |
| IB2                              | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 2                   | 3                             |
| IB3                              | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap   | 4                   | 3                             |
| IC1                              | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider   | 4                   | 2                             |
| IC2                              | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age   | 2                   | 2                             |
| IC3                              | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months   | 2                   | 2                             |
| ID1                              | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction   | 3                   | 2                             |
| ID2                              | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age  | 2                   | 2                             |
| ID3                              | Serve no fruit juice to children younger than 12 months of age  | 2                   | 2                             |
| Nut                              | rition (n = 21)   |                     |                               |
| Nutr                             | rition Standards  | 2010                | 2021                          |
| NA1                              | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods   | 3                   | 2                             |
| NA2                              | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats   | 3                   | 3                             |
| NA3                              | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  | 3                   | 2                             |
| NA4                              | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to   | 2                   | 3                             |
|                                  | those who are at risk for hypercholesterolemia or obesity   |                     |                               |
| NA5                              | Serve skim or 1% pasteurized milk to children two years of age and older  | 4                   | 3                             |
| NB1                              | Serve whole grain breads, cereals, and pastas   | 3                   | 2                             |
| NB2                              | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 3                   | 4                             |
| NB3                              | Serve fruits of several varieties, especially whole fruits  | 4                   | 4                             |
| NC1                              | Use only 100% juice with no added sweeteners  | 4                   | 4                             |
| NC2                              | Offer juice (100%) only during meal times   | 2                   | 2                             |
| NC3                              | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 4                   | 2                             |
| NC4                              | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 4                   | 2                             |
| ND1                              | Make water available both inside and outside  | 4                   | 4                             |
| NG1                              | Limit salt by avoiding salty foods such as chips and pretzels   | 2                   | 2                             |
| NG2                              | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 3                   | 3                             |
| Heal                             | thy Mealtime Practices  |                     |                               |
| NE1                              | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 2                   | 2                             |
| NE2                              | Require adults eating meals with children to eat items that meet nutrition standards  | 3                   | 2                             |
| NF1                              | Serve small-sized, age-appropriate portions   | 4                   | 4                             |
|                                  | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual  |                     | 1                             |
| NF2                              | child; Teach children who require limited portions about portion size and monitor their portions  | 1                   | 1                             |
| NH1                              | Do not force or bribe children to eat   | 3                   | 3                             |
| NH2                              | Do not use food as a reward or punishment   | 3                   | 3                             |
| Phys                             | sical 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                   | 2                             |
| PA5                              | Do not withhold active play from children who misbehave   | 4                   | 2                             |
| PC1                              | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  | 3                   | 2                             |
| PC2                              | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  | 3                   | 2                             |
| PCZ                              | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity   | 3                   | 2                             |
|                                  |   |                     |                               |
| PC3                              | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the  | 3                   | 2                             |
| PC3<br>PD1                       | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  | 3                   | 2                             |
| PC3<br>PD1<br>PE1                | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 4                   | 2                             |
| PC3<br>PD1<br>PE1<br>PE2         | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   |                     |                               |
| PC3<br>PD1<br>PE1<br>PE2         | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 4 3                 | 2                             |
| PC3<br>PD1<br>PE1<br>PE2<br>Limi | Provide daily for all children, birth to six years, 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  its on Screen-Time (n = 4)   | 4<br>3<br>2010      | 2<br>3<br>2021                |
| PC3<br>PD1<br>PE1<br>PE2<br>Limi | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised turnmy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  its on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years   | 2010<br>2           | 2<br>3<br>2021<br>2           |
| PC3 PD1 PE1 PE2 Limi PB1 PB2     | Provide daily for all children, birth to six years, 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  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   | 2010<br>2<br>2      | 2<br>3<br>2021<br>2<br>2      |
| PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised turnmy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  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 | 2010<br>2<br>2<br>2 | 2<br>3<br>2021<br>2<br>2<br>2 |
| PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | Provide daily for all children, birth to six years, 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  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   | 2010<br>2<br>2      | 2<br>3<br>2021<br>2<br>2      |

| Rating ( | Code: |
|----------|-------|
|----------|-------|

|   | 4 | Regulation fully meets standard      | Arizona Regulation Rating History: 2010 (CTR, LRG); 2011 (LRG); 2015 (LRG); 2019 (CTR); 2020 (LRG) |
|---|---|--------------------------------------|--|
|   | 3 | Regulation partially meets standard  |  |
| l | 2 | Regulation does not address standard |  |
|   | 1 | Regulation contradicts the standard  |  |
|   | 0 | State does not regulate care type    |  |

## **ARKANSAS At A Glance:**

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

|       | Ithy Infant Feeding (n = 11)  |             |      |
|-------|---|-------------|------|
|       |   | 2010        | 2024 |
|       | Steeding Support  | <b>2010</b> | 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   | 4           | 4    |
|       | Feed infants on cue   | 4           | 4    |
|       |   | 3           | 4    |
|       | Do not feed infants beyond satiety; Allow infant to stop the feeding  Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 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  | 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    |
|       | 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  | 4           | 4    |
| NC2   | Offer juice (100%) only during meal times   | 2           | 4    |
| NC3   | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 3           | 4    |
| NC4   | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 3           | 4    |
| ND1   | Make water available both inside and outside  | 3           | 4    |
| NG1   | Limit salt by avoiding salty foods such as chips and pretzels   | 2           | 2    |
| NG2   | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 1           | 3    |
| Healt | hy Mealtime Practices   |             |      |
| NE1   | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 2           | 2    |
| NE2   | Require adults eating meals with children to eat items that meet nutrition standards  | 2           | 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    |
| NILII | child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat   | 3           | 4    |
|       | Do not use food as a reward or punishment   | 3           | 3    |
|       |   | 3           | 3    |
| riiys | 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           | 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   | 4           | 4    |
| PC1   |   | 3           | 3    |
| PC2   | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  | 3           | 3    |
|       | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity   | 3           | 3    |
|       | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the                            |             |      |
| PD1   | day—indoor or outdoor   | 2           | 2    |
|       | Ensure that infants have supervised tummy time every day when they are awake  | 2           | 2    |
|       | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 2           | 2    |
| 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           | 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    |
|       | Rating Code:  |             |      |

| 4 | Regulation fully meets standard      |
|---|--------------------------------------|
| 3 | Regulation partially meets standard  |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard  |
| 0 | State does not regulate care type    |

Arkansas Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2017\* (CTR, LRG, SML); 2020 (CTR, LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **CALIFORNIA At A Glance:**

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

|      | Ithy 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        |
|      | nt Feeding Practices   |             |          |
|      | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided   | 2           | 2        |
|      | Feed infants on cue  | 2           | 2        |
|      | Do not feed infants beyond satiety; Allow infant to stop the feeding   | 2           | 2        |
|      | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap  | 2           | 2        |
|      | 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        |
| NAE  | those who are at risk for hypercholesterolemia or obesity  | 2           | 4        |
|      | Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas   | 2           | 2        |
|      | Serve writing grain breads, cerears, and pastas  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           | 4        |
|      | Offer juice (100%) only during meal times  | 2           | 2        |
|      | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age   | 2           | 3        |
|      | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age   | 2           | 3        |
|      | Make water available both inside and outside   | 2           | 4        |
|      | Limit salt by avoiding salty foods such as chips and pretzels  | 2           | 2        |
|      | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  | 2           | 3        |
|      | hy Mealtime Practices  |             |          |
|      | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  | 2           | 2        |
|      | Require adults eating meals with children to eat items that meet nutrition standards   | 2           | 2        |
| NF1  | Serve small-sized, age-appropriate portions  | 2           | 2        |
| NF2  | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual   | 2           | 2        |
|      | child; Teach children who require limited portions about portion size and monitor their portions   |             |          |
|      | Do not force or bribe children to eat  | 3           | 3        |
|      | Do not use food as a reward or punishment  | 3           | 3        |
| Phys | ical Activity (n = 11)   |             |          |
| DA4  | Don't la shild any with a day and a great part in the and a shild a show   | 2010        | 2021     |
|      | Provide children with adequate space for both inside and outside play  | 2           | 2        |
| PA2  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         | 2           | 2        |
| PA3  | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  | 2           | 2        |
| PA4  | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so   | 2           | 2        |
|      | Do not withhold active play from children who misbehave  | 2           | 2        |
| PC1  | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting   | 2           | 2        |
| PC2  | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 2           | 2        |
| PC3  | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  | 2           | 2        |
| PD1  | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the   | 2           | 2        |
|      | day—indoor or outdoor  |             |          |
|      | Ensure that infants have supervised tummy time every day when they are awake   | 2           | 2        |
| _    | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 2           | 2        |
| LIMI | ts on Screen-Time (n = 4)  | 2010        | 2021     |
| DD 1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  | <b>2010</b> | 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        |
| . 54 | Rating Code:   |             | <u>~</u> |
|      |  |             |          |

| 4 | Regulation fully meets standard      |
|---|--------------------------------------|
| 3 | Regulation partially meets standard  |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard  |
| 0 | State does not regulate care type    |

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

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

## **COLORADO At A Glance:**

|  | Ithy Infant Feeding (n = 11)  |   |   |
|--|---|---|---|
| IA1  | astfeeding 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   |
| 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   |
| 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   |
|  | rition (n = 21)   |   |   |
| Nuti   | rition Standards  | 2010  | 2021  |
| NA1  | 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   |
|  | 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   | 2   | _   |
| NA4  | those who are at risk for hypercholesterolemia or obesity   | 2   | 3   |
| NA5  | Serve skim or 1% pasteurized milk to children two years of age and older  | 2   | 4   |
| NB1  | Serve whole grain breads, cereals, and pastas   | 3   | 3   |
| NB2  | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 3   | 3   |
| NB3  | Serve fruits of several varieties, especially whole fruits  | 3   | 3   |
| NC1  | Use only 100% juice with no added sweeteners  | 4   | 4   |
| NC2  | Offer juice (100%) only during meal times   | 2   | 4   |
| NC3  | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 4   | 4   |
| NC4  | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 4   | 4   |
| ND1  | Make water available both inside and outside  | 4   | 4   |
| NG1  | Limit salt by avoiding salty foods such as chips and pretzels   | 2   | 2   |
|  | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 3   | 3   |
|  | thy Mealtime Practices  |   |   |
| NE1  | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 2   | 2   |
|  | Require adults eating meals with children to eat items that meet nutrition standards  | 2   | 2   |
|  | Serve small-sized, age-appropriate portions   | 4   | 4   |
|  | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of 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   |
|  | Do not use food as a reward or punishment   | 3   | 3   |
| NH2  |   | 3   | ,   |
|  | sical Activity (n = 11)   | 3   | 3   |
|  | sical Activity (n = 11)   | 2010  | 2021  |
| Phys   | Provide children with adequate space for both inside and outside play   |   |   |
| Phys   |   | 2010  | 2021  |
| PA1<br>PA2   | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity   | 2010<br>4<br>2  | <b>2021</b> 4 2   |
| PA1<br>PA2<br>PA3  | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  | 2010<br>4<br>2  | 2021<br>4<br>2  |
| PA1 PA2 PA3 PA4  | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  | 2010<br>4<br>2<br>2<br>2  | 2021<br>4<br>2<br>2<br>2  |
| PA1 PA2 PA3 PA4 PA5  | 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   | 2010<br>4<br>2<br>2<br>2<br>2<br>3  | 2021<br>4<br>2<br>2<br>2<br>2<br>2  |
| PA1 PA2 PA3 PA4 PA5 PC1  | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting   | 2010<br>4<br>2<br>2<br>2<br>2<br>3<br>3   | 2021<br>4<br>2<br>2<br>2<br>2<br>2<br>2<br>3  |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2  | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 2010<br>4<br>2<br>2<br>2<br>2<br>3<br>3<br>3                                    | 2021<br>4<br>2<br>2<br>2<br>2<br>2<br>2<br>3<br>3   |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3  | 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  | 2010<br>4<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>3                          | 2021<br>4<br>2<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3  |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3  | 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  | 2010<br>4<br>2<br>2<br>2<br>2<br>3<br>3<br>3                                    | 2021<br>4<br>2<br>2<br>2<br>2<br>2<br>2<br>3<br>3   |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3  | Provide crientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor   | 2010<br>4<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>3                          | 2021<br>4<br>2<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3  |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1  | 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  | 2010<br>4<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>3<br>3<br>2                     | 2021<br>4<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>2  |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2  | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 2010<br>4<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>3<br>2<br>2                     | 2021<br>4<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>2<br>4  |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2  | Provide crientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  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  | 2010<br>4<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>3<br>2<br>2                     | 2021<br>4<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>2<br>4  |
| Phys<br>PA1<br>PA2<br>PA3<br>PA4<br>PA5<br>PC1<br>PC2<br>PC3<br>PD1<br>PE1<br>PE2<br>Lim   | Provide crientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  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  | 2010<br>4<br>2<br>2<br>2<br>3<br>3<br>3<br>3<br>2<br>2<br>2<br>3                | 2021<br>4<br>2<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>2<br>4<br>4   |
| Physical Phy | 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  its on Screen-Time (n = 4)   | 2010<br>4<br>2<br>2<br>2<br>3<br>3<br>3<br>3<br>2<br>2<br>2<br>3                | 2021<br>4<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>2<br>4<br>4  |
| Physical Phy | 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  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   | 2010<br>4<br>2<br>2<br>2<br>3<br>3<br>3<br>3<br>2<br>2<br>2<br>3<br>2<br>2      | 2021<br>4<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>2<br>4<br>4<br>4   |
| Physical Phy | 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 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 | 2010<br>4<br>2<br>2<br>2<br>3<br>3<br>3<br>3<br>2<br>2<br>2<br>3<br>2<br>2<br>3 | 2021<br>4<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>2<br>4<br>4<br>4<br>2021<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>4<br>4<br>4<br>4<br>4<br>4<br>4<br>4<br>4<br>4<br>4<br>4<br>4 |
| Physical Phy | 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  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   | 2010<br>4<br>2<br>2<br>2<br>3<br>3<br>3<br>3<br>2<br>2<br>2<br>3<br>2<br>2      | 2021<br>4<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>2<br>4<br>4<br>4   |

| 4 | Regulation fully meets standard      | Colorado Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2016 (CTR); 2017* (CTR, LRG, SML); 2021 (CTF, LRG, SML); 2016 (CTR); 2017* (CTR, LRG, SML); 2021 (CTF, LRG, SML); 2016 (CTR); 2017* (CTR, LRG, SML); 2018 |
|---|--------------------------------------|---|
| 3 | Regulation partially meets standard  | LRG, SML)   |
| 2 | Regulation does not address standard | NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised   |
| 1 | Regulation contradicts the standard  | documents also were rated for CACFP changes.  |
| 0 | State does not regulate care type    |   |

## **CONNECTICUT At A Glance:**

|                                  | Ithy Infant Feeding (n = 11)  |                     |                          |
|----------------------------------|---|---------------------|--------------------------|
| Brea                             | astfeeding 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  | 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                        |
| Nuti                             | rition (n = 21)   |                     |                          |
| Nutr                             | rition 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   |                     |                          |
| NA5                              | Serve skim or 1% pasteurized milk to children two years of age and older  | 2                   | 4                        |
| NB1                              | Serve whole grain breads, cereals, and pastas   | 3                   | 3                        |
| NB2                              | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 3                   | 3                        |
| NB3                              | Serve fruits of several varieties, especially whole fruits  | 3                   | 3                        |
| NC1                              | Use only 100% juice with no added sweeteners  | 4                   | 4                        |
| NC2                              | Offer juice (100%) only during meal times   | 2                   | 4                        |
| NC3                              | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 3                   | 4                        |
| NC4                              | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 3                   | 4                        |
| ND1                              | Make water available both inside and outside  | 4                   | 4                        |
| NG1                              | Limit salt by avoiding salty foods such as chips and pretzels   | 2                   | 2                        |
| NG2                              | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 1                   | 3                        |
|                                  | thy Mealtime Practices  |                     |                          |
| NE1                              | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 2                   | 2                        |
| NE2                              |   | 2                   | 2                        |
| NF1                              | Serve small-sized, age-appropriate portions   | 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                   | 2                        |
| NF2                              | child; Teach children who require limited portions about portion size and monitor their portions  | 3                   | 3                        |
| NH1                              | Do not force or bribe children to eat   | 2                   | 2                        |
| NH2                              | Do not use food as a reward or punishment   | 2                   | 2                        |
| Phys                             | sical 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  | 3                   | 3                        |
| PC2                              | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  | 3                   | 3                        |
|                                  | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity   | 3                   | 3                        |
|                                  |   |                     | 2                        |
|                                  | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  | 2                   | 2                        |
| PC3<br>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  Ensure that infants have supervised tummy time every day when they are awake  | 2                   | 3                        |
| PC3<br>PD1<br>PE1                | day—indoor or outdoor   |                     |                          |
| PC3<br>PD1<br>PE1<br>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  | 3                   | 3                        |
| PC3<br>PD1<br>PE1<br>PE2         | day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake   | 3                   | 3                        |
| PC3<br>PD1<br>PE1<br>PE2<br>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 its on Screen-Time (n = 4)   | 3<br>2<br>2010      | 3<br>2<br>2021           |
| PC3<br>PD1<br>PE1<br>PE2<br>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 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<br>2<br>2010<br>2 | 3<br>2<br>2021<br>2      |
| PC3 PD1 PE1 PE2 Limi PB1 PB2     | day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 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 | 2010<br>2<br>2      | 3<br>2<br>2021<br>2<br>2 |
| PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 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<br>2<br>2010<br>2 | 3<br>2<br>2021<br>2      |

|  |   | 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  |   |
|  | 0 | State does not regulate care type    |   |

## **DELAWARE At A Glance:**

| Hea   | Healthy Infant Feeding (n = 11)  |           |             |  |  |
|-------|--|-----------|-------------|--|--|
|       |  | 2010      | 2024        |  |  |
|       | stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site                          | 2010<br>4 | <b>2021</b> |  |  |
|       | nt Feeding Practices   | 4         | 4           |  |  |
| _     | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided   | 4         | 4           |  |  |
|       | 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         | 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  | 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   | 3         | 4           |  |  |
|       | rition (n = 21)  |           | 7           |  |  |
|       | 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         | 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           |  |  |
| 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   | 2         | 4           |  |  |
| NG1   | Limit salt by avoiding salty foods such as chips and pretzels  | 2         | 2           |  |  |
| NG2   | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  | 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         | 4           |  |  |
| NF1   | Serve small-sized, age-appropriate portions  | 4         | 4           |  |  |
| NF2   | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual | 3         | 3           |  |  |
|       | child; Teach children who require limited portions about portion size and monitor their portions   | _         |             |  |  |
|       | Do not force or bribe children to eat  | 3         | 3           |  |  |
|       | Do not use food as a reward or punishment  | 3         | 3           |  |  |
| PHYS  | ical Activity (n = 11)   | 2010      | 2024        |  |  |
| DA1   | Dravido children with adequate space for both inside and outside play  | 2010<br>4 | 2021        |  |  |
|       | 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           |  |  |
|       | Do not withhold active play from children who misbehave  | 4         | 4           |  |  |
|       |  | 3         | 4           |  |  |
| PC2   | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 3         | 3           |  |  |
|       | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  | 3         | 3           |  |  |
|       | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the |           |             |  |  |
| PD1   | day—indoor or outdoor  | 3         | 2           |  |  |
| PE1   | Ensure that infants have supervised tummy time every day when they are awake   | 2         | 2           |  |  |
|       | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 3         | 3           |  |  |
| Limi  | ts on Screen-Time (n = 4)  |           |             |  |  |
|       |  | 2010      | 2021        |  |  |
| PB1   | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  | 3         | 2           |  |  |
|       | Limit total media time for children 2 years and older to not more than 30 min. weekly  | 3         | 3           |  |  |
| PB3   | Use screen media with children age two years and older only for educational purposes or physical activity  | 4         | 4           |  |  |
| PB4   | Do not utilize TV, video, or DVD viewing during meal or snack time   | 2         | 2           |  |  |
|       |  |           |             |  |  |

| 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); 2020 (CTR); |
|---|--------------------------------------|---|
| 3 | Regulation partially meets standard  | 2021 (LRG, SML)   |
| 2 | Regulation does not address standard | NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised |
| 1 | Regulation contradicts the standard  | documents also were rated for CACFP changes.  |
| 0 | State does not regulate care type    |   |

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

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

|       | Healthy Infant Feeding (n = 11)   |      |      |  |  |
|-------|---|------|------|--|--|
|       |   |      |      |  |  |
|       | stfeeding Support   | 2010 | 2021 |  |  |
|       | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site  | 0    | 4    |  |  |
|       | nt Feeding Practices  |      | 4    |  |  |
|       | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 0    | 4    |  |  |
|       | Feed infants on cue   | 0    | 4    |  |  |
|       | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 0    | 4    |  |  |
| _     | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap   | 0    | 3    |  |  |
| _     | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider   | 0    | 4    |  |  |
| IC2   | 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 | 0    | 4    |  |  |
|       | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction   | 0    | 2    |  |  |
|       | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age  | 0    | 3    |  |  |
|       | Serve no fruit juice to children younger than 12 months of age  | 0    | 4    |  |  |
|       | ition (n = 21)  |      | 4    |  |  |
|       | ition Standards   | 2010 | 2021 |  |  |
|       | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods   | 0    | 2    |  |  |
|       | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats   | 0    | 3    |  |  |
|       | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  | 0    | 3    |  |  |
|       | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to   |      |      |  |  |
| NA4   | those who are at risk for hypercholesterolemia or obesity   | 0    | 3    |  |  |
| NA5   | Serve skim or 1% pasteurized milk to children two years of age and older  | 0    | 4    |  |  |
| NB1   | Serve whole grain breads, cereals, and pastas   | 0    | 3    |  |  |
| NB2   | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 0    | 3    |  |  |
| NB3   | Serve fruits of several varieties, especially whole fruits  | 0    | 3    |  |  |
| NC1   | Use only 100% juice with no added sweeteners  | 0    | 4    |  |  |
| NC2   | Offer juice (100%) only during meal times   | 0    | 4    |  |  |
| NC3   | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 0    | 4    |  |  |
| NC4   | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 0    | 4    |  |  |
| ND1   | Make water available both inside and outside  | 0    | 4    |  |  |
| NG1   | Limit salt by avoiding salty foods such as chips and pretzels   | 0    | 2    |  |  |
| NG2   | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 0    | 3    |  |  |
| Healt | hy Mealtime Practices   |      |      |  |  |
| NE1   | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 0    | 2    |  |  |
| NE2   | Require adults eating meals with children to eat items that meet nutrition standards  | 0    | 2    |  |  |
| NF1   | Serve small-sized, age-appropriate portions   | 0    | 4    |  |  |
| NF2   | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual  | 0    | 3    |  |  |
| NILI1 | child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat   | 0    | 3    |  |  |
|       | Do not use food as a reward or punishment   | 0    | 3    |  |  |
|       | ical Activity (n = 11)  |      | 3    |  |  |
| FILYS | ital Activity (ii = 11)   | 2010 | 2021 |  |  |
| DA1   | Provide children with adequate space for both inside and outside play   | 0    | 4    |  |  |
|       |   |      |      |  |  |
| PA2   | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  | 0    | 2    |  |  |
| PA3   | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation   | 0    | 2    |  |  |
| PA4   | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  | 0    | 2    |  |  |
| PA5   | Do not withhold active play from children who misbehave   | 0    | 4    |  |  |
| PC1   | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  | 0    | 3    |  |  |
| PC2   | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  | 0    | 3    |  |  |
| PC3   | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity   | 0    | 3    |  |  |
| PD1   | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the  | 0    | 3    |  |  |
|       | day—indoor or outdoor   |      |      |  |  |
|       | Ensure that infants have supervised tummy time every day when they are awake  | 0    | 4    |  |  |
|       | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 0    | 3    |  |  |
| Limi  | ts on Screen-Time (n = 4)   | 2015 | 2021 |  |  |
|       |   | 2010 | 2021 |  |  |
|       | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years   | 0    | 3    |  |  |
|       | Limit total media time for children 2 years and older to not more than 30 min. weekly   | 0    | 3    |  |  |
|       | Use screen media with children age two years and older only for educational purposes or physical activity   | 0    | 4    |  |  |
| PB4   | Do not utilize TV, video, or DVD viewing during meal or snack time  | 0    | 2    |  |  |
|       | Rating Code:  |      |      |  |  |

| 4                                    | Regulation fully meets standard      |
|--------------------------------------|--------------------------------------|
| 3 Regulation partially meets standar |                                      |
| 2                                    | Regulation does not address standard |
| 1                                    | Regulation contradicts the standard  |
| 0                                    | State does not regulate care type    |

District of Columbia Regulation Rating History: 2010 (CTR, SML); 2016 (CTR, LRG, SML); 2017\* (CTR, LRG, SML)

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

## FLORIDA At A Glance:

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

|      | targe family frome thing tare incensing regulations and support of 47 mgn-impact obesity prevention standards   |      |      |  |  |
|------|---|------|------|--|--|
| Hea  | thy 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    |  |  |
|      | 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    |  |  |
| IB1  | Feed infants on cue   | 2    | 4    |  |  |
| _    | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 2    | 4    |  |  |
|      | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap   | 2    | 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    | 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    | 3    |  |  |
|      |   | 2    | 4    |  |  |
|      | Serve no fruit juice to children younger than 12 months of age ition (n = 21)   | 2    | 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   | 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   | 2    |      |  |  |
| NA4  | those who are at risk for hypercholesterolemia or obesity   | 2    | 3    |  |  |
| NA5  | Serve skim or $1\%$ pasteurized milk to children two years of age and older   | 2    | 4    |  |  |
| NB1  | Serve whole grain breads, cereals, and pastas   | 2    | 3    |  |  |
| NB2  | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 2    | 3    |  |  |
| _    | Serve fruits of several varieties, especially whole fruits  | 2    | 3    |  |  |
|      | 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    |  |  |
|      | 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, howle & superthat are developmentally suited to their putritional people.  | 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   | 2    | 4    |  |  |
|      | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual  |      |      |  |  |
| NF2  | child; Teach children who require limited portions about portion size and monitor their portions  | 3    | 3    |  |  |
| NH1  | Do not force or bribe children to eat   | 2    | 3    |  |  |
| NH2  | Do not use food as a reward or punishment   | 3    | 3    |  |  |
| Phys | 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  | 2    | 2    |  |  |
|      | Do not withhold active play from children who misbehave   | 2    | 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    | 2    |  |  |
| PC3  | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity   | 3    | 2    |  |  |
| PD1  | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor                      | 2    | 2    |  |  |
| PE1  | Ensure that infants have supervised tummy time every day when they are awake  | 2    | 3    |  |  |
|      | 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)   |      |      |  |  |
|      |   | 2010 | 2021 |  |  |
| PB1  | 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    |  |  |
| PB3  | Use screen media with children age two years and older only for educational purposes or physical activity   | 2    | 4    |  |  |
| PB4  | Do not utilize TV, video, or DVD viewing during meal or snack time  | 2    | 2    |  |  |
|      | Rating Code:  |      |      |  |  |
|      |   |      |      |  |  |

### Rating Code

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

Florida Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR); 2017 (CTR, LRG, SML); 2019 (LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **GEORGIA At A Glance:** NOTE: Georgia does not regulate this care type

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

|  | 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   | 0   |  |  |  |
| 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   | 0   |  |  |  |
| IB1  | Feed infants on cue   | 4   | 0   |  |  |  |
| IB2  | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 4   | 0   |  |  |  |
| IB3  | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap   | 3   | 0   |  |  |  |
| IC1  | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider   | 3   | 0   |  |  |  |
| IC2  | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age   | 3   | 0   |  |  |  |
| IC3  | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months   | 3   | 0   |  |  |  |
| ID1  | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction   | 2   | 0   |  |  |  |
| ID2  | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age  | 1   | 0   |  |  |  |
| ID3  | Serve no fruit juice to children younger than 12 months of age  | 1   | 0   |  |  |  |
|  | 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   | 0   |  |  |  |
|  | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats   | 3   | 0   |  |  |  |
|  |   | 3   | 0   |  |  |  |
|  | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to   |   |   |  |  |  |
| NA4  | those who are at risk for hypercholesterolemia or obesity   | 2   | 0   |  |  |  |
| NA5  | Serve skim or 1% pasteurized milk to children two years of age and older  | 2   | 0   |  |  |  |
| NB1  | Serve whole grain breads, cereals, and pastas   | 3   | 0   |  |  |  |
| NB2  | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 3   | 0   |  |  |  |
| NB3  | Serve fruits of several varieties, especially whole fruits  | 3   | 0   |  |  |  |
|  | Use only 100% juice with no added sweeteners  | 4   | 0   |  |  |  |
| NC2  | Offer juice (100%) only during meal times   | 2   | 0   |  |  |  |
|  | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 3   | 0   |  |  |  |
|  | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 3   | 0   |  |  |  |
|  | Make water available both inside and outside  | 3   | 0   |  |  |  |
|  | Limit salt by avoiding salty foods such as chips and pretzels   | 2   | 0   |  |  |  |
|  | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 3   | 0   |  |  |  |
|  | thy Mealtime Practices  |   |   |  |  |  |
|  | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 2   | 0   |  |  |  |
|  |   | 2   | 0   |  |  |  |
|  | Serve small-sized, age-appropriate portions   | 4   | 0   |  |  |  |
|  | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual  |   |   |  |  |  |
| NF2  | child; Teach children who require limited portions about portion size and monitor their portions  | 3   | 0   |  |  |  |
| NH1  | Do not force or bribe children to eat   | 3   | 0   |  |  |  |
| NH2  | Do not use food as a reward or punishment   | 4   | 0   |  |  |  |
| Phys   | ical Activity (n = 11)  |   |   |  |  |  |
|  |   | 2010  | 2021  |  |  |  |
|  |   |   |   |  |  |  |
| PA1  | Provide children with adequate space for both inside and outside play   | 4   | 0   |  |  |  |
|  |   |   |   |  |  |  |
|  | 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   | 0   |  |  |  |
| PA2  |   |   |   |  |  |  |
| PA2<br>PA3   | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation   | 2   | 0   |  |  |  |
| PA2<br>PA3<br>PA4  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so   | 2   | 0   |  |  |  |
| PA2<br>PA3<br>PA4<br>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   | 2 2 2   | 0<br>0<br>0   |  |  |  |
| PA2<br>PA3<br>PA4<br>PA5<br>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  | 2<br>2<br>2<br>2                                    | 0<br>0<br>0   |  |  |  |
| PA2<br>PA3<br>PA4<br>PA5<br>PC1<br>PC2                   | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity   | 2<br>2<br>2<br>2<br>2<br>3                          | 0<br>0<br>0<br>0                                    |  |  |  |
| PA2 PA3 PA4 PA5 PC1 PC2 PC3                              | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  | 2<br>2<br>2<br>2<br>3<br>3<br>3                     | 0<br>0<br>0<br>0<br>0<br>0                          |  |  |  |
| PA2 PA3 PA4 PA5 PC1 PC2 PC3                              | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor   | 2<br>2<br>2<br>2<br>3<br>3<br>3<br>2                | 0<br>0<br>0<br>0<br>0<br>0<br>0                     |  |  |  |
| PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1                      | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake   | 2<br>2<br>2<br>2<br>3<br>3<br>3<br>3<br>2           | 0<br>0<br>0<br>0<br>0<br>0<br>0                     |  |  |  |
| PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 2<br>2<br>2<br>2<br>3<br>3<br>3<br>2                | 0<br>0<br>0<br>0<br>0<br>0<br>0                     |  |  |  |
| PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake   | 2<br>2<br>2<br>2<br>3<br>3<br>3<br>2<br>2<br>2      | 0<br>0<br>0<br>0<br>0<br>0<br>0                     |  |  |  |
| PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 2<br>2<br>2<br>2<br>3<br>3<br>3<br>3<br>2           | 0<br>0<br>0<br>0<br>0<br>0<br>0                     |  |  |  |
| PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi             | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  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<br>2<br>2<br>2<br>3<br>3<br>3<br>2<br>2<br>2<br>3 | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0      |  |  |  |
| PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi             | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  ts on Screen-Time (n = 4)   | 2<br>2<br>2<br>2<br>3<br>3<br>3<br>2<br>2<br>2<br>3 | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0           |  |  |  |
| PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2     | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  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<br>2<br>2<br>2<br>3<br>3<br>3<br>2<br>2<br>2<br>3 | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0      |  |  |  |
| PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  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<br>2<br>2<br>2<br>3<br>3<br>3<br>2<br>2<br>2<br>3 | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0 |  |  |  |

Georgia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017\* (CTR); 2020 (SML) Regulation fully meets standard 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.  $\label{lem:Regulation} \textbf{Regulation contradicts the standard}$ 0 State does not regulate care type

## **HAWAII At A Glance:**

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

|       | Healthy Infant Feeding (n = 11)  |             |             |  |  |
|-------|--|-------------|-------------|--|--|
|       |  | 2010        | 2024        |  |  |
|       | stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site                          | <b>2010</b> | <b>2021</b> |  |  |
|       | nt Feeding Practices   | 3           | 3           |  |  |
|       | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided   | 4           | 4           |  |  |
|       | 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  | 2           | 2           |  |  |
|       | 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           |  |  |
|       | 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           |  |  |
|       | 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   | 4           | 4           |  |  |
| NC2   | Offer juice (100%) only during meal times  | 2           | 4           |  |  |
| NC3   | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age   | 3           | 4           |  |  |
| NC4   | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age   | 3           | 4           |  |  |
| ND1   | Make water available both inside and outside   | 3           | 4           |  |  |
| NG1   | Limit salt by avoiding salty foods such as chips and pretzels  | 2           | 2           |  |  |
|       | 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           |  |  |
| NILI1 | child; Teach children who require limited portions about portion size and monitor their portions  Do not force or bribe children to eat                                      | 3           | 3           |  |  |
|       | Do not use food as a reward or punishment  | 4           | 4           |  |  |
|       | ical Activity (n = 11)   | 4           | 4           |  |  |
| FILYS | ital Activity (ii = 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           |  |  |
| PA5   | Do not withhold active play from children who misbehave  | 2           | 2           |  |  |
| PC1   | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting   | 3           | 3           |  |  |
| PC2   | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 3           | 3           |  |  |
| PC3   | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  | 3           | 3           |  |  |
| PD1   | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the | 2           | 2           |  |  |
|       | day—indoor or outdoor  |             |             |  |  |
|       | Ensure that infants have supervised tummy time every day when they are awake   | 2           | 2           |  |  |
|       | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 2           | 2           |  |  |
| 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           |  |  |
|       | Rating Code:   |             |             |  |  |

Hawaii Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG, SML); 2017\* (CTR, LRG, SML) Regulation fully meets standard 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. Regulation contradicts the standard O State does not regulate care type

## **IDAHO At A Glance:**

| Rro-   | Ithy Infant Feeding (n = 11)  |  |   |
|--|---|--|---|
|  | astfeeding 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   |
|  | nt Feeding Practices  |  |   |
| IA2  | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 2  | 2   |
| IB1  |   | 2  | 2   |
| IB2  | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 2  | 2   |
| IB3  | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap   | 2  | 2   |
| IC1  | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider   | 2  | 2   |
| IC2  | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age   | 2  | 2   |
| IC3  | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months   | 2  | 2   |
| ID1  | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction   | 2  | 2   |
| ID2  | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age  | 2  | 2   |
|  | Serve no fruit juice to children younger than 12 months of age  | 2  | 2   |
| Nut  | rition (n = 21)   |  |   |
| Nutr   | rition 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  |   | 2  | 2   |
| NA4  | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to   | 2  | 2   |
|  | those who are at risk for hypercholesterolemia or obesity   |  |   |
| _  | Serve skim or 1% pasteurized milk to children two years of age and older  | 2  | 2   |
|  | Serve whole grain breads, cereals, and pastas   | 2  | 2   |
| _  | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 2  | 2   |
|  | Serve fruits of several varieties, especially whole fruits  | 2  | 2   |
|  | Use only 100% juice with no added sweeteners  | 2  | 2   |
| _  | Offer juice (100%) only during meal times   | 2  | 2   |
|  | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 2  | 2   |
|  | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 2  | 2   |
| _  | Make water available both inside and outside  | 2  | 2   |
| _  | Limit salt by avoiding salty foods such as chips and pretzels   | 2  | 2   |
|  | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 2  | 2   |
|  | thy Mealtime Practices  |  |   |
| NE1  | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 2  | 2   |
| NE2  |   | 2  | 2   |
| NF1  | Serve small-sized, age-appropriate portions   | 2  | 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   |
| 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   | 2  | 2   |
|  |   | 2  |   |
| тпу  | sical Activity (n = 11)   | 2010   | 2021  |
| DA1  | Provide children with adequate space for both inside and outside play   | 4  | <b>2021</b><br>4                                  |
|  |   | 4  | 4   |
| PA2  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  | 2  | 2   |
| DΛ2  | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation   | 3  | 3   |
| . ~3   |   | 2  | 2   |
| PA4  |   |  | 2   |
| PA4  | Do not withhold active play from children who misbehave   | 2  |   |
| PA4  |   | 2  | 2   |
| PA4<br>PA5                                       | 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   |
| PA4<br>PA5<br>PC1<br>PC2                         | Do not withhold active play from children who misbehave   | 2  |   |
| PA4<br>PA5<br>PC1<br>PC2<br>PC3                  | Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 2 2 2  | 2   |
| PA4<br>PA5<br>PC1<br>PC2                         | 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   |
| PA4<br>PA5<br>PC1<br>PC2<br>PC3<br>PD1           | Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the  | 2 2 2  | 2   |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1                      | Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  | 2 2 2 2  | 2<br>2<br>2                                       |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | 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<br>2<br>2<br>2<br>2                                  | 2<br>2<br>2<br>2                                  |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | 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<br>2<br>2<br>2<br>2                                  | 2<br>2<br>2<br>2                                  |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi             | 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<br>2<br>2<br>2<br>2<br>2                             | 2<br>2<br>2<br>2<br>2                             |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1         | 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 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  its on Screen-Time (n = 4)   | 2<br>2<br>2<br>2<br>2<br>2<br>2<br>2                   | 2<br>2<br>2<br>2<br>2<br>2<br>2                   |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2     | 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 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  its on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  | 2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2010<br>2      | 2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2021<br>2 |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | 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 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  its on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  Limit total media time for children 2 years and older to not more than 30 min. weekly | 2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2010<br>2 | 2<br>2<br>2<br>2<br>2<br>2<br>2<br>2021<br>2      |

| Rating ( | Code: |
|----------|-------|
|----------|-------|

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

## **ILLINOIS At A Glance:**

|   | Ithy Infant Feeding (n = 11)  | ,                                       |   |
|---|---|---|---|
|   | astfeeding 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                                       |
|   | 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  | 1                                       | 1                                       |
| IB1   |   | 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   | 3                                       | 3                                       |
| IC1   | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider   | 3                                       | 3                                       |
| IC2   | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age   | 3                                       | 3                                       |
| IC3   | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months   | 3                                       | 3                                       |
| ID1   | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction   | 2                                       | 2                                       |
| ID2   | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age  | 1                                       | 1                                       |
| ID3   | Serve no fruit juice to children younger than 12 months of age  | 1                                       | 1                                       |
| Nut   | rition (n = 21)   |   |   |
| Nutr  | rition 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   |   | 3                                       | 3                                       |
| NA4   | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to   | 2                                       | 2                                       |
|   | those who are at risk for hypercholesterolemia or obesity   |   |   |
|   | Serve skim or 1% pasteurized milk to children two years of age and older  | 2                                       | 2                                       |
| _   | Serve whole grain breads, cereals, and pastas   | 3                                       | 3                                       |
|   | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 4                                       | 4                                       |
| _   | Serve fruits of several varieties, especially whole fruits  | 4                                       | 4                                       |
|   | Use only 100% juice with no added sweeteners  | 4                                       | 4                                       |
| _   | 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  | 4                                       | 4                                       |
| NC4   | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 4                                       | 4                                       |
| ND1   | Make water available both inside and outside  | 3                                       | 3                                       |
| NG1   | Limit salt by avoiding salty foods such as chips and pretzels   | 2                                       | 2                                       |
| NG2   | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 2                                       | 2                                       |
| Heal  | thy Mealtime Practices  |   |   |
| NE1   | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 2                                       | 2                                       |
| NE2   | Require adults eating meals with children to eat items that meet nutrition standards  | 2                                       | 2                                       |
| NF1   | Serve small-sized, age-appropriate portions   | 4                                       | 4                                       |
| NF2   | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual  | 2                                       | 2                                       |
|   | child; Teach children who require limited portions about portion size and monitor their portions  |   |   |
|   | Do not force or bribe children to eat   | 3                                       | 3                                       |
|   | Do not use food as a reward or punishment   | 3                                       | 3                                       |
| Phys  | sical Activity (n = 11)   | 1                                       |   |
|   |   | 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                                       |
| PA4   | Do not withhold out on the form children who might have   | 3                                       | 3                                       |
|   | Do not withhold active play from children who misbehave   |   | 3                                       |
|   | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  | 3                                       | Ū                                       |
| PA5   |   | 3                                       | 3                                       |
| PA5<br>PC1<br>PC2                             | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity   |   |   |
| PA5<br>PC1<br>PC2<br>PC3                      | 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                                       | 3                                       |
| PA5<br>PC1<br>PC2<br>PC3<br>PD1               | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor   | 3 3 3                                   | 3<br>3<br>3                             |
| PA5<br>PC1<br>PC2<br>PC3<br>PD1<br>PE1        | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake   | 3<br>3<br>3                             | 3<br>3<br>3                             |
| PA5<br>PC1<br>PC2<br>PC3<br>PD1<br>PE1<br>PE2 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 3 3 3                                   | 3<br>3<br>3                             |
| PA5<br>PC1<br>PC2<br>PC3<br>PD1<br>PE1<br>PE2 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake   | 3<br>3<br>4<br>2                        | 3<br>3<br>3<br>4<br>2                   |
| PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi              | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  its on Screen-Time (n = 4)  | 3<br>3<br>3<br>4<br>2                   | 3<br>3<br>3<br>4<br>2                   |
| PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1          | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised turmy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  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<br>3<br>4<br>2<br>2010<br>2           | 3<br>3<br>4<br>2<br>2021<br>2           |
| PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2      | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised turnmy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  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<br>3<br>4<br>2<br>2010<br>2<br>2      | 3<br>3<br>4<br>2<br>2021<br>2<br>2      |
| PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3  | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised 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  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<br>3<br>4<br>2<br>2010<br>2<br>2<br>2 | 3<br>3<br>4<br>2<br>2021<br>2<br>2<br>2 |
| PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3  | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised turnmy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  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<br>3<br>4<br>2<br>2010<br>2<br>2      | 3<br>3<br>4<br>2<br>2021<br>2<br>2      |

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

## **INDIANA At A Glance:**

| IICa  | 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  | 2    | 2    |
| Infan | nt Feeding Practices  |      |      |
| IA2   | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 2    | 2    |
| IB1   | Feed infants on cue   | 2    | 2    |
| IB2   | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 2    | 2    |
|       | 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    | 2    |
|       | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age   | 2    | 2    |
| IC3   | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months   | 2    | 2    |
|       | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction   | 2    | 2    |
|       | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age  | 2    | 2    |
|       | Serve no fruit juice to children younger than 12 months of age  | 2    | 2    |
|       | ition (n = 21)  | _    |      |
|       | 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    |
| NΔ5   | those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older  | 2    | 2    |
|       | Serve whole grain breads, cereals, and pastas   | 2    | 2    |
|       | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 2    | 2    |
|       | Serve fruits of several varieties, especially whole fruits  | 2    | 2    |
|       | Use only 100% juice with no added sweeteners  | 2    | 2    |
|       | Offer juice (100%) only during meal times   | 2    | 2    |
|       | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 2    | 2    |
|       | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 2    | 2    |
|       | Make water available both inside and outside  | 2    | 2    |
|       | Limit salt by avoiding salty foods such as chips and pretzels   | 2    | 2    |
|       | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 2    | 2    |
|       | hy Mealtime Practices   |      |      |
|       | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 2    | 2    |
|       | Require adults eating meals with children to eat items that meet nutrition standards  | 2    | 2    |
|       | Serve small-sized, age-appropriate portions   | 2    | 2    |
|       | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual  | 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   | 2    | 2    |
| NH2   | Do not use food as a reward or punishment   | 2    | 2    |
| Phys  | ical Activity (n = 11)  | _    |      |
|       |   | 2010 | 2021 |
| PA1   | Provide children with adequate space for both inside and outside play   | 2    | 2    |
| PA2   | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  | 2    | 2    |
|       |   |      |      |
|       | 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  | 2    | 2    |
|       | 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  Provide daily for all children, 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    |
| PD1   | day—indoor or outdoor   | 2    | 2    |
| PE1   | Ensure that infants have supervised tummy time every day when they are awake  | 2    | 2    |
|       | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 2    | 2    |
|       | 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    |
| PB2   |   |      |      |
|       |   | 2    | 2    |
| PB3   | Use screen media with children age two years and older only for educational purposes or physical activity  Do not utilize TV, video, or DVD viewing during meal or snack time   | 2    | 2    |

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

## **IOWA At A Glance:**

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

|            | Ithy Infant Feeding (n = 11)   |             |             |
|------------|--|-------------|-------------|
|            |  | 2010        | 2021        |
|            | stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site                          | <b>2010</b> | <b>2021</b> |
|            | It Feeding Practices   | 3           | 3           |
|            |  | 4           | 4           |
|            | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided   |             |             |
| 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  | 2           | 2           |
|            | 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           | 4           |
|            | Serve no fruit juice to children younger than 12 months of age   | 1           | 4           |
|            | ition (n = 21)   | <u> </u>    |             |
| 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           |
| ND1        | Make water available both inside and outside   | 2           | 4           |
| NG1        | Limit salt by avoiding salty foods such as chips and pretzels  | 2           | 2           |
| NG2        | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  | 1           | 3           |
| Healt      | hy Mealtime Practices  |             |             |
| NE1        | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  | 2           | 2           |
| NE2        | Require adults eating meals with children to eat items that meet nutrition standards   | 2           | 2           |
| NF1        | Serve small-sized, age-appropriate portions  | 4           | 4           |
| NF2        | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual | 3           | 3           |
|            | child: Teach children who require limited portions about portion size and monitor their portions   |             |             |
| NH1        | Do not force or bribe children to eat  | 2           | 2           |
|            | Do not use food as a reward or punishment  | 3           | 3           |
| Phys       | ical Activity (n = 11)   | 1           |             |
|            |  | 2010        | 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   | 2           | 2           |
|            | Do not withhold active play from children who misbehave  | 2           | 2           |
|            | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting   | 2           | 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 | 3           | 3           |
|            | day—indoor or outdoor  |             |             |
|            | Ensure that infants have supervised tummy time every day when they are awake   | 2           | 2           |
|            | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 2           | 2           |
| 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           |
|            |  |             | 2           |
| PB2        | Limit total media time for children 2 years and older to not more than 30 min. weekly  | 2           |             |
| PB2<br>PB3 | Use screen media with children age two years and older only for educational purposes or physical activity  | 2           | 2           |
| PB2<br>PB3 |  |             |             |

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

## **KANSAS At A Glance:**

|                                  | Ithy Infant Feeding (n = 11)  |                               |                          |
|----------------------------------|---|-------------------------------|--------------------------|
| Brea                             | astfeeding 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                        |
| Infa                             | nt Feeding Practices  |                               |                          |
| IA2                              | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 2                             | 2                        |
| IB1                              | Feed infants on cue   | 2                             | 2                        |
| IB2                              | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 2                             | 2                        |
| IB3                              | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap   | 3                             | 3                        |
| IC1                              | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider   | 3                             | 3                        |
| IC2                              | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age   | 2                             | 2                        |
| IC3                              | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months   | 2                             | 2                        |
| ID1                              | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction   | 2                             | 2                        |
| ID2                              | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age  | 2                             | 2                        |
| ID3                              | Serve no fruit juice to children younger than 12 months of age  | 2                             | 2                        |
|                                  | rition (n = 21)   |                               |                          |
|                                  | rition Standards  | 2010                          | 2021                     |
|                                  | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods   | 2                             | 2                        |
| NA2                              |   | 3                             | 3                        |
| NA3                              |   | 3                             | 3                        |
|                                  | 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   | 2                             | 2                        |
| NB2                              | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 3                             | 3                        |
| NB3                              | Serve fruits of several varieties, especially whole fruits  | 3                             | 3                        |
| NC1                              | Use only 100% juice with no added sweeteners  | 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  | 2                             | 2                        |
|                                  | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 2                             | 2                        |
|                                  | Make water available both inside and outside  | 2                             | 3                        |
| 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                             | 2                        |
|                                  | thy Mealtime Practices  |                               |                          |
|                                  | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 2                             | 2                        |
| NE2                              |   | 2                             | 2                        |
|                                  | Serve small-sized, age-appropriate portions   | 2                             | 2                        |
|                                  | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual  |                               |                          |
| NF2                              | child; Teach children who require limited portions about portion size and monitor their portions  | 1                             | 1                        |
| NH1                              | Do not force or bribe children to eat   | 2                             | 3                        |
| NH2                              | Do not use food as a reward or punishment   | 2                             | 3                        |
| Phys                             | sical Activity (n = 11)   |                               |                          |
|                                  |   | 2010                          | 2021                     |
| PA1                              | Provide children with adequate space for both inside and outside play   | 3                             | 3                        |
|                                  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  | 2                             | 2                        |
| FAZ                              | r rovide one matter and annual daming opportunities for caregivers) teathers to learn age-appropriate gross motor activities and games that promote physical activity   |                               | 2                        |
| PA3                              | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation   | 2                             | 2                        |
| PA4                              | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  | 2                             | 2                        |
| PA5                              | Do not withhold active play from children who misbehave   | 2                             | 2                        |
| PC1                              | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  | 3                             | 3                        |
|                                  | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  | 3                             | 4                        |
| PC2                              |   | 3                             | 3                        |
|                                  | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity   | 3                             |                          |
| PC3                              | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, 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                        |
| PC3<br>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                        |
| PC3<br>PD1<br>PE1                | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 2                             | 2                        |
| PC3<br>PD1<br>PE1<br>PE2         | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 2                             |                          |
| PC3<br>PD1<br>PE1<br>PE2         | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 2                             | 2                        |
| PC3<br>PD1<br>PE1<br>PE2<br>Limi | Provide daily for all children, birth to six years, 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  its on Screen-Time (n = 4)   | 2                             | 2                        |
| PC3<br>PD1<br>PE1<br>PE2<br>Limi | Provide daily for all children, birth to six years, 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<br>2<br>2<br>2010<br>3      | 2<br>2<br>2021<br>3      |
| PC3<br>PD1<br>PE1<br>PE2<br>Limi | Provide daily for all children, birth to six years, 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  its on Screen-Time (n = 4)   | 2 2 2                         | 2 2 2 2021               |
| PC3 PD1 PE1 PE2 Limi PB1 PB2     | Provide daily for all children, birth to six years, 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 its on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years   | 2<br>2<br>2<br>2010<br>3      | 2<br>2<br>2021<br>3      |
| PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | Provide daily for all children, birth to six years, 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  its on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  Limit total media time for children 2 years and older to not more than 30 min. weekly | 2<br>2<br>2<br>2010<br>3<br>2 | 2<br>2<br>2021<br>3<br>2 |

| _ |   |                                      |   |
|---|---|--------------------------------------|---|
|   | 4 | Regulation fully meets standard      | Kansas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (LRG, SML)   |
| L | 3 | Regulation partially meets standard  | NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised |
|   | 2 | Regulation does not address standard | documents also were rated for CACFP changes.  |
|   | 1 | Regulation contradicts the standard  |   |
|   | 0 | State does not regulate care type    |   |

## **KENTUCKY At A Glance:**

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

|  | 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  | 2   | 3  |
| Infar  | nt Feeding Practices  |   |  |
| IA2  | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 2   | 4  |
| IB1  | Feed infants on cue   | 2   | 2  |
| IB2  | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 3   | 4  |
| IB3  | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap   | 4   | 4  |
| IC1  | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider   | 2   | 2  |
| IC2  | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age   | 2   | 2  |
| IC3  | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months   | 2   | 2  |
| ID1  | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction   | 2   | 2  |
| ID2  | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age  | 2   | 2  |
| ID3  | Serve no fruit juice to children younger than 12 months of age  | 2   | 4  |
| Nuti   | 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   | 2  |
| NA2  | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats   | 2   | 3  |
| NA3  |   | 2   | 3  |
| NA4  | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to   | 2   | 3  |
|  | those who are at risk for hypercholesterolemia or obesity   |   |  |
|  | Serve skim or 1% pasteurized milk to children two years of age and older  | 2   | 4  |
| _  | Serve whole grain breads, cereals, and pastas   | 2   | 3  |
| _  | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 3   | 3  |
|  | Serve fruits of several varieties, especially whole fruits  | 3   | 3  |
| _  | Use only 100% juice with no added sweeteners  | 4   | 4  |
|  | Offer juice (100%) only during meal times   | 2   | 4  |
|  | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 2   | 2  |
|  | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 2   | 2  |
|  | Make water available both inside and outside  | 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  |
| NE2  |   | 2   | 2  |
| NF1  | Serve small-sized, age-appropriate portions   | 4   | 3  |
| NF2  | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual  | 1   | 1  |
| 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   | 3   | 4  |
| 14112  |   | 3   | _  |
| Phys   |   |   |  |
| Phys   | ical Activity (n = 11)  | 2010  | 2021   |
|  |   | 2010  | 2021   |
| PA1  | Provide children with adequate space for both inside and outside play   | 4   | 4  |
| PA1  |   |   |  |
| PA1<br>PA2   | Provide children with adequate space for both inside and outside play   | 4   | 4  |
| PA1<br>PA2   | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  | 2   | 4 2  |
| PA1<br>PA2<br>PA3<br>PA4                                     | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  | 2 2   | 2 3  |
| PA1<br>PA2<br>PA3<br>PA4                                     | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  | 2 2 2   | 4<br>2<br>3<br>2   |
| PA1 PA2 PA3 PA4 PA5  | 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<br>2<br>2<br>2<br>2   | 4<br>2<br>3<br>2<br>4  |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2                                  | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting   | 2<br>2<br>2<br>2<br>2<br>3  | 4<br>2<br>3<br>2<br>4<br>3   |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3                              | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 4<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3   | 4<br>2<br>3<br>2<br>4<br>3<br>4<br>3   |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3                              | 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  | 2<br>2<br>2<br>2<br>2<br>2<br>3<br>3  | 4<br>2<br>3<br>2<br>4<br>3<br>4  |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1                          | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 4<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>3<br>2<br>2  | 4<br>2<br>3<br>2<br>4<br>3<br>4<br>3<br>2<br>4   |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 4<br>2<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>3   | 4<br>2<br>3<br>2<br>4<br>3<br>4<br>3<br>2  |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 4<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>3<br>2<br>2  | 4<br>2<br>3<br>2<br>4<br>3<br>4<br>3<br>2<br>4   |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi             | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, 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<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>3<br>2<br>2  | 4<br>2<br>3<br>2<br>4<br>3<br>4<br>3<br>2<br>4   |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1         | 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)  | 4<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>2<br>2<br>2<br>2<br>2<br>2   | 4<br>2<br>3<br>2<br>4<br>3<br>4<br>3<br>2<br>4<br>2                                    |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2     | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised 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<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>3<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2 | 4<br>2<br>3<br>2<br>4<br>3<br>4<br>3<br>2<br>4<br>2<br>2<br>2<br>2<br>2<br>2<br>3      |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  ts on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  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<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>2<br>2<br>2<br>2<br>2<br>2   | 4<br>2<br>3<br>2<br>4<br>3<br>4<br>3<br>2<br>4<br>2<br>2                               |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  Limit total media time for children 2 years and older to not more than 30 min. weekly   | 4<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>3<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2 | 4<br>2<br>3<br>2<br>4<br>3<br>4<br>3<br>2<br>4<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>3 |

| Rating | Code: |
|--------|-------|
|        |       |

Kentucky Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2018 (CTR, LRG, SML); 2021 (CTR, LRG) Regulation fully meets standard Regulation partially meets standard 2 Regulation does not address standard Regulation contradicts the standard O State does not regulate care type

### **LOUISIANA At A Glance:**

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

|  | Ithy Infant Feeding (n = 11)  |   |  |
|--|---|---|--|
| 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  | 0   | 0  |
| Infar  | nt Feeding Practices  |   |  |
| IA2  | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 0   | 0  |
| IB1  | Feed infants on cue   | 0   | 0  |
| IB2  | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 0   | 0  |
| IB3  | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap   | 0   | 0  |
| IC1  | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider   | 0   | 0  |
| IC2  | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age   | 0   | 0  |
| IC3  | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months   | 0   | 0  |
| ID1  | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction   | 0   | 0  |
| ID2  | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age  | 0   | 0  |
| ID3  | Serve no fruit juice to children younger than 12 months of age  | 0   | 0  |
|  | ition (n = 21)  |   |  |
|  | ition Standards   | 2010  | 2021   |
|  | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods   | 0   | 0  |
|  | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats   | 0   | 0  |
|  | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  | 0   | 0  |
|  | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to   |   |  |
| NA4  | those who are at risk for hypercholesterolemia or obesity   | 0   | 0  |
| NA5  | Serve skim or 1% pasteurized milk to children two years of age and older  | 0   | 0  |
| NB1  | Serve whole grain breads, cereals, and pastas   | 0   | 0  |
| NB2  | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 0   | 0  |
| NB3  | Serve fruits of several varieties, especially whole fruits  | 0   | 0  |
|  | Use only 100% juice with no added sweeteners  | 0   | 0  |
| NC2  | Offer juice (100%) only during meal times   | 0   | 0  |
|  | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 0   | 0  |
|  | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 0   | 0  |
|  | Make water available both inside and outside  | 0   | 0  |
|  | Limit salt by avoiding salty foods such as chips and pretzels   | 0   | 0  |
|  | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 0   | 0  |
|  | hy Mealtime Practices   | <u> </u>  |  |
|  | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 0   | 0  |
|  | Require adults eating meals with children to eat items that meet nutrition standards  | 0   | 0  |
|  | Serve small-sized, age-appropriate portions   | 0   | 0  |
|  | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual  |   |  |
| NF2  | child; Teach children who require limited portions about portion size and monitor their portions  | 0   | 0  |
| NH1  | Do not force or bribe children to eat   | 0   | 0  |
| NH2  | Do not use food as a reward or punishment   | 0   | 0  |
| Phys   | ical Activity (n = 11)  |   |  |
|  |   |   |  |
| 2,0  |   | 2010  | 2021   |
|  | Provide children with adequate space for both inside and outside play   | <b>2010</b>   | <b>2021</b>  |
| PA1  |   | 0   | 0  |
| 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<br>PA2   |   | 0   | 0  |
| PA1<br>PA2<br>PA3  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  | 0   | 0  |
| PA1<br>PA2<br>PA3<br>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   | 0 0   | 0 0  |
| 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   | 0 0 0   | 0 0 0 0  |
| 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  | 0<br>0<br>0<br>0  | 0<br>0<br>0<br>0   |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2                                  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  | 0<br>0<br>0<br>0<br>0   | 0<br>0<br>0<br>0<br>0                                    |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3                              | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  | 0<br>0<br>0<br>0<br>0<br>0<br>0                               | 0<br>0<br>0<br>0<br>0<br>0<br>0                          |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3                              | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor   | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0                          | 0<br>0<br>0<br>0<br>0<br>0<br>0                          |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3                              | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the   | 0<br>0<br>0<br>0<br>0<br>0<br>0                               | 0<br>0<br>0<br>0<br>0<br>0<br>0                          |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1                      | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor   | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0                          | 0<br>0<br>0<br>0<br>0<br>0<br>0                          |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake   | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0                     | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0                |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0                     | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0                |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi             | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0                | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0                |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi             | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  ts on Screen-Time (n = 4)   | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0           | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0           |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2     | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  ts on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0      | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0 |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  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 | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0 | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0 |

Louisiana Regulation Rating History: 2010 (CTR); 2015 (CTR); 2017\* (CTR); 2021 (CTR) Regulation fully meets standard 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.  $\label{lem:Regulation} \textbf{Regulation contradicts the standard}$ 0 State does not regulate care type

## **MAINE At A Glance:**

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

|      | Healthy Infant Feeding (n = 11)  |             |             |  |  |  |
|------|--|-------------|-------------|--|--|--|
|      |  | 2010        | 2024        |  |  |  |
|      | stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site                          | <b>2010</b> | <b>2021</b> |  |  |  |
|      | nt Feeding Practices   | 2           | 3           |  |  |  |
|      | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided   | 2           | 2           |  |  |  |
|      | Feed infants on cue  | 4           | 4           |  |  |  |
|      | 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  | 2           | 2           |  |  |  |
| IC2  | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age  | 2           | 2           |  |  |  |
|      | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  | 2           | 2           |  |  |  |
|      | 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           | 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  | 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           | 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           | 3           |  |  |  |
|      | Serve fruits of several varieties, especially whole fruits  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   | 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           | 2           |  |  |  |
|      | hy Mealtime Practices  |             |             |  |  |  |
|      | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  | 2           | 2           |  |  |  |
|      | Require adults eating meals with children to eat items that meet nutrition standards   | 2           | 2           |  |  |  |
| NF1  | Serve small-sized, age-appropriate portions  | 2           | 3           |  |  |  |
| NF2  | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual | 2           | 2           |  |  |  |
|      | child; Teach children who require limited portions about portion size and monitor their portions   |             |             |  |  |  |
| -    | Do not force or bribe children to eat  | 3           | 3           |  |  |  |
|      | Do not use food as a reward or punishment  | 3           | 3           |  |  |  |
| Phys | ical Activity (n = 11)   | 1           |             |  |  |  |
|      |  | 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           |  |  |  |
|      | Do not withhold active play from children who misbehave  | 2           | 4           |  |  |  |
|      |  | 4           | 3           |  |  |  |
| PC2  | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 3           | 4           |  |  |  |
| PC3  | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  | 3           | 3           |  |  |  |
| PD1  | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the | 2           | 2           |  |  |  |
|      | day—indoor or outdoor  |             | 2           |  |  |  |
|      | Ensure that infants have supervised tummy time every day when they are awake   | 2           | 4           |  |  |  |
|      | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 2           | 3           |  |  |  |
| 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           | 2           |  |  |  |
|      | 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  | 4           | 4           |  |  |  |
| РВ4  | Do not utilize TV, video, or DVD viewing during meal or snack time   | 2           | 4           |  |  |  |
|      | Rating Code:   |             |             |  |  |  |

Regulation fully meets standard Regulation partially meets standard 2 Regulation does not address standard Regulation contradicts the standard O State does not regulate care type

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

## **MARYLAND At A Glance:**

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

| Healthy Infant Feeding (n = 11) |  |             |           |
|---------------------------------|--|-------------|-----------|
|                                 |  | 2010        | 2024      |
|                                 | Steeding Support   | <b>2010</b> | 2021<br>4 |
|                                 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site at Feeding Practices                              | 3           | 4         |
| _                               | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided   | 4           | 4         |
|                                 | 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           | 4         |
| 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         |
| ID1                             | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  | 2           | 2         |
| ID2                             | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age   | 1           | 3         |
| ID3                             | Serve no fruit juice to children younger than 12 months of age   | 1           | 4         |
| Nuti                            | ition (n = 21)   |             |           |
| Nutr                            | ition Standards  | 2010        | 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           | 3         |
|                                 | Serve whole grain breads, cereals, and pastas  | 3           | 3         |
|                                 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  | 3           | 3         |
|                                 | Serve fruits of several varieties, especially whole fruits   | 3           | 3         |
|                                 | Use only 100% juice with no added sweeteners   | 4           | 4         |
|                                 | Offer juice (100%) only during meal times  | 2           | 4         |
|                                 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age   | 3           |           |
|                                 | 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         |
|                                 |  | 2           | 2         |
|                                 | Limit salt by avoiding salty foods such as chips and pretzels  Avoid sugget including concentrated sweets such as capity sodas, sweetened drieks, fruit nectors, and flavored milk | 1           | 3         |
|                                 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  hy Mealtime Practices   | 1           | 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         |
|                                 | Permit children to have one or more 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           | 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                             |  | 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         |
| DE1                             | day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 2           | 2         |
|                                 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 2           | 2         |
|                                 | mits on Screen-Time (n = 4)  |             |           |
|                                 | Son Selection time (II - 4)  | 2010        | 2021      |
| PR1                             | 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           | 3         |
|                                 | Do not utilize TV, video, or DVD viewing during meal or snack time   | 2           | 4         |
|                                 | Rating Code:   | -           |           |
|                                 | ····g·   |             |           |

| 4 | Regulation fully meets standard      |
|---|--------------------------------------|
| 3 | Regulation partially meets standard  |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard  |
| 0 | State does not regulate care type    |

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

## MASSACHUSETTS At A Glance:

|      | Healthy Infant Feeding (n = 11)   |             |             |  |  |
|------|---|-------------|-------------|--|--|
|      |   | 2010        | 2021        |  |  |
|      | stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site   | <b>2010</b> | <b>2021</b> |  |  |
|      | at Feeding Practices  | J           | 3           |  |  |
|      | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 2           | 2           |  |  |
|      | Feed infants on cue   | 3           | 3           |  |  |
|      | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 2           | 2           |  |  |
|      | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap   | 4           | 4           |  |  |
|      | 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   | 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           |  |  |
|      | 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           |  |  |
| NH2  | 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           |  |  |
| рлэ  | 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  |   | 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           |  |  |
| DE1  | day—indoor or outdoor  Ensure that infants have supervised turment time event day when they are awake   | 2           |             |  |  |
|      | Ensure that infants have supervised tummy time every day when they are awake  | 3           | 2           |  |  |
|      | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all mits on Screen-Time (n = 4)   |             | 3           |  |  |
|      | S OF Street Time (II = 4)   | 2010        | 2021        |  |  |
| DR 1 | 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           |  |  |
| . 54 | Rating Code:  |             | <u>~</u>    |  |  |
|      |   |             |             |  |  |

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

## **MICHIGAN At A Glance:**

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

|      | Healthy Infant Feeding (n = 11)  |             |             |  |
|------|--|-------------|-------------|--|
|      |  | 2010        | 2024        |  |
|      | stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site  | <b>2010</b> | <b>2021</b> |  |
|      | t Feeding Practices  | 3           | 3           |  |
|      | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided   | 4           | 4           |  |
|      | 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  | 2           | 2           |  |
|      | 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)   |             |             |  |
| 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           |  |
|      | 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  | 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           | 3           |  |
|      | Do not use food as a reward or punishment  | 3           | 3           |  |
|      | ical Activity (n = 11)   | J           | J           |  |
|      |  | 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           |  |
| PA4  | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so   | 2           | 2           |  |
| PA5  | Do not withhold active play from children who misbehave  | 2           | 2           |  |
| PC1  | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting   | 3           | 3           |  |
| PC2  | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 3           | 3           |  |
| PC3  | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  | 3           | 3           |  |
| PD1  | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the   | 2           | 2           |  |
|      | day—indoor or outdoor  |             |             |  |
|      | Ensure that infants have supervised tummy time every day when they are awake   | 2           | 2           |  |
|      | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 2           | 2           |  |
| LIM  | ts on Screen-Time (n = 4)  | 2010        | 2024        |  |
| DC 4 | Do not all the mode (belowing [Tr(1]) vides and DV(D) viewing and assessment with shift to the control of the c | 2010        | 2021        |  |
|      | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  Limit total media time for children 2 years and older to not more than 20 min, weakly.  | 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  | 3           | 2           |  |
| FD4  | Do not utilize TV, video, or DVD viewing during meal or snack time   | 2           |             |  |
|      | Rating Code:   |             |             |  |

| 4 | Regulation fully meets standard      |
|---|--------------------------------------|
| 3 | Regulation partially meets standard  |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard  |
| 0 | State does not regulate care type    |

 $Michigan\ Regulation\ Rating\ History:\ 2010\ (CTR, LRG, SML);\ 2012*(CTR, LRG, SML);\ 2014\ (CTR);\ 2017*(CTR, LRG, SML);\ 2019\ (CTR)$ NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## **MINNESOTA At A Glance:**

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

| Healthy Infant Feeding (n = 11) |  |             |             |
|---------------------------------|--|-------------|-------------|
|                                 |  | 2010        | 2024        |
|                                 | Steeding Support   | <b>2010</b> | <b>2021</b> |
|                                 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site at Feeding Practices                              | 3           | 3           |
| _                               | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided   | 4           | 4           |
|                                 | 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           |
| ID1                             | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  | 2           | 2           |
| ID2                             | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age   | 1           | 3           |
| ID3                             | Serve no fruit juice to children younger than 12 months of age   | 1           | 4           |
| Nuti                            | ition (n = 21)   |             |             |
| Nutr                            | ition Standards  | 2010        | 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           |
|                                 | 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           |             |
|                                 | 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           |
|                                 |  | 2           | 2           |
|                                 | Limit salt by avoiding salty foods such as chips and pretzels  Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1           | 3           |
|                                 | hy Mealtime Practices  | 1           | 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           |
|                                 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual       |             |             |
| NF2                             | child; Teach children who require limited portions about portion size and monitor their portions   | 3           | 3           |
| NH1                             | Do not force or bribe children to eat  | 2           | 2           |
| NH2                             | Do not use food as a reward or punishment  | 3           | 3           |
| Phys                            | ical Activity (n = 11)   |             |             |
|                                 |  | 2010        | 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  | 3           | 3           |
| PC1                             |  | 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           |
| 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           |
| _                               | mits on Screen-Time (n = 4)  |             | 2           |
|                                 | Son Selection time (II - 4)  | 2010        | 2021        |
| PR1                             | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  | 2           | 2           |
|                                 | Limit total media time for children 2 years and older to not more than 30 min. weekly  | 2           | 2           |
|                                 | Use screen media with children age two years and older only for educational purposes or physical activity  | 2           | 2           |
|                                 | Do not utilize TV, video, or DVD viewing during meal or snack time   | 2           | 2           |
|                                 | Rating Code:   | _           | _           |
|                                 | ····g·   |             |             |

Regulation fully meets standard Regulation partially meets standard 2 Regulation does not address standard Regulation contradicts the standard O State does not regulate care type

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

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

## MISSISSIPPI At A Glance:

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

|  | Ithy Infant Feeding (n = 11)   |  |   |
|--|--|--|---|
|  | astfeeding 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                                       |
|  | 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  |  | 4  | 4                                       |
| IB2  | Do not feed infants beyond satiety; Allow infant to stop the feeding   | 4  | 4                                       |
| IB3  | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap  | 4  | 4                                       |
| IC1  | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider  | 3  | 3                                       |
| IC2  | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age  | 3  | 3                                       |
| IC3  | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  | 3  | 3                                       |
| ID1  | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  | 2  | 2                                       |
| ID2  | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age   | 1  | 1                                       |
| ID3  | Serve no fruit juice to children younger than 12 months of age   | 3  | 3                                       |
| Nuti   | rition (n = 21)  |  |   |
| Nutr   | rition Standards   | 2010   | 2021                                    |
| NA1  | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods  | 3  | 3                                       |
| NA2  | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats  | 4  | 4                                       |
| NA3  |  | 3  | 3                                       |
| NA4  | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to  | 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   | 4  | 4                                       |
|  | Serve whole grain breads, cereals, and pastas  | 4  | 4                                       |
|  | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  | 4  | 4                                       |
|  | Serve fruits of several varieties, especially whole fruits   | 4  | 4                                       |
|  | 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                                       |
|  | C4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  |  | 3                                       |
| ND1  | Make water available both inside and outside   | 3  | 4                                       |
|  | Limit salt by avoiding salty foods such as chips and pretzels  | 4  | 4                                       |
|  | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  | 3  | 3                                       |
|  | thy Mealtime Practices   |  |   |
| NE1  | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  | 2  | 2                                       |
| NE2  |  | 2  | 4                                       |
| NF1  | Serve small-sized, age-appropriate portions  | 4  | 4                                       |
| NF2  | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual   | 3  | 3                                       |
| NII IA   | child; Teach children who require limited portions about portion size and monitor their portions   | 3  | 3                                       |
|  | Do not force or bribe children to eat  | 4  | 4                                       |
|  | Do not use food as a reward or punishment sical Activity (n = 11)  | 4  | 4                                       |
| Pnys   | ical Activity (n = 11)   | 2010   | 2024                                    |
| DA1  | Provide children with adequate space for both inside and outside play  | <b>2010</b><br>4                                       | <b>2021</b><br>4                        |
|  |  | 4  | 4                                       |
| PA2  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity   | 2  | 2                                       |
| PA3  | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  | 2  | 2                                       |
|  |  | 2  | 2                                       |
| PA4  |  |  | 3                                       |
| PA4  | Do not withhold active play from children who misbehave  | 3  |   |
| PA4  | 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                                       |
| PA4<br>PA5                                       |  |  | 3<br>4                                  |
| PA4<br>PA5<br>PC1<br>PC2                         | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting   | 3  |   |
| PA4<br>PA5<br>PC1<br>PC2<br>PC3                  | 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 3  | 4                                       |
| PA4<br>PA5<br>PC1<br>PC2                         | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  | 3  | 4                                       |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1                      | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 3<br>3<br>3<br>2<br>2                                  | 4<br>3<br>2<br>2                        |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 3<br>3<br>3  | 4<br>3<br>2                             |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 3<br>3<br>3<br>2<br>2                                  | 4<br>3<br>2<br>2                        |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 3<br>3<br>3<br>2<br>2                                  | 4<br>3<br>2<br>2                        |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi             | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 3<br>3<br>2<br>2<br>2                                  | 4<br>3<br>2<br>2<br>3                   |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2     | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised 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 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<br>3<br>3<br>2<br>2<br>2<br>2<br>2<br>2010<br>3<br>3 | 4<br>3<br>2<br>2<br>3<br>2021           |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised turnmy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  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<br>3<br>3<br>2<br>2<br>2<br>2<br>2010<br>3           | 4<br>3<br>2<br>2<br>3<br>2021<br>3      |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised 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 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<br>3<br>3<br>2<br>2<br>2<br>2<br>2<br>2010<br>3<br>3 | 4<br>3<br>2<br>2<br>3<br>2021<br>3<br>3 |

| 4 | Regulation fully meets standard      |
|---|--------------------------------------|
| 3 | Regulation partially meets standard  |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard  |
| 0 | State does not regulate care type    |

Mississippi Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2020 (CTR, LRG, SML) NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

## MISSOURI At A Glance:

|                   | Ithy 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           |
|                   | nt Feeding Practices  |             |             |
|                   | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 2           | 2           |
|                   | Feed infants on cue   | 3           | 3           |
|                   | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 2           | 2           |
| 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           |
|                   | 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)  |             |             |
|                   | 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           |
|                   | 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           |
|                   | Use only 100% juice with no added sweeteners  | 4           | 4           |
|                   | Offer juice (100%) only during meal times   | 2           | 2           |
|                   | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 3           | 3           |
|                   | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 3           | 3           |
|                   | Make water available both inside and outside  | 3           | 3           |
|                   | Limit salt by avoiding salty foods such as chips and pretzels   | 2           | 2           |
|                   | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 2           | 2           |
|                   | hy Mealtime Practices   |             |             |
|                   | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 2           | 2           |
|                   | Require adults eating meals with children to eat items that meet nutrition standards  | 2           | 2           |
| NF1               | Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual | 4           | 4           |
| NF2               | child; Teach children who require limited portions about portion size and monitor their portions  | 2           | 2           |
| NH1               | Do not force or bribe children to eat   | 3           | 3           |
|                   | Do not use food as a reward or punishment   | 3           | 3           |
|                   | ical Activity (n = 11)  | 3           | <u> </u>    |
| 3 (111)           |   | 2010        | 2021        |
| ΡΔ1               | Provide children with adequate space for both inside and outside play   | 4           | 4           |
|                   |   |             |             |
| PA2               | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  | 2           | 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           |
| PC1               | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  | 3           | 3           |
|                   | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  | 3           | 3           |
|                   | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity   | 3           | 3           |
|                   | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the  |             |             |
| PD1               | day—indoor or outdoor   | 2           | 2           |
| PE1               | Ensure that infants have supervised tummy time every day when they are awake  | 2           | 4           |
| DEO               | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 3           | 3           |
| PEZ               | ts on Screen-Time (n = 4)   |             |             |
|                   | is on screen time (ii = 4)  |             |             |
|                   | to on screen time (n = 4)   | 2010        | 2021        |
| Limi              | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years   | <b>2010</b> | <b>2021</b> |
| Limi<br>PB1       |   |             |             |
| PB1<br>PB2        | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years   | 2           | 2           |
| PB1<br>PB2<br>PB3 | 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           |

| Regulation | fu |
|------------|----|

| 4                                      | Regulation fully meets standard     | Missouri Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML) |
|--|-------------------------------------|--|
| 3                                      | Regulation partially meets standard |  |
| 2 Regulation does not address standard |                                     |  |
| 1                                      | Regulation contradicts the standard |  |
| 0                                      | State does not regulate care type   |  |

## **MONTANA At A Glance:**

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

|       | Se failing frome child care incertaing 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 | nt Feeding Practices   |      |      |
| IA2   | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided   | 4    | 4    |
| IB1   | Feed infants on cue  | 4    | 4    |
| IB2   | Do not feed infants beyond satiety; Allow infant to stop the feeding   | 4    | 4    |
| IB3   | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap  | 3    | 3    |
| IC1   | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider  | 3    | 3    |
| IC2   | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age  | 3    | 4    |
| IC3   | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  | 3    | 4    |
| ID1   | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  | 2    | 2    |
| ID2   | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age   | 1    | 3    |
| ID3   | Serve no fruit juice to children younger than 12 months of age   | 1    | 4    |
| 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    |
| 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    |
| NB1   | Serve whole grain breads, cereals, and pastas  | 3    | 3    |
| NB2   | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  | 3    | 3    |
| NB3   | Serve fruits of several varieties, especially whole fruits   | 3    | 3    |
| NC1   | Use only 100% juice with no added sweeteners   | 4    | 4    |
| NC2   | Offer juice (100%) only during meal times  | 2    | 4    |
| NC3   | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age   | 3    | 4    |
| NC4   | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age   | 3    | 4    |
| ND1   | Make water available both inside and outside   | 3    | 4    |
| NG1   | Limit salt by avoiding salty foods such as chips and pretzels  | 2    | 2    |
| NG2   | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  | 1    | 3    |
| Healt | hy Mealtime Practices  |      |      |
| NE1   | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  | 2    | 2    |
| NE2   | Require adults eating meals with children to eat items that meet nutrition standards   | 2    | 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  | 2    | 2    |
| 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    |
|       | Do not withhold active play from children who misbehave  | 2    | 2    |
| PC1   | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting   | 3    | 3    |
| PC2   | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 2    | 2    |
| PC3   | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  | 2    | 2    |
| PD1   | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the   | 2    | 2    |
|       | day—indoor or outdoor  |      |      |
|       | Ensure that infants have supervised tummy time every day when they are awake   | 2    | 2    |
|       | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 3    | 3    |
| LIM   | ts on Screen-Time (n = 4)  | 2010 | 2024 |
| DD 4  | Do not utilize modic /televician [TV] video and DVD) viewing and constitution with shill-be according to the constitution of t | 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  Do not utilize TV, video, or DVD viewing during meal or speck time.   | 2    | 2    |
| PB4   | Do not utilize TV, video, or DVD viewing during meal or snack time   | 2    | 2    |
|       | Rating Code:   |      |      |

### Rating Code

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

 $Montana\ Regulation\ Rating\ History:\ 2010\ (CTR, LRG, SML);\ 2012*\ (CTR, LRG, SML);\ 2017*\ (CTR, LRG, SML);\ 2021\ (CTR)$ 

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

## **NEBRASKA At A Glance:**

| неа   | 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   | 2    | 3    |
| Infar | nt Feeding Practices   |      |      |
| IA2   | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided   | 2    | 4    |
| IB1   | Feed infants on cue  | 2    | 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    |
| ID3   | Serve no fruit juice to children younger than 12 months of age rition (n = 21)   |      | 4    |
| Nuti  | 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    | 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   |  | 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    |
| NB1   | Serve whole grain breads, cereals, and pastas  | 2    | 3    |
| NB2   | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  | 3    | 3    |
| NB3   | Serve fruits of several varieties, especially whole fruits   | 3    | 3    |
| NC1   | Use only 100% juice with no added sweeteners   | 2    | 4    |
| 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   | 3    | 4    |
| NG1   | Limit salt by avoiding salty foods such as chips and pretzels  | 2    | 2    |
| NG2   | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  | 2    | 3    |
| Healt | thy Mealtime Practices   |      |      |
| NE1   | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  | 2    | 2    |
| NE2   | Require adults eating meals with children to eat items that meet nutrition standards   | 2    | 2    |
| NF1   | Serve small-sized, age-appropriate portions  | 2    | 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  | 2    | 2    |
|       | Do not use food as a reward or punishment  | 3    | 3    |
| Phys  | ical Activity (n = 11)   | 1    |      |
|       |  | 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   |  | 2    | 2    |
| PA5   | Do not withhold active play from children who misbehave  | 2    | 2    |
| PC1   | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting   | 2    | 3    |
| PC2   | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 2    | 2    |
| PC3   | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  | 2    | 2    |
| PD1   | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the   | 2    | 2    |
|       | day—indoor or outdoor  |      |      |
|       | Ensure that infants have supervised tummy time every day when they are awake   | 2    | 2    |
|       | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 2    | 2    |
| LIM   | its on Screen-Time (n = 4)   | 2040 | 2024 |
| P     | Danish with a wall fall thin [Tr/] with and DVD visuting a law of the 12 to 12 | 2010 | 2021 |
| LR1   | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  | 2    | 2    |
| DC 1  | Limit total media time for children 2 years and older to not more than 30 min. weekly  | 2    | 2    |
|       | The arms and the wide deliberation and address of the advantage from the control of the control  | •    | _    |
| PB3   | Use screen media with children age two years and older only for educational purposes or physical activity  | 2    | 2    |
| PB3   | Use screen media with children age two years and older only for educational purposes or physical activity  Do not utilize TV, video, or DVD viewing during meal or snack time  Rating Code:  | 2    | 2    |

|   | num g couc.                          |   |
|---|--------------------------------------|---|
| 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 improvements only; revised |
| 2 | Regulation does not address standard | documents also were rated for CACFP changes.  |
| 1 | Regulation contradicts the standard  |   |
| 0 | State does not regulate care type    |   |

## **NEVADA At A Glance:**

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

|       | Ithy Infant Feeding (n = 11)  |             |             |
|-------|---|-------------|-------------|
|       |   | 2010        | 2021        |
|       | stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site   | <b>2010</b> | <b>2021</b> |
|       | It Feeding Practices  | 2           | 3           |
|       | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 2           | 4           |
| IB1   | Feed infants on cue   | 2           | 4           |
|       | 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   | 3           | 3           |
| _     | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age   | 2           | 4           |
|       | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months   | 2           | 4           |
|       | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction   | 2           | 2           |
|       | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age  | 2           | 3           |
|       | Serve no fruit juice to children younger than 12 months of age  | 2           | 4           |
|       | ition (n = 21)  | 2           |             |
|       | 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           |
|       | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to   |             |             |
| NA4   | those who are at risk for hypercholesterolemia or obesity   | 2           | 3           |
| NA5   | Serve skim or 1% pasteurized milk to children two years of age and older  | 2           | 4           |
| NB1   | Serve whole grain breads, cereals, and pastas   | 2           | 3           |
| NB2   | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 2           | 3           |
| NB3   | Serve fruits of several varieties, especially whole fruits  | 2           | 3           |
| NC1   | Use only 100% juice with no added sweeteners  | 2           | 4           |
| NC2   | Offer juice (100%) only during meal times   | 2           | 4           |
| NC3   | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 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   | 1           | 3           |
| Healt | hy Mealtime Practices   |             |             |
| NE1   | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 2           | 2           |
| NE2   | Require adults eating meals with children to eat items that meet nutrition standards  | 2           | 2           |
| NF1   | Serve small-sized, age-appropriate portions   | 3           | 4           |
| NF2   | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual  | 3           | 3           |
|       | child; Teach children who require limited portions about portion size and monitor their portions  | 3           |             |
| NH1   | 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        |
| 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           |
|       |   | 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 michebaye.  | 2           | 2           |
|       | Do not withhold active play from children who misbehave  Provide draily for all children, high to 6 years, two to three esseriors of active play outdoors, weather permitting   |             | 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  Provide daily for all children, 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           |
| PE1   | Ensure that infants have supervised tummy time every day when they are awake  | 2           | 2           |
|       | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 3           | 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:  |             |             |
|       | New and a Regulation Rating Histony 2010 (CTR LRG SML): 2012 (CTR LRG SML): 2018 (CTR LRG SML)  |             |             |

Nevada Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2018 (CTR, LRG, SML) Regulation fully meets standard Regulation partially meets standard NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes. Regulation does not address standard Regulation contradicts the standard O State does not regulate care type

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

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

| Recent   |      | Healthy Infant Feeding (n = 11)   |      |      |  |  |  |
|--|------|---|------|------|--|--|--|
| Math   |      |   | 2010 | 2021 |  |  |  |
| Internst    |      |   |      |      |  |  |  |
| Act    |      |   | 2    | 3    |  |  |  |
| 18   18   18   18   18   18   18   18  |      |   | 4    | Δ    |  |  |  |
| 19.0      |      |   |      |      |  |  |  |
| 181    |      |   |      |      |  |  |  |
| Company   Description   Company   Description   Company   Description    |      |   |      |      |  |  |  |
| Company   Comp   |      |   |      |      |  |  |  |
| Coling   Document      |      |   | 3    | 4    |  |  |  |
| 10.   Seven whole finals, manched or pureed, for inferta? Trenche up to 1 year of age   10.      | IC3  |   | 3    | 4    |  |  |  |
| 103   Serve no fault piace to children younger than 12 months of age   Notifician   Section      | ID1  | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2    | 2    |  |  |  |
| Note   Note   Server note   Company   Server note   Company   Server note   Company   Server note   Company   Server note   Se   | ID2  | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age  | 1    | 3    |  |  |  |
| Nutrition   Standards  | ID3  | Serve no fruit juice to children younger than 12 months of age  | 1    | 4    |  |  |  |
| NAI   Service means and offee bears - Chicker, Bold, keen mean, and offee general beauth and developed products (region), and and offee bears - Chicker, Bold, keen mean, and/offee general beauth as dried peak, beauth, and offee bears - Chicker, Bold, keen mean, and/offee general beauth and offee bears - Chicker, Bold, keen mean, and/offee general beauth and offee gen   | Nuti | ition (n = 21)  |      |      |  |  |  |
| No.  | Nutr | ition Standards   | 2010 | 2021 |  |  |  |
| Na.   Na.   Serve whore milk equivalent products by ogen, contage cheese) using low-fat varieties for 2 years of age and older   3   3   3   3   3   3   3   3   3   | NA1  | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods         | 2    | 2    |  |  |  |
| No.  | NA2  | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats           | 3    | 3    |  |  |  |
| Name   | NA3  |   | 2    | 3    |  |  |  |
| No.   Serve sind or 19 pasteurized milk to childer not you not age and older   | NA4  |   | 3    | 3    |  |  |  |
| NBI   Serve whole grain breads, cereals, and pasts   3   3   3   3   3   3   3   3   3   | NAF  |   | 2    | 4    |  |  |  |
| No.  |      |   |      |      |  |  |  |
| NB3 1 Save * Furtils of several varieties, especially whole fruits         3 3 3 4           NC2 I Use only 100% pike with no added sweeteners         4 4 4           NC2 Offer juce (100%) joinly during meal times         4 4 4           NC3 Serve no more than 4 to 6 oz juice/day for children 7-12 years of age         3 4 4           NC3 Serve no more than 4 to 6 oz juice/day for children 7-12 years of age         3 4 4           ND1 Make water a valiable both inside and outside         3 4 2           NC2 I Call Limits stally avoiding sally flow stord as thigh sand preteals         2 2 2           NC2 I Void Sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2 2 2           NC2 I Require adults setting meaks with children a partogriate portions sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs         2 2 2           NC2 Require adults setting meaks with children to eat it erns that meet nutrition stondards         2 2 2           NC2 Require adults setting meaks with children to eat it erns that meet nutrition stondards         4 4 4           NC2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual districts of have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual districts of have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as need   |      |   |      |      |  |  |  |
| NCI         15c. only 100% jucks with not added sweetners         4         4           NCI         20 per juice (100%) only during meal times         3         4           NCI         3 Serve no more than a to 5 or juice/day for children 1-6 years of age         3         4           NCI         3 Serve no more than a to 12 oz juice/day for children 7-12 years of age         3         4           NCI         3 Serve no more than a to 12 oz juice/day for children 7-12 years of age         3         4           NCI         1 Serve no more than a to 12 oz juice/day for children 7-12 years of age         3         4           NCI         1 Interact war available both inside and outside         3         4           NCI         1 Carb children available both inside and outside and outside and outside and war available both inside and outside sural means with children to a text and so cardy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2         2           NEL         1 Carb children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs         2         2         2           NEL         1 Each children appropriate portion sizes by using plates, bowls & cups that are low in fat, sugar, and sodium as needed to meet the calonic needs of the individual of the carbon shade and using the nutritions should not fat, sugar, and sodium as needed to meet the calonic needs of the individual of the nutrition shade and  |      |   |      |      |  |  |  |
| NC2         Offer juice (100%) only during meal times         4         4           NC3         Serve no more than 4 to 50 pilize/day for children 1-5 years of age         3         4           NC3         Serve no more than 4 to 50 pilize/day for children 1-5 years of age         3         4           NC9         Serve no more than 4 to 50 pilize/day for children 7-12 years of age         3         4           ND1         Make water available both inside and outside         3         4           ND2         Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2         2           NBST         Wealthing the machine Practices         7         2         2           NE2         Regulare adults eating meals with children to eat terms that meet nutrition standards         2         2         2         2           NE2         Serve small steed, age-agonypartie portions         4   |      |   |      |      |  |  |  |
| NG3         Save no more than 4 to 6 oz julce/day for children 1-5 years of age         3         4           NG4         Serve no more than 8 to 12 oz julce/day for children 7-12 years of age         3         4           NG1         Imbitable y avoiding salty foods such as chips and pretzels         2         2         2           NG2         Avoid Sang, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2 <th< td=""><td></td><td></td><td></td><td></td></th<>  |      |   |      |      |  |  |  |
| NCS   Serve no more than 8 to 210 xg jules (day for children 7-12 years of age   4   1   1   1   1   1   1   1   1   1   |      |   |      |      |  |  |  |
| Make water available both inside and outside   3   4   Not   1   1   1   1   1   1   1   1   1   |      |   |      |      |  |  |  |
| NGI   Limit salt by avoiding salty foods such as chips and pretzels   NGI   Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   2   3   3   3   3   3   3   3   3   3  |      |   |      |      |  |  |  |
| NGC    Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   Neathine Practices   Neathine   |      |   | _    |      |  |  |  |
| Healthing Practices    Facility   |      |   |      |      |  |  |  |
| NEI   Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   2   2   2   NEI   Require adults eating meals with children to eat items that meet nutrition standards   2   4   4   4   4   4   4   4   4   4   |      |   |      | 3    |  |  |  |
| NEZ         Require adults eating meals with children to eat items that meet nutrition standards         2         2           NET         Serve small-sized, age-appropriate portions         4         4           NEZ         Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children with needed to meet the caloric needs of the individual permit children to eat         4         4           NH2         Do not force or bribe children to eat         3         3           NH2         Do not use food as a reward or punishment         2010         2021           PA1         Provide children with adequate space for both inside and outside play         4         4         4           PA2         Provide children with adequate space for both inside and outside play         4         4         4           PA2         Provide children with adequate space for both inside and outside play         4         4         4           PA2         Provide children with adequate space for both inside and outside play         4         4         4           <   |      | '   | 2    | 2    |  |  |  |
| NFI   Serve small-sized, age-appropriate portions   4   4   4   4   4   4   4   4   4  |      |   |      |      |  |  |  |
| NEZ   Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 2 3 3 1 1   |      |   |      |      |  |  |  |
| NH   Do not force or bribe children who require limited portions about portion size and monitor their portions   3   3   3   3   3   3   3   3   3   |      |   |      |      |  |  |  |
| NH2 Do not use food as a reward or punishment 3 4 Physical Activity (n = 1)  PA2 Provide children with adequate space for both inside and outside play 4 A PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 2 2 2 PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 2 2 PA5 Do not withhold active play from children's active play, and participate in active games at times when they can safely do so 2 2 2 PA5 Do not withhold active play from children who misbehave 3 3 2 PC Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 4 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3 3 3 PC Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 2 2 4 PC Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 Provide daily for all children, birth to 5 ix years, 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 Provide daily for all children, birth to six years, 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 Provide daily for all children, birth to six years, 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 Provide daily for all children, birth to six years, 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 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the  | NF2  |   | 2    | 3    |  |  |  |
| Physical Activity (n = 11)  PA1 Provide children with adequate space for both inside and outside play PA2 Provide children with adequate space for both inside and outside play PA3 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PA5 Do not withhold active play from children who misbehave PA6 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA6 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA6 Allow provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the PA6 Allow provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the PA6 Allow provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the PA6 Allow provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the PA6 Allow provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the PA6 Allow provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adu | NH1  | Do not force or bribe children to eat   | 3    | 3    |  |  |  |
| PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA3 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PA6 PA6 Provide daily for all children, birth to 5 years, two to three occasions of active play outdoors, weather permitting PA6 PA7 Provide daily for all children, birth to 5 years, two to three occasions of active play outdoors, weather permitting PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderat | NH2  | Do not use food as a reward or punishment   | 3    | 4    |  |  |  |
| PAI Provide children with adequate space for both inside and outside play  PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  PA3 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PA6 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  PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PA7 Allow preschoolers 90-120 minutes per 8-hour | Phys | ical Activity (n = 11)  |      |      |  |  |  |
| PAZ Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  2 2 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  3 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 day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older only for educational purposes or physical activity  2 2 PB3 Use screen media with children age two years and older only for educational purposes or physical activity  2 2 PB4 Do not utilize TV, video, or DVD viewing during meal or snack time   |      |   | 2010 | 2021 |  |  |  |
| PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 2 2 PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so 2 2 PA5 Do not withhold active play from children who misbehave 3 3 2 PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3 3 3 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 2 2 4 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 2 3 3 PC1   | PA1  | Provide children with adequate space for both inside and outside play   | 4    | 4    |  |  |  |
| PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC6 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC7 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC9 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  PC9 Use infant equipment such as swings, stationary activity centers, infant seats, mold |      |   |      |      |  |  |  |
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| PC1Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting33PC2Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity24PC3Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity23PD1Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor23PE1Ensure that infants have supervised tummy time every day when they are awake222PE2Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all34Limits on Screen-Time (n = 4)PB1Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years22PB2Limit total media time for children 2 years and older to not more than 30 min. weekly22PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time22  |      |   |      |      |  |  |  |
| PCZ       Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity       2       4         PC3       Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity       2       3         PD1       Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor       2       2         PE1       Ensure that infants have supervised tummy time every day when they are awake       2       2       2         PE2       Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all       3       4         Limits 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       2  |      |   |      |      |  |  |  |
| 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       3         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       4         Limits 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   |      |   |      |      |  |  |  |
| PDI day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  2 2  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  3 4  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  PB4 Do not utilize TV, video, or DVD viewing during meal or snack time  2 3  3 4  2 2  2 2  2 2  2 3  3 4  4 2  5 3  4 2  5 3  6 7  6 7  6 7  6 7  6 7  6 7  6 7  6  |      |   |      |      |  |  |  |
| PD   | PC3  |   | 2    | 3    |  |  |  |
| 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     4       Limit son Screen-Time (n = 4)       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  | PD1  |   | 2    | 3    |  |  |  |
| PE2     Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all     3     4       Limits on Screen-Time (n = 4)       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   | PF1  |   | 2    | 2    |  |  |  |
| Limits 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   |      |   |      |      |  |  |  |
| 20102021PB1Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years22PB2Limit total media time for children 2 years and older to not more than 30 min. weekly22PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time22  | _    |   |      |      |  |  |  |
| 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   |      |   | 2010 | 2021 |  |  |  |
| PB2Limit total media time for children 2 years and older to not more than 30 min. weekly22PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time22  | PB1  | Do not utilize media (television [TV], video, and DVD) viewing and computers with children vounger than 2 years                 |      |      |  |  |  |
| PB3     Use screen media with children age two years and older only for educational purposes or physical activity     2     2       PB4     Do not utilize TV, video, or DVD viewing during meal or snack time     2     2   |      |   |      |      |  |  |  |
| PB4     Do not utilize TV, video, or DVD viewing during meal or snack time     2     2   |      |   |      |      |  |  |  |
|  |      |   |      |      |  |  |  |
|  |      |   |      |      |  |  |  |

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

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

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

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

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

|      | Healthy Infant Feeding (n = 11)  |             |      |  |  |  |
|------|--|-------------|------|--|--|--|
|      |  | 2045        | 202  |  |  |  |
|      | stfeeding Support  | <b>2010</b> | 2021 |  |  |  |
|      | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site   | 2           | 0    |  |  |  |
|      | nt Feeding Practices Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided                                      | 2           | 0    |  |  |  |
|      | Feed infants on cue  | 2           | 0    |  |  |  |
|      | Do not feed infants beyond satiety; Allow infant to stop the feeding   | 2           | 0    |  |  |  |
|      | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap  | 3           | 0    |  |  |  |
|      | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider  | 3           | 0    |  |  |  |
| IC2  | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age  | 2           | 0    |  |  |  |
|      | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  | 2           | 0    |  |  |  |
|      | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  | 2           | 0    |  |  |  |
|      | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age   | 2           | 0    |  |  |  |
| ID3  | Serve no fruit juice to children younger than 12 months of age   | 2           | 0    |  |  |  |
| 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           | 0    |  |  |  |
| NA2  | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats  | 3           | 0    |  |  |  |
| NA3  | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older   | 2           | 0    |  |  |  |
| NA4  | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to      | 2           | 0    |  |  |  |
|      | those who are at risk for hypercholesterolemia or obesity  |             |      |  |  |  |
|      | Serve skim or 1% pasteurized milk to children two years of age and older   | 2           | 0    |  |  |  |
|      | Serve whole grain breads, cereals, and pastas  | 3           | 0    |  |  |  |
|      | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  | 3           | 0    |  |  |  |
|      | Serve fruits of several varieties, especially whole fruits   | 3           | 0    |  |  |  |
|      | Use only 100% juice with no added sweeteners  Offer juice (100%) only during meal times  | 2           | 0    |  |  |  |
|      | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age   | 2           | 0    |  |  |  |
|      | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age   | 2           | 0    |  |  |  |
|      | Make water available both inside and outside   | 3           | 0    |  |  |  |
|      | Limit salt by avoiding salty foods such as chips and pretzels  | 2           | 0    |  |  |  |
|      | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  | 2           | 0    |  |  |  |
|      | hy Mealtime Practices  | _           |      |  |  |  |
|      | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  | 2           | 0    |  |  |  |
|      | Require adults eating meals with children to eat items that meet nutrition standards   | 2           | 0    |  |  |  |
|      | Serve small-sized, age-appropriate portions  | 3           | 0    |  |  |  |
|      | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual | 3           | 0    |  |  |  |
| NF2  | child; Teach children who require limited portions about portion size and monitor their portions   | 3           | U    |  |  |  |
| NH1  | Do not force or bribe children to eat  | 3           | 0    |  |  |  |
|      | Do not use food as a reward or punishment  | 3           | 0    |  |  |  |
| Phys | ical Activity (n = 11)   | 1           |      |  |  |  |
|      |  | 2010        | 2021 |  |  |  |
| PA1  | Provide children with adequate space for both inside and outside play  | 4           | 0    |  |  |  |
|      | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity       | 2           | 0    |  |  |  |
| PA3  | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation                                      | 2           | 0    |  |  |  |
| PA4  | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so   | 2           | 0    |  |  |  |
|      | Do not withhold active play from children who misbehave  | 3           | 0    |  |  |  |
|      | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting   | 3           | 0    |  |  |  |
| PC2  | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 3           | 0    |  |  |  |
| PC3  | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  | 3           | 0    |  |  |  |
| PD1  | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the | 2           | 0    |  |  |  |
| DF1  | day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 2           | 0    |  |  |  |
|      | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 2           | 0    |  |  |  |
|      | ts on Screen-Time (n = 4)  |             | J    |  |  |  |
|      |  | 2010        | 2021 |  |  |  |
| PB1  | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  | 2           | 0    |  |  |  |
|      | Limit total media time for children 2 years and older to not more than 30 min. weekly  | 2           | 0    |  |  |  |
|      | Use screen media with children age two years and older only for educational purposes or physical activity  | 2           | 0    |  |  |  |
|      | Do not utilize TV, video, or DVD viewing during meal or snack time   | 2           | 0    |  |  |  |
|      | Rating Code:   |             |      |  |  |  |
|      | ·  |             |      |  |  |  |

Regulation fully meets standard Regulation partially meets standard 2 Regulation does not address standard Regulation contradicts the standard O State does not regulate care type

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

NOTES: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes. NJ LRG ratings removed in ASHW 2019 due to ASHW Policy Change (see Introduction)

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

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

|       | Healthy Infant Feeding (n = 11)   |             |             |  |  |  |
|-------|---|-------------|-------------|--|--|--|
|       |   | 2010        | 2024        |  |  |  |
|       | stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site   | <b>2010</b> | <b>2021</b> |  |  |  |
|       | t Feeding Practices   | 3           | 3           |  |  |  |
|       | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 4           | 4           |  |  |  |
|       | 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  | 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           |  |  |  |
|       | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  | 3           | 3           |  |  |  |
|       | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to                                 |             |             |  |  |  |
| NA4   | those who are at risk for hypercholesterolemia or obesity   | 3           | 3           |  |  |  |
| NA5   | Serve skim or 1% pasteurized milk to children two years of age and older  | 3           | 4           |  |  |  |
| NB1   | Serve whole grain breads, cereals, and pastas   | 3           | 3           |  |  |  |
| NB2   | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 3           | 4           |  |  |  |
| NB3   | Serve fruits of several varieties, especially whole fruits  | 4           | 4           |  |  |  |
| NC1   | Use only 100% juice with no added sweeteners  | 3           | 3           |  |  |  |
| NC2   | Offer juice (100%) only during meal times   | 2           | 4           |  |  |  |
| NC3   | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 3           | 4           |  |  |  |
| NC4   | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 3           | 4           |  |  |  |
| ND1   | Make water available both inside and outside  | 3           | 4           |  |  |  |
| NG1   | Limit salt by avoiding salty foods such as chips and pretzels   | 2           | 2           |  |  |  |
| NG2   | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 1           | 3           |  |  |  |
| Healt | hy Mealtime Practices   |             |             |  |  |  |
| NE1   | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 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                            | 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           |  |  |  |
| PA2   | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity                                  | 2           | 2           |  |  |  |
| PA3   | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation   | 2           | 2           |  |  |  |
| PA4   | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  | 2           | 2           |  |  |  |
| PA5   | Do not withhold active play from children who misbehave   | 2           | 2           |  |  |  |
| PC1   | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  | 3           | 3           |  |  |  |
| PC2   | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  | 3           | 3           |  |  |  |
| PC3   | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity   | 3           | 3           |  |  |  |
| PD1   | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the                            | 2           | 2           |  |  |  |
|       | day—indoor or outdoor   |             |             |  |  |  |
|       | Ensure that infants have supervised tummy time every day when they are awake  | 2           | 2           |  |  |  |
|       | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 2           | 2           |  |  |  |
| Limi  | ts on Screen-Time (n = 4)   | 2010        | 2024        |  |  |  |
| DD 4  | Do not all the modic (belowing [TO]) with a mod DV(D) with a mod arms about with ability or control 2   | 2010        | 2021        |  |  |  |
|       | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  Limit tatal media time for children 2 years and older to not more than 20 min. Washing | 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           |  |  |  |
| PB4   | Do not utilize TV, video, or DVD viewing during meal or snack time  | 2           | 2           |  |  |  |
|       | Rating Code:  |             |             |  |  |  |

| 4 | Regulation fully meets standard      |
|---|--------------------------------------|
| 3 | Regulation partially meets standard  |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard  |
| 0 | State does not regulate care type    |

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

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

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

| 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    | 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    |
| IB1   | Feed infants on cue   | 2    | 2    |
| IB2   | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 2    | 2    |
|       | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap   | 3    | 3    |
|       | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider   | 2    | 3    |
| _     | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age   | 2    | 2    |
|       | 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)  |      |      |
|       | 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    |
|       | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  | 2    | 2    |
|       | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to   |      |      |
| NA4   | those who are at risk for hypercholesterolemia or obesity   | 2    | 2    |
| NA5   | Serve skim or 1% pasteurized milk to children two years of age and older  | 2    | 3    |
| NB1   | Serve whole grain breads, cereals, and pastas   | 2    | 2    |
| NB2   | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 2    | 2    |
| NB3   | Serve fruits of several varieties, especially whole fruits  | 2    | 2    |
| NC1   | Use only 100% juice with no added sweeteners  | 2    | 3    |
| NC2   | Offer juice (100%) only during meal times   | 2    | 2    |
| NC3   | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 3    | 3    |
| NC4   | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 3    | 3    |
| ND1   | Make water available both inside and outside  | 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    |
| 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  | 4    | 4    |
|       | child: Teach children who require limited portions about portion size and monitor their portions  |      |      |
|       | Do not force or bribe children to eat   | 3    | 4    |
|       | Do not use food as a reward or punishment   | 3    | 4    |
| Phys  | ical Activity (n = 11)  | 1    |      |
|       |   | 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    |
|       |   | 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 michobaye.  | 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  | 2    | 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 | 2    | 3    |
| PD1   | day—indoor or outdoor   | 2    | 2    |
| PF1   | 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)   |      | 3    |
|       |   | 2010 | 2021 |
| PR1   | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years   | 2    | 2    |
|       | Limit total media time for children 2 years and older to not more than 30 min. weekly   | 2    | 2    |
|       | Use screen media with children age two years and older only for educational purposes or physical activity   | 2    | 4    |
|       | Do not utilize TV, video, or DVD viewing during meal or snack time  | 2    | 4    |
| . 54  | Rating Code:  |      | -T   |
|       | New York Regulation Pating History: 2010 (CTR LRG SMI): 2014 (LRG SMI): 2015 (CTR LRG): 2017* (CTR)   |      |      |

New York Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (LRG, SML); 2015 (CTR, LRG); 2017\* (CTR) Regulation fully meets standard Regulation partially meets standard NOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes. Regulation does not address standard Regulation contradicts the standard O State does not regulate care type

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

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

|      | Healthy Infant Feeding (n = 11)   |           |             |  |  |  |
|------|---|-----------|-------------|--|--|--|
|      |   | 2010      | 2024        |  |  |  |
|      | stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site   | 2010<br>4 | <b>2021</b> |  |  |  |
|      | t Feeding Practices   | 4         | 4           |  |  |  |
|      | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 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  | 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  | 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   | _         | 2           |  |  |  |
|      | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 2         | 2           |  |  |  |
|      | Require adults eating meals with children to eat items that meet nutrition standards  | 2         | 4           |  |  |  |
| NF1  | Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual | 4         | 4           |  |  |  |
| NF2  | child; Teach children who require limited portions about portion size and monitor their portions  | 3         | 3           |  |  |  |
| NH1  | Cinia, react indicate win require intrince portions about portion size and monitor tries portions  Do not force or bribe children to eat  | 2         | 3           |  |  |  |
|      | 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           |  |  |  |
| DΔ2  | 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         | 4           |  |  |  |
| PC1  |   | 3         | 3           |  |  |  |
| PC2  | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  | 3         | 4           |  |  |  |
| PC3  | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity   | 3         | 3           |  |  |  |
| PD1  | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the  | 2         | 2           |  |  |  |
| DE1  | day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake   | 4         | 4           |  |  |  |
|      | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 2         | 2           |  |  |  |
|      | ts on Screen-Time (n = 4)   | ۷         | 2           |  |  |  |
|      | Son Selection time (in -4)  | 2010      | 2021        |  |  |  |
| PR1  | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years   | 4         | 4           |  |  |  |
|      | Limit total media time for children 2 years and older to not more than 30 min. weekly   | 3         | 3           |  |  |  |
|      | Use screen media with children age two years and older only for educational purposes or physical activity   | 2         | 2           |  |  |  |
|      | Do not utilize TV, video, or DVD viewing during meal or snack time  | 2         | 2           |  |  |  |
| -    | Rating Code:  |           |             |  |  |  |
|      | ·   |           |             |  |  |  |

| 4 | Regulation fully meets standard      | North Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2017* (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2018 |
|---|--------------------------------------|---|
| 3 | Regulation partially meets standard  | SML)  |
| 2 | Regulation does not address standard | NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised               |
| 1 | Regulation contradicts the standard  | documents also were rated for CACFP changes.  |
| 0 | State does not regulate care type    |   |

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

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

| 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 | nt Feeding Practices  |      |      |
| IA2   | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 3    | 3    |
| IB1   | Feed infants on cue   | 2    | 4    |
| IB2   | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 2    | 2    |
| IB3   | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap   | 3    | 3    |
| IC1   | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider   | 2    | 2    |
| IC2   | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age   | 3    | 3    |
| IC3   | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months   | 2    | 2    |
| ID1   | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction   | 4    | 4    |
| 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   | 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   | 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    | 4    |
| NFI   | Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual | 4    | 4    |
| NF2   | child; Teach children who require limited portions about portion size and monitor their portions  | 2    | 2    |
| NH1   | Do not force or bribe children to eat   | 3    | 3    |
| NH2   | 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    |
|       |   | 2    | 2    |
| PAZ   | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  | 2    | 2    |
| PA3   | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation   | 2    | 3    |
| PA4   | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  | 2    | 4    |
| PA5   | Do not withhold active play from children who misbehave   | 3    | 4    |
| PC1   | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  | 3    | 4    |
| 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    | 2    |
|       | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 2    | 3    |
| LIM   | ts on Screen-Time (n = 4)   | 2045 | 2025 |
|       |   | 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    |
| РВ4   | Do not utilize TV, video, or DVD viewing during meal or snack time  | 2    | 2    |
|       | Rating Code:  |      |      |

O State does not regulate care type

Regulation fully meets standard North Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2020 (CTR, LRG, SML) Regulation partially meets standard Regulation does not address standard Regulation contradicts the standard

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

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

| Hea    | Ithy 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    |
|        | nt Feeding Practices  | 3    |      |
|        | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 4    | 4    |
| IB1    | Feed infants on cue   | 4    | 2    |
|        | 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   | 3    | 3    |
|        | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age   | 3    | 3    |
|        | Introduce age-appropriate solid roods no sooner trial 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    | 2    |
|        |   | 2    | 2    |
|        | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age   |      |      |
|        |   | 1    | 2    |
|        | Serve no fruit juice to children younger than 12 months of age  | 1    | 2    |
|        | rition (n = 21)   | 2040 | 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   | 3    | 2    |
| NA3    | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  | 3    | 2    |
| NA4    | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to   | 3    | 3    |
| NAE    | those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older  | 2    | 4    |
|        | Serve whole grain breads, cereals, and pastas   | 4    | 2    |
|        |   | 3    | 4    |
|        | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 3    |      |
|        | Serve fruits of several varieties, especially whole fruits  |      | 3    |
|        | Use only 100% juice with no added sweeteners  | 4    | 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   | 2    | 2    |
|        | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 1    | 2    |
|        | hy Mealtime Practices   |      |      |
|        | 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    |
| 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    |
| NII IA | child; Teach children who require limited portions about portion size and monitor their portions  | 2    | 2    |
|        | Do not force or bribe children to eat   | 2    | 2    |
|        | Do not use food as a reward or punishment   | 3    | 3    |
| Pnys   | ical Activity (n = 11)  | l    |      |
|        |   | 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    |
|        |   | 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    | 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  | 2    | 2    |
| 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 | 2    | 2    |
| PD1    |   | 2    | 2    |
| DE1    | 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)   |      |      |
|        | to on other mine (it = 4)   | 2010 | 2021 |
| DD 1   | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years   |      |      |
|        |   | 2    | 2    |
|        | Limit total media time for children 2 years and older to not more than 30 min. weekly   | 2    | 2    |
|        | Use screen media with children age two years and older only for educational purposes or physical activity  Do not utilize TV, video or DVD viousing during meal or speck time.  | 2    | 2    |
| PB4    | Do not utilize TV, video, or DVD viewing during meal or snack time  | 2    | 4    |
|        | Rating Code:  |      |      |

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

Ohio Regulation Rating History: 2010 (CTR, LRG, SML); 2012\*(CTR, LRG, SML); 2016 (CTR, LRG, SML); 2021 (CTR, LRG, SML)

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

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

|      | Healthy Infant Feeding (n = 11)  |      |      |  |  |  |
|------|--|------|------|--|--|--|
|      |  | 2010 | 2021 |  |  |  |
|      | stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site                          | 2010 | 3    |  |  |  |
|      | at Feeding Practices   | 2    | 3    |  |  |  |
|      | 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  | 3    | 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    | 4    |  |  |  |
| IC3  | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  | 2    | 4    |  |  |  |
| ID1  | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  | 2    | 2    |  |  |  |
| ID2  | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age   | 2    | 3    |  |  |  |
| ID3  | Serve no fruit juice to children younger than 12 months of age   | 2    | 4    |  |  |  |
| 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    |  |  |  |
| 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   | 2    | 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   |      | 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    |  |  |  |
|      | Limit salt by avoiding salty foods such as chips and pretzels  Avoid sugget including concentrated support such as conducted as support and delayers and flavored milks.     | 2    | 2    |  |  |  |
|      | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  hy Mealtime Practices                                   | 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  | 3    | 4    |  |  |  |
|      | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual |      |      |  |  |  |
| NF2  | child; Teach children who require limited portions about portion size and monitor their portions   | 3    | 1    |  |  |  |
| NH1  | Do not force or bribe children to eat  | 3    | 3    |  |  |  |
| NH2  | Do not use food as a reward or punishment  | 3    | 3    |  |  |  |
| Phys | ical Activity (n = 11)   |      |      |  |  |  |
|      |  | 2010 | 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  | 4    | 2    |  |  |  |
| PC1  |  | 3    | 2    |  |  |  |
| PC2  | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 2    | 2    |  |  |  |
| PC3  | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  | 2    | 2    |  |  |  |
| PD1  | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the | 2    | 2    |  |  |  |
| DE1  | day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 2    | 2    |  |  |  |
|      | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 3    | 3    |  |  |  |
|      | ts on Screen-Time (n = 4)  | 3    | 3    |  |  |  |
|      | Son Selection time (in -4)   | 2010 | 2021 |  |  |  |
| PR1  | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  | 3    | 2    |  |  |  |
|      | Limit total media time for children 2 years and older to not more than 30 min. weekly  | 3    | 2    |  |  |  |
|      | Use screen media with children age two years and older only for educational purposes or physical activity  | 2    | 2    |  |  |  |
|      | Do not utilize TV, video, or DVD viewing during meal or snack time   | 2    | 2    |  |  |  |
|      | Rating Code:   | _    | _    |  |  |  |
|      | ·  |      |      |  |  |  |

| 4 | Regulation fully meets standard      |
|---|--------------------------------------|
| 3 | Regulation partially meets standard  |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard  |
| 0 | State does not regulate care type    |

Oklahoma Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR); 2017 (CTR, LRG, SML)

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

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

| Hea   | Ithy Infant Feeding (n = 11)   |             |             |
|-------|--|-------------|-------------|
|       |  | 2010        | 2024        |
|       | stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site                          | <b>2010</b> | <b>2021</b> |
|       | t Feeding Practices  | 3           | 3           |
|       |  | 4           | 2           |
|       | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided   |             | 3           |
| IB1   | Feed infants on cue  | 4           |             |
|       | 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  | 3           | 3           |
|       | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age  | 1           | 1           |
|       | 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           |
|       | rition (n = 21)  | ı           |             |
| 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           | 2           |
|       | those who are at risk for hypercholesterolemia or obesity  |             |             |
|       | Serve skim or 1% pasteurized milk to children two years of age and older   | 2           | 2           |
|       | Serve whole grain breads, cereals, and pastas  | 3           | 2           |
|       | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  | 3           | 3           |
|       | Serve fruits of several varieties, especially whole fruits   | 3           | 3           |
|       | Use only 100% juice with no added sweeteners   | 4           | 4           |
|       | Offer juice (100%) only during meal times  | 2           | 2           |
|       | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age   | 3           | 2           |
|       | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age   | 3           | 2           |
| ND1   | Make water available both inside and outside   | 3           | 3           |
| NG1   | Limit salt by avoiding salty foods such as chips and pretzels  | 3           | 3           |
| NG2   | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  | 3           | 3           |
| Healt | thy Mealtime Practices   |             |             |
| NE1   | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  | 2           | 2           |
| NE2   | Require adults eating meals with children to eat items that meet nutrition standards   | 2           | 2           |
| NF1   | Serve small-sized, age-appropriate portions  | 4           | 4           |
| NF2   | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual | 3           | 2           |
|       | child; Teach children who require limited portions about portion size and monitor their portions   |             |             |
|       | Do not force or bribe children to eat  | 3           | 3           |
|       | Do not use food as a reward or punishment  | 3           | 3           |
| Phys  | ical Activity (n = 11)   |             |             |
|       |  | 2010        | 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   | 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           |
|       | day—indoor or outdoor  |             |             |
|       | Ensure that infants have supervised tummy time every day when they are awake   | 2           | 2           |
|       | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 2           | 3           |
| Limi  | ts on Screen-Time (n = 4)  |             | 20-1        |
|       |  | 2010        | 2021        |
|       | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  | 3           | 2           |
|       | Limit total media time for children 2 years and older to not more than 30 min. weekly  | 3           | 3           |
|       | Use screen media with children age two years and older only for educational purposes or physical activity  | 2           | 2           |
| PB4   | Do not utilize TV, video, or DVD viewing during meal or snack time   | 2           | 2           |
|       | Rating Code:   |             |             |

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

Oregon Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG, SML); 2017\* (SML); 2021 (CTR, LRG, SML)

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

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

|      | Healthy Infant Feeding (n = 11)  |             |             |  |  |  |
|------|--|-------------|-------------|--|--|--|
|      |  | 2010        | 2021        |  |  |  |
|      | stfeeding Support  Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site                            | <b>2010</b> | <b>2021</b> |  |  |  |
|      | at Feeding Practices   | 2           | 3           |  |  |  |
|      | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided   | 2           | 2           |  |  |  |
|      | Feed infants on cue  | 3           | 3           |  |  |  |
|      | Do not feed infants beyond satiety; Allow infant to stop the feeding   | 2           | 2           |  |  |  |
|      | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap  | 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  | 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           |  |  |  |
| 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           |  |  |  |
| NAE  | those who are at risk for hypercholesterolemia or obesity  Song of king or 1% pasta wind milk to children two years of are and older.  | 2           | 2           |  |  |  |
|      | Serve skim or 1% pasteurized milk to children two years of age and older  Serve whole grain breads, cereals, and pastas  | 3           | 3           |  |  |  |
|      | Serve writing grain breads, cereals, and pastas  Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 4           | 4           |  |  |  |
|      | Serve fruits of several varieties, especially whole fruits   | 4           | 4           |  |  |  |
|      | Use only 100% juice with no added sweeteners   | 2           | 2           |  |  |  |
|      | Offer juice (100%) only during meal times  | 2           | 2           |  |  |  |
|      | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age   | 2           | 2           |  |  |  |
|      | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age   | 2           | 2           |  |  |  |
|      | Make water available both inside and outside   | 4           | 4           |  |  |  |
|      | Limit salt by avoiding salty foods such as chips and pretzels  | 2           | 2           |  |  |  |
|      | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  | 2           | 2           |  |  |  |
|      | hy Mealtime Practices  |             |             |  |  |  |
| 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           |  |  |  |
|      | 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           |  |  |  |
| Pnys | ical Activity (n = 11)   | 2040        | 2024        |  |  |  |
| DA1  | Describe shilden with a decreate appear for both incide and outside alor   | 2010<br>4   | <b>2021</b> |  |  |  |
|      | Provide children with adequate space for both inside and outside play  |             |             |  |  |  |
| PA2  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity         | 2           | 2           |  |  |  |
| PA3  | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  | 2           | 2           |  |  |  |
| PA4  | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so   | 2           | 2           |  |  |  |
| PA5  | Do not withhold active play from children who misbehave  | 2           | 2           |  |  |  |
| PC1  | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting   | 3           | 3           |  |  |  |
| PC2  | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 2           | 2           |  |  |  |
| PC3  | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  | 2           | 2           |  |  |  |
| PD1  | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the   | 2           | 2           |  |  |  |
|      | day—indoor or outdoor  |             |             |  |  |  |
|      | Ensure that infants have supervised tummy time every day when they are awake   | 2           | 2           |  |  |  |
|      | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)                  | 2           | 2           |  |  |  |
| -    | is on screen time (ii = 4)   | 2010        | 2021        |  |  |  |
| DR 1 | 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           |  |  |  |
|      | Rating Code:   | -           | -           |  |  |  |
|      | , <del>•</del>   |             |             |  |  |  |

| 4                                      | Regulation fully meets standard   | Pennsylvania Regulation Rating History: 2010 (CTR, LRG, SML); 2020 (CTR, LRG, SML) |
|--|-----------------------------------|--|
| Regulation partially meets standard    |                                   |  |
| 2 Regulation does not address standard |                                   |  |
| 1 Regulation contradicts the standard  |                                   |  |
| 0                                      | State does not regulate care type |  |

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

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

| Large family frome critic care incensing regulations and support of 47 mgm-impact obesity prevention standards |  |      |      |  |  |  |
|--|--|------|------|--|--|--|
| 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  | 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  | 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  | 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    |  |  |  |
| 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    |  |  |  |
| Nuti   | 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  | 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    |  |  |  |
|  | those who are at risk for hypercholesterolemia or obesity  Song of king or 1% pasta wind milk to children two years of are and older.  | 3    | 4    |  |  |  |
|  | Serve skim or 1% pasteurized milk to children two years of age and older  Sono whole grain breads, correls, and pastes.  |      |      |  |  |  |
|  | 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 4  |  |  |  |
|  | Use only 100% juice with no added sweeteners   | 4    |      |  |  |  |
|  | Offer juice (100%) only during meal times  | 4    | 4    |  |  |  |
|  | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age   | 4    | 4    |  |  |  |
|  | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  Make water available both inside and outside   | 4    | 4    |  |  |  |
|  |  | 2    | 2    |  |  |  |
|  | Limit salt by avoiding salty foods such as chips and pretzels  Avoid sugget including someonts to describe such as conducted as supported by the salt of the salt  | 3    | 4    |  |  |  |
|  | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  | 3    | 4    |  |  |  |
|  | 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   | 2    | 2    |  |  |  |
| INFI   | Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual  | 4    | 4    |  |  |  |
| NF2  | child; Teach children who require limited portions about portion size and monitor their portions   | 3    | 3    |  |  |  |
| NH1  | Do not force or bribe children to eat  | 2    | 3    |  |  |  |
| NH2  | 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    |  |  |  |
|  |  | 2    | 2    |  |  |  |
| PAZ  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity   | 2    | 2    |  |  |  |
| PA3  | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  | 2    | 2    |  |  |  |
| PA4  | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so   | 2    | 3    |  |  |  |
| PA5  | Do not withhold active play from children who misbehave  | 4    | 4    |  |  |  |
| PC1  | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting   | 3    | 3    |  |  |  |
| PC2  | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 3    | 4    |  |  |  |
| PC3  | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  | 3    | 3    |  |  |  |
| PD1  | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the   | 2    | 3    |  |  |  |
|  | day—indoor or outdoor  |      |      |  |  |  |
| _  | Ensure that infants have supervised tummy time every day when they are awake   | 2    | 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)  | 2015 | 2051 |  |  |  |
|  | and the state of t | 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    |  |  |  |
| РВ4  | Do not utilize TV, video, or DVD viewing during meal or snack time   | 2    | 4    |  |  |  |
|  | Rating Code:   |      |      |  |  |  |

#### Rating Code

| 4   | 1    | Regulation fully meets standard      |
|-----|------|--------------------------------------|
| (1) | 3    | Regulation partially meets standard  |
| 2   | 2    | Regulation does not address standard |
| 1   | 1    | Regulation contradicts the standard  |
| (   | )  _ | State does not regulate care type    |

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

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

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

| неа         | 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    |
|             | nt Feeding Practices  |      |      |
| IA2         | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 4    | 4    |
| IB1         | Feed infants on cue   | 4    | 4    |
| IB2         | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 4    | 4    |
| IB3         | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap   | 3    | 3    |
| IC1         | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider   | 3    | 3    |
| IC2         | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age   | 3    | 4    |
| IC3         | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months   | 3    | 4    |
| ID1         | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction   | 2    | 2    |
| ID2         | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age  | 1    | 3    |
|             | Serve no fruit juice to children younger than 12 months of age  | 1    | 4    |
| 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    |
| NA3         | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  | 3    | 3    |
| NA4         | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to   | 2    | 3    |
| NAF         | those who are at risk for hypercholesterolemia or obesity   | 2    | 4    |
|             | Serve skim or 1% pasteurized milk to children two years of age and older  | 2    | 4    |
|             | Serve whole grain breads, cereals, and pastas   | 3    | 3    |
|             | 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    |
|             | 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    |
| NE2         | Require adults eating meals with children to eat items that meet nutrition standards  | 2    | 2    |
| NFI         | Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual | 4    | 4    |
| NF2         | child; Teach children who require limited portions about portion size and monitor their portions  | 3    | 3    |
| NH1         | Cinia, react indicate win require intrince portions about portion size and monitor tries 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)  |      |      |
|             |   | 2010 | 2021 |
| PA1         | Provide children with adequate space for both inside and outside play   | 3    | 3    |
|             |   |      |      |
| PA2         | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  | 2    | 2    |
| PA3         | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation   | 2    | 2    |
| PA4         | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  | 2    | 2    |
| PA5         | Do not withhold active play from children who misbehave   | 2    | 2    |
| PC1         | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  | 3    | 3    |
| PC2         | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  | 2    | 2    |
| PC3         | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity   | 2    | 2    |
| PD1         | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the  | 2    | 2    |
|             | day—indoor or outdoor   |      |      |
|             | Ensure that infants have supervised tummy time every day when they are awake  | 2    | 2    |
|             | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 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   | 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    |
|             |   |      |      |

South Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (CTR, LRG); 2017 (SML)/2017\* (CTR, LRG) Regulation fully meets standard 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. Regulation contradicts the standard 0 State does not regulate care type

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

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

| Breastfeeding Support IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site  IA2 Infant Feeding Practices  IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  IA3 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  IA4 4  IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding  IA4 4  IBA Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap  IA4 4  IA4 IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider  IA4 IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age  IA4 IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  IA4 IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  IA4 IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  IA4 IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  IA4 IC4 IC4 IC4 IC4 IC4 IC4 IC4 IC4 IC4 IC   | Healthy Infant Feeding (n = 11) |  |      |      |  |  |
|--|---------------------------------|--|------|------|--|--|
| Main   Security   Accordance and support teasuratesized and product per formation for mortal transfer freeding protections   2   2   2   |                                 |  | 2010 | 2021 |  |  |
| Infect   Security      |                                 |  |      |      |  |  |
| Max   Sec   Infrastr   Common   Commo   |                                 |  | 2    | 2    |  |  |
| 18   |                                 |  | 2    | 2    |  |  |
| 19.2      |                                 |  |      |      |  |  |
| 18.1   |                                 |  |      |      |  |  |
| Company   Comp   |                                 |  |      |      |  |  |
| Company   Comp   |                                 |  | 2    | 2    |  |  |
| LOI         Droach feed an infant fromula miles with reach first aligned on the reach with place or other floods without primary care provider's written instruction         2         2           100         Does freed an infant fromula miles with reach first aligned or other floods without primary care provider's written instruction         2         2           100         Seven whole finith, mashed or pureed, for inlants 7 months og a gent of the common transparent of the primary of the pure of  |                                 |  | 2    | 2    |  |  |
| 10    Severe whole finds, mached or pureed, for inflants / Trooths or a lyear of age   2   2   2   2   2   2   2   2   2   | IC3                             |  | 2    | 2    |  |  |
| Most Prior Standards   | ID1                             | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  | 2    | 2    |  |  |
| Nutrition Standards  10 20 20 20 30 30 30 30 30 30 30 30 30 30 30 30 30  | ID2                             | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age   | 2    | 2    |  |  |
| Nutrition   Standards  | ID3                             | Serve no fruit juice to children younger than 12 months of age   | 2    | 2    |  |  |
| NAI Limit tols by choosing monournesturated and polyumesturated fats and avoiding trans fats, saturated fits and fined finods  AD 2 Sever measts and off beans: chicker, fibit, kain meat, and/or feagures (burker, fibit, kain meat, and/or feagures). A 2 2 2  NAI Sever we other milk equivalent products (yogun, cottage cheese) using low-fat varieties for 2 years off age and other  AD 2 Sever we meat stars for homerchoelesteroclemia or obesitiv.  AD 3 Sever whore garain breads, creasis, and pastas  AD 3 Sever whore grain breads, creasis, and pastas  AD 3 Sever whore grain breads, creasis, and pastas  AD 3 Sever whore grain breads, creasis, and pastas  AD 3 Sever whore grain breads, creasis, and pastas  AD 3 Sever whore grain breads, creasis, and pastas  AD 4 2 2  AD 3 Sever whore grain breads, creasis, and pastas  AD 4 2 2  AD 4 2 2  AD 4 2 2  AD 4 3 Sever whore grain breads, creasis, and pastas  AD 5 Sever skinn of several varieties, especifully whole fruits  AD 5 Sever skinn of several varieties, especifully whole fruits  AD 4 2 2  AD 5 Sever varieties, specifully flow green, orange, deep yellow vegetables, such as potatoes and via ndas  AD 5 Sever skinn of several varieties, especifully whole fruits  AD 5 Sever skinn of several varieties, especifully whole fruits  AD 5 Sever skinn of several varieties, especifully whole fruits  AD 5 Sever skinn of several varieties, especifully whole fruits  AD 5 Sever skinn of several varieties, especifully whole fruits  AD 5 Sever skinn of several varieties, especifully whole fruits  AD 5 Sever skinn on that a 6 st. 2 to give days for children -1/2 years of age  AD 5 Sever skinn on that a 6 st. 2 to give days for children -1/2 years of age  AD 5 Sever skinn on that a 6 st. 2 to give days for children -1/2 years of age  AD 6 Several varieties, especially whole fruits  AD 6 Several varieties, especially whole fruits  AD 6 Several varieties, especially whole fruits  AD 7 Several varieties of the fruits of the children of the fruits of the varieties of the fruits of the varieties o | Nuti                            | ition (n = 21)   |      |      |  |  |
| No.   Sever meants and/or beans - chicken, fish, lean meat, and/or legumes (such as dired peas, beans), avoiding friend meats   2   2   2   2   2   2   2   2   2  | Nutr                            | ition Standards  | 2010 | 2021 |  |  |
| NAS   Serve where milk equivalent products (yogun, cottage cheese) using loxe-fact varieties for 2 years of age and older   2   2   2   2   2   2   2   2   2  | NA1                             | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods  | 2    | 2    |  |  |
| Name   | NA2                             | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats  | 2    | 2    |  |  |
| Name In those who are at fisk for hyzorcholesterolemia or obesity  | NA3                             |  | 2    | 2    |  |  |
| NAS   Serve wide grain breads, create, and pasts a   Serve wide stables, specifically, dark green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas   Serve root serve vegetables, specifically, dark green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas   Serve root or the serve vegetables, specifically, dark green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas   Serve root orange than 4 to 6 or judge (day for children 1-6 years of age   Col. Serve root orange than 4 to 6 or judge (day for children 1-6 years of age   Col. Serve root orange than 4 to 5 or judge (day for children 1-7-12 years of age   Col. Serve root orange than 4 to 5 or judge and outside   Col. Serve root orange than 4 to 6 or judge and outside   Col. Serve root orange than 4 to 6 or judge and outside   Col. Serve root orange than 4 to 6 or judge and outside   Col. Serve root orange than 4 to 6 or judge and outside   Col. Serve root orange and serve root orange and serve root   Col. Serve root orange and serve root orange and serve root   Col. Serve root orange and serve root orange and serve root   Col. Serve root orange and serve root orange and serve root   Col. Serve root orange and serve root orange and serve root   Col. Serve root orange and serve root orange and serve root   Col. Serve root orange and serve root orange and serve root   Col. Serve root orange and serve root orange and serve root   Col. Serve root orange and serve root orange and serve root   Col. Serve root orange and serve root orange and serve root   Col. Serve root orange and serve ro | NA4                             |  | 2    | 2    |  |  |
| NBI   Serve whote grain breads, cereals, and pastas   2   2   2   2   2   2   2   2   3   3  | NAF                             |  | 2    | 2    |  |  |
| NB2   Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   2   2   2   2   3   3   3   3   3   3  |                                 |  |      |      |  |  |
| NB3   Sever furtils of several varieties, especially whole furtils         2         2           NC1   Use only 100% jutice with no added sweeteners         2         2           NC2   Offer jutice (100%) only during meal times         2         2           NC3   Sever no more than 8 to 10 zo jutice/day for children 7-12 years of age         2         2           NC3   Sever no more than 8 to 10 zo jutice/day for children 7-12 years of age         2         2           NC3   Sever no more than 8 to 10 zo jutice/day for children 7-12 years of age         2         2           NC3   Sever no more than 8 to 10 zo jutice/day for children 7-12 years of age         2         2           NC3   Sever no more than 8 to 10 zo jutice/day for children 7-12 years of age         2         2           NC3   Sever no more than 8 to 10 zo jutice/day for children 7-12 years of age         2         2           NC3   Sever no more than 8 to 10 zo jutice/day for children 7-12 years of age         2         2         2           NC4   Sever no more than 8 to 10 zo jutice/day for children 7-12 years of age         2         2         2         2           NC5   Sever no more than 8 to 10 zo jutice/day for children 7-12 years of age         2         2         2         2           NC2   To vicil we children work of children to the several or purplementally subtracted with a decidence with a decidence with a decidence with a decidence with a deciden   |                                 |  |      |      |  |  |
| NCI         Use only 100% juice with no added sweetners         2         2           CI         Offen juice (100%) only during meal times         2         2           NC3         Serve no more than at 0 to guice/day for children 1-6 years of age         2         2           NC4         Serve no more than at 0 to 120 juice/day for children 7-12 years of age         2         2           NC5         Different in the 10 serve available both inside and outside         2         2           NC6         Ill make water available both inside and outside         2         2           NC7         Ill make water available both inside and outside and outside oncentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2           NC8         Ill cash children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs         2         2           NC8         Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs         2         2           NC8         Teach children appropriate portion sizes by using plates, bowls & cups that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual district the children by a sugar plate portion and a sugar plate portions         2         2           NC8         Permit children to have one or nor or additional servings of the  |                                 |  | 1    |      |  |  |
| NCI         Offer juce (100%) only during meal times         2         2           NCI         Seve no more than a 1 to 50 guite/day for children 1-6 years of age         2         2           NCI         Seve no more than a 1 to 50 guite/day for children 7-12 years of age         2         2           NCI         Seve no more than a 1 to 50 guite/day for children 7-12 years of age         2         2           NCI         Seve no more than a 1 to 50 guite/day for children 7-12 years of age         2         2           NCI         Seve no more than a 1 to 50 guite/day for children 7-12 years of age         2         2           NCI         Seve no more than a 1 to 50 guite/day for children 7-12 years of age         2         2           NCI         Call children of the seve and the seve and several   |                                 |  |      |      |  |  |
| NG3         Save no mome than 4 to 5 oz julze/day for children 1-9 years of age         2         2           NG4         Serve no more than 8 to 12 oz julze/day for children 7-12 years of age         2         2           NG1         Ilmit 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           NG2         Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2           NG2         Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2           NG2         Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2           NG2         Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2           NE2         React children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs         2         2           NE1         Teach children while appropriate portions sabout portions about portions about portions and suited to a cand a candidate a candidate and suited ane   |                                 |  |      |      |  |  |
| NCE   Serve no more than 8 to 12 oz   julce/day for children 7-12 years of age   2   2   NDI   Make water available both inside and outside   2   2   2   2   2   2   2   2   2  |                                 |  |      |      |  |  |
| Make water available both inside and outside   2   2   2   2   2   2   2   2   2   |                                 |  |      |      |  |  |
| MG   Avoid Sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   |                                 |  | -    |      |  |  |
| NGZ   Avoid sugar, including concentrated sweets such as candy, sodas, sweetneed drinks, fruit nectars, and flavored milk   Feath Cliffort a part position sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   2  |                                 |  |      |      |  |  |
| Health's Mealtime Practices  NEI   Tach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2   |                                 |  | -    |      |  |  |
| NEI   Sequire adults eating meals with children to eat items that meet nutrition standards   2   2   2   2   2   2   2   2   2   |                                 |  |      |      |  |  |
| NEI   Sequire adults eating meals with children to eat items that meet nutrition standards   2   2   2   2   2   2   2   2   2   | NE1                             | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  | 2    | 2    |  |  |
| Permit children to have one or more 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 child: Teach children who require limited portions about portion size and monitor their portions 3 3 3 NH2 Do not use food as a reward or punishment 3 3 3 3 NH2 Do not use food as a reward or punishment 2001   |                                 |  | 2    | 2    |  |  |
| Position    | NF1                             | Serve small-sized, age-appropriate portions  | 2    | 2    |  |  |
| child: Teach children who require limited portions about portion size and monitor their portions  NH1 Do not force or bribe children to eat  NH2 Do not use food as a reward or punishment  NH3 Do not utilize media tile devision [TV], video, and DVD) viewing and computers with children younger than 2 years  NH3 Do not utilize nedia tile devision [TV], video, or DVD viewing and older ton ly for educational purposes or physical activity  NH3 Do not utilize to ty, video, or DVD viewing during meal or snack time  NH3 Do not utilize to TV, video, or DVD viewing during meal or snack time  | NES                             | Permit children to have one or more 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    |  |  |
| NH2   Do not use food as a reward or punishment   3   3   3   3   3   3   3   3   3  |                                 |  |      |      |  |  |
| Physical Activity (n = 11)  PAI Provide children with adequate space for both inside and outside play 4 Provide children with adequate space for both inside and outside play 4 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2   | _                               |  |      |      |  |  |
| PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA3 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PA6 Provide daily for all children, birth to 5 years, two to three occasions of active play outdoors, weather permitting PA6 Provide daily for all children, birth to 5 years, two to three occasions of active play outdoors, weather permitting PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA6 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PA6 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PA6 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PA6 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PA6 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoo |                                 |  | 3    | 3    |  |  |
| PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA3 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PA6 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PA6 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA | Phys                            | ical Activity (n = 11)   | 1    |      |  |  |
| PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  2 2 PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  2 2 PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  2 2 PA5 Do not withhold active play from children who misbehave  2 2 PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  2 2 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  2 2 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  2 2 PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PC5 Insure that infants have supervised tummy time every day when they are awake  PC6 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  1 2 2 2 1 2 1 2 1 2 1 2 1 2 1 2 1 2 1  |                                 |  |      |      |  |  |
| PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2  | PA1                             | Provide children with adequate space for both inside and outside play  | 4    | 4    |  |  |
| PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC4 PC5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC7 PC8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigoro |                                 |  |      |      |  |  |
| PAS Do not withhold active play from children who misbehave 2 2 PC2 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 2 2 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 2 2 2 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 2 2 2 PC5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 2 2 2 PC6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 2 2 PC7 PC8 Limit to all children, birth to six years, 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 PC7 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for shor | PA3                             |  |      |      |  |  |
| PCtProvide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting22PCZAllow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity22PC3Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity22PD1Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor22PE1Ensure that infants have supervised tummy time every day when they are awake222PE2Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all222Limits on Screen-Time (n = 4)20102021PB1Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years22PB2Limit total media time for children 2 years and older to not more than 30 min. weekly22PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time22   |                                 |  |      |      |  |  |
| PCZ       Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity       2       2         PCZ       Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity       2       2         PDI       Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor       2       2         PEI       Ensure that infants have supervised tummy time every day when they are awake       2       2       2         PEZ       Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all       2       2       2         Limits on Screen-Time (n = 4)       2010       2021         PBI       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       2  |                                 |  |      |      |  |  |
| PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PE1 Ensure that infants have supervised tummy time every day when they are awake  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  2 2 2  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  PB4 Do not utilize TV, video, or DVD viewing during meal or snack time  2 2 2  PB5 Do not utilize TV, video, or DVD viewing during meal or snack time   |                                 |  |      |      |  |  |
| PDI day—indoor or outdoor PEI 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 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2   |                                 |  | -    |      |  |  |
| PD1 day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  2 2  PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  2 2  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  PB4 Do not utilize TV, video, or DVD viewing during meal or snack time  2 2  2 2  2 3  2 3  2 4  2 5  2 5  2 6  2 7  2 7  2 8  2 9  2 9  2 9  2 9  2 9  2 9  2 9   | PC3                             |  | 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       Limits on Screen-Time (n = 4)       PB1     Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years     2     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  | PD1                             |  | 2    | 2    |  |  |
| PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  2 2  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  PB4 Do not utilize TV, video, or DVD viewing during meal or snack time   | PE1                             |  | 2    | 2    |  |  |
| Limits 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   |                                 |  |      |      |  |  |
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| 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   |                                 |  | 2010 | 2021 |  |  |
| 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   | PB1                             | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  |      |      |  |  |
| 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   |                                 |  | -    |      |  |  |
| PB4     Do not utilize TV, video, or DVD viewing during meal or snack time     2     2   |                                 |  | 2    |      |  |  |
| Rating Code:   |                                 |  | 2    |      |  |  |
|  |                                 | Rating Code:   |      |      |  |  |

| 4 | 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  |  |  |
| 0 | State does not regulate care type    |  |  |

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

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

|  | Ithy Infant Feeding (n = 11)  |  |   |
|--|---|--|---|
| 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   |
|  | nt Feeding Practices  | ,  |   |
| IA2  | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 2  | 4   |
| IB1  | Feed infants on cue   | 4  | 4   |
| IB2  | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 2  | 4   |
| IB3  | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap   | 2  | 3   |
| IC1  | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider   | 3  | 3   |
| IC2  | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age   | 2  | 4   |
| IC3  | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months   | 2  | 4   |
| ID1  | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction   | 2  | 3   |
| ID2  | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age  | 2  | 3   |
|  | Serve no fruit juice to children younger than 12 months of age  | 2  | 4   |
| 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   |
| NA3  |   | 1  | 3   |
| NA4  | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to   | 2  | 3   |
|  | those who are at risk for hypercholesterolemia or obesity   |  |   |
|  | Serve skim or 1% pasteurized milk to children two years of age and older  | 2  | 4   |
| _  | Serve whole grain breads, cereals, and pastas   | 3  | 3   |
| _  | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 3  | 3   |
|  | Serve fruits of several varieties, especially whole fruits  | 4  | 3   |
| _  | Use only 100% juice with no added sweeteners  | 4  | 4   |
|  | Offer juice (100%) only during meal times   | 2  | 4   |
|  | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 3  | 4   |
|  | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 3  | 4   |
| _  | Make water available both inside and outside  | 3  | 4   |
| _  | Limit salt by avoiding salty foods such as chips and pretzels   | 2  | 2   |
|  | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 3  | 3   |
|  | hy Mealtime Practices   |  |   |
| NE1  | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 2  | 2   |
| NE2  | Require adults eating meals with children to eat items that meet nutrition standards  | 2  | 2   |
| NF1  | Serve small-sized, age-appropriate portions   | 4  | 4   |
| NF2  | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual  | 3  | 3   |
| NILI4  | 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   |
| NHZ  | DO NOT use 1000 as a reward of punishment   | 3  |   |
| Dhye   | ical Activity (n = 11)  |  |   |
| Phys   | ical Activity (n = 11)  | 2010   |   |
|  | ••••  | 2010   | 2021  |
| PA1  | Provide children with adequate space for both inside and outside play   | 4  | 2021  |
| PA1  | ••••  |  | 2021  |
| PA1<br>PA2   | Provide children with adequate space for both inside and outside play   | 4  | 2021  |
| PA1<br>PA2   | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity   | 2  | 2021<br>4<br>3  |
| PA1<br>PA2<br>PA3<br>PA4                                     | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  | 2 2  | 2021<br>4<br>3  |
| PA1<br>PA2<br>PA3<br>PA4                                     | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  | 2<br>2<br>2<br>2   | 2021<br>4<br>3<br>2<br>3  |
| PA1 PA2 PA3 PA4 PA5  | 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<br>2<br>2<br>2<br>2  | 2021<br>4<br>3<br>2<br>3<br>2   |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2                                  | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting   | 2<br>2<br>2<br>2<br>2<br>3   | 2021<br>4<br>3<br>2<br>3<br>2<br>3<br>2                                       |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3                              | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 4<br>2<br>2<br>2<br>2<br>2<br>3<br>2<br>2  | 2021<br>4<br>3<br>2<br>3<br>2<br>3<br>4<br>4                                  |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3                              | Provide crientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor   | 4<br>2<br>2<br>2<br>2<br>2<br>3<br>2<br>2<br>2<br>2  | 2021<br>4<br>3<br>2<br>3<br>2<br>3<br>4<br>4<br>4                             |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1                      | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 4<br>2<br>2<br>2<br>2<br>2<br>3<br>2<br>2<br>2<br>2<br>2<br>2                                    | 2021<br>4<br>3<br>2<br>3<br>2<br>3<br>4<br>4<br>4                             |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Provide crientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  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<br>2<br>2<br>2<br>2<br>2<br>3<br>2<br>2<br>2<br>2  | 2021<br>4<br>3<br>2<br>3<br>2<br>3<br>4<br>4<br>4                             |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 4<br>2<br>2<br>2<br>2<br>2<br>3<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2 | 2021<br>4<br>3<br>2<br>3<br>2<br>3<br>4<br>4<br>4                             |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi             | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, 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<br>2<br>2<br>2<br>2<br>2<br>3<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2 | 2021<br>4<br>3<br>2<br>3<br>2<br>3<br>4<br>4<br>4<br>4<br>2021                |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi             | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, 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<br>2<br>2<br>2<br>2<br>2<br>3<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>3<br>3      | 2021<br>4<br>3<br>2<br>3<br>2<br>3<br>4<br>4<br>4<br>3<br>4<br>4              |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2     | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised 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<br>2<br>2<br>2<br>2<br>3<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>3<br>3 | 2021<br>4<br>3<br>2<br>3<br>2<br>3<br>4<br>4<br>4<br>3<br>4<br>4<br>4<br>3    |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, 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 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<br>2<br>2<br>2<br>3<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>3<br>3<br>3 | 2021<br>4<br>3<br>2<br>3<br>2<br>3<br>4<br>4<br>4<br>4<br>2021<br>4<br>3<br>4 |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | Provide children with adequate space for both inside and outside play  Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  ts on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  Limit total media time for children 2 years and older to not more than 30 min. weekly              | 2<br>2<br>2<br>2<br>2<br>3<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>3<br>3<br>3<br>3<br>3 | 2021<br>4<br>3<br>2<br>3<br>2<br>3<br>4<br>4<br>4<br>3<br>4<br>4<br>4<br>3    |

| Rating | Cod | e |  |
|--------|-----|---|--|
|        |     |   |  |

|   | 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  |                                   |   |
| Ī | 0                                      | State does not regulate care type |   |

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

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

| Large farming frome crima care incensing regulations and support of 47 mgm-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   | 2           | 3           |  |  |
| Infan  | nt Feeding Practices   |             |             |  |  |
| IA2  | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided   | 2           | 4           |  |  |
| IB1  |  |             | 4           |  |  |
|  | Do not feed infants beyond satiety; Allow infant to stop the feeding   | 2           | 4           |  |  |
|  | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap  | 3           | 3           |  |  |
| _  | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider  | 2           | 3           |  |  |
|  | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age  | 2           | 4           |  |  |
|  | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  | 2           | 4           |  |  |
| _  | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  | 2           | 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        |  |  |
|  |  | <b>2010</b> | <b>2021</b> |  |  |
| _  | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods  Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3           | 3           |  |  |
| _  | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older   | 2           | 3           |  |  |
| INAS   | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to  |             |             |  |  |
| 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  | 3           | 4           |  |  |
|  | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age   | 3           | 4           |  |  |
|  | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age   | 3           | 4           |  |  |
|  | Make water available both inside and outside   | 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  |             |             |  |  |
| NE1  | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  | 2           | 2           |  |  |
| NE2  | Require adults eating meals with children to eat items that meet nutrition standards   | 2           | 2           |  |  |
| NF1  | Serve small-sized, age-appropriate portions  | 4           | 4           |  |  |
| NF2  | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual   | 3           | 3           |  |  |
|  | child; Teach children who require limited portions about portion size and monitor their portions   | 3           |             |  |  |
|  | 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        |  |  |
| 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           | 4           |  |  |
|  | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so   | 2           | 2           |  |  |
|  | 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           | 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           | 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           | 4           |  |  |
| DE1  | 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           | 4           |  |  |
|  | ts on Screen-Time (n = 4)  | э           | 4           |  |  |
|  | Son Selection time (in -4)   | 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           | 4           |  |  |
|  | Do not utilize TV, video, or DVD viewing during meal or snack time   | 2           | 4           |  |  |
|  | Rating Code:   |             |             |  |  |
|  |  |             |             |  |  |

#### Rating Code

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

Texas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2021 (CTR, LRG, SML)

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

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

| Healthy Infant Feeding (n = 11) |   |             |             |  |  |
|---------------------------------|---|-------------|-------------|--|--|
|                                 |   | 2040        | 2024        |  |  |
| _                               | 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   | 4           | 4           |  |  |
|                                 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 4           | 4           |  |  |
|                                 | Feed infants on cue   | 4           | 4           |  |  |
| -                               | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 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           |  |  |
| 1                               | 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)  | ı           |             |  |  |
| 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   | 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  Some alving or 10' protectiving of wills to children two years of are and older.   |             |             |  |  |
| _                               | 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   | 3           | 4           |  |  |
| _                               | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 3           | 4           |  |  |
| _                               | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 3           | 4           |  |  |
|                                 | Make water available both inside and outside  | 3           | 4           |  |  |
| _                               | Limit salt by avoiding salty foods such as chips and pretzels   | 2           | 2           |  |  |
| NG2                             | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 1           | 3           |  |  |
| Healt                           | hy Mealtime Practices   |             |             |  |  |
| NE1                             | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 2           | 2           |  |  |
| NE2                             | Require adults eating meals with children to eat items that meet nutrition standards  | 2           | 2           |  |  |
| NF1                             | Serve small-sized, age-appropriate portions   | 4           | 4           |  |  |
| NF2                             | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual  | 3           | 3           |  |  |
|                                 | child; Teach children who require limited portions about portion size and monitor their portions  |             |             |  |  |
|                                 | Do not force or bribe children to eat   | 3           | 3           |  |  |
|                                 | Do not use food as a reward or punishment   | 3           | 3           |  |  |
| Phys                            | ical Activity (n = 11)  | <u> </u>    |             |  |  |
|                                 |   | 2010        | 2021        |  |  |
| PA1                             | Provide children with adequate space for both inside and outside play   | 2           | 4           |  |  |
| PA2                             | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  | 2           | 2           |  |  |
|                                 |   | 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  | 2           | 3           |  |  |
| _                               | 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           |  |  |
| PE2                             | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 2           | 3           |  |  |
| 1:                              |   |             |             |  |  |
| 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           | 3           |  |  |
| PB1<br>PB2                      | 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           |  |  |
| PB1<br>PB2<br>PB3               | 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<br>2<br>2 | 3<br>3<br>2 |  |  |
| PB1<br>PB2<br>PB3<br>PB4        | 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           |  |  |

|   | 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 only; revised |
| 2 | Regulation does not address standard | documents also were rated for CACFP changes.  |
| 1 | Regulation contradicts the standard  |   |
| 0 | State does not regulate care type    |   |

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

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

| Brea   | Ithy Infant Feeding (n = 11)  |   |   |
|--|---|---|---|
|  | astfeeding 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   |
|  | 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   | 4   |
| IB1  |   | 4   | 4   |
| IB2  | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 2   | 4   |
| IB3  | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap   | 3   | 3   |
| IC1  | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider   | 2   | 3   |
| IC2  | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age   | 2   | 4   |
| 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   | 4   |
| ID2  | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age  | 2   | 3   |
| ID3  | Serve no fruit juice to children younger than 12 months of age  | 2   | 4   |
| Nut  | rition (n = 21)   |   |   |
| Nutr   | rition 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   | 3   |
| NA3  |   | 2   | 3   |
| NA4  | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to   | 2   | 3   |
|  | those who are at risk for hypercholesterolemia or obesity   |   |   |
|  | Serve skim or 1% pasteurized milk to children two years of age and older  | 2   | 4   |
|  | Serve whole grain breads, cereals, and pastas   | 2   | 3   |
| NB2  | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 2   | 3   |
| NB3  | Serve fruits of several varieties, especially whole fruits  | 3   | 3   |
| NC1  | Use only 100% juice with no added sweeteners  | 2   | 4   |
| NC2  | Offer juice (100%) only during meal times   | 2   | 4   |
| NC3  | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 2   | 4   |
| NC4  | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 2   | 4   |
| ND1  | Make water available both inside and outside  | 3   | 4   |
| NG1  | Limit salt by avoiding salty foods such as chips and pretzels   | 2   | 2   |
| NG2  | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 2   | 3   |
| Heal   | thy Mealtime Practices  |   |   |
| NE1  | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs   | 2   | 2   |
| NE2  | Require adults eating meals with children to eat items that meet nutrition standards  | 2   | 2   |
| NF1  | Serve small-sized, age-appropriate portions   | 2   | 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  |   |   |
| NH1  | Do not force or bribe children to eat   | 3   | 3   |
| NH2  | Do not use food as a reward or punishment   | 3   | 3   |
| Phys   | sical Activity (n = 11)   |   |   |
|  |   | 2010  | 2021  |
| PA1  | Provide children with adequate space for both inside and outside play   | 2   | 4   |
| PA2  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  | 2   | 2   |
|  | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation   | 4   | 2   |
| PA3  | But the control of the character of the control of | 2   | 2   |
| PA3<br>PA4                                       | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  |   |   |
| PA4  | Do not withhold active play from children who misbehave   | 2   | 2   |
| PA4  |   | 2   | 3   |
| PA4<br>PA5                                       | Do not withhold active play from children who misbehave   |   |   |
| PA4<br>PA5<br>PC1<br>PC2                         | 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   |
| PA4<br>PA5<br>PC1<br>PC2<br>PC3                  | 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   | 3<br>4<br>3                                       |
| PA4<br>PA5<br>PC1<br>PC2<br>PC3                  | Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  | 2 2 2 2   | 3<br>4<br>3<br>2                                  |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1                      | 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<br>2<br>2<br>2<br>2                                       | 3<br>4<br>3<br>2<br>2                             |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 2 2 2 2   | 3<br>4<br>3<br>2                                  |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | 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<br>2<br>2<br>2<br>2                                       | 3<br>4<br>3<br>2<br>2                             |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi             | Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  its on Screen-Time (n = 4)   | 2<br>2<br>2<br>2<br>2                                       | 3<br>4<br>3<br>2<br>2                             |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1         | 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 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  its on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  | 2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2010<br>3           | 3<br>4<br>3<br>2<br>2<br>3                        |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2     | 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 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  its on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  Limit total media time for children 2 years and older to not more than 30 min. weekly   | 2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2010<br>3<br>3 | 3<br>4<br>3<br>2<br>2<br>2<br>3<br>2021<br>4<br>3 |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | 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 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  its on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  Limit total media time for children 2 years and older to not more than 30 min. weekly  Use screen media with children age two years and older only for educational purposes or physical activity  | 2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2010<br>3           | 3<br>4<br>3<br>2<br>2<br>3<br>2021<br>4           |
| PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB2 PB3  | 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 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  its on Screen-Time (n = 4)  Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  Limit total media time for children 2 years and older to not more than 30 min. weekly   | 2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2<br>2010<br>3<br>3 | 3<br>4<br>3<br>2<br>2<br>2<br>3<br>2021<br>4<br>3 |

|   | _ name could                         |   |
|---|--------------------------------------|---|
| 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 improvements only; revised |
| 2 | Regulation does not address standard | documents also were rated for CACFP changes.  |
| 1 | Regulation contradicts the standard  |   |
| 0 | State does not regulate care type    |   |

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

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

|      | thy Infant Feeding (n = 11)  |             |      |
|------|--|-------------|------|
|      |  | 2015        | 2021 |
|      | stfeeding Support  | <b>2010</b> | 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    |
|      | 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  | 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  | 2           | 2    |
|      | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age   | 1           | 3    |
| ID3  | Serve no fruit juice to children younger than 12 months of age   | 1           | 4    |
| Nuti | ition (n = 21)   |             |      |
| Nutr | ition Standards  | 2010        | 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            | 4           | 4    |
|      | those who are at risk for hypercholesterolemia or obesity  |             |      |
|      | Serve skim or 1% pasteurized milk to children two years of age and older   | 4           | 4    |
|      | Serve whole grain breads, cereals, and pastas  | 3           | 3    |
|      | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  | 3           | 3    |
|      | Serve fruits of several varieties, especially whole fruits   | 3           | 3    |
|      | Use only 100% juice with no added sweeteners   | 4           | 4    |
|      | Offer juice (100%) only during meal times  | 2           | 4    |
|      | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age   | 3           | 4    |
|      | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  Make water available both inside and outside   | 4           | 4    |
|      |  | 2           | 2    |
|      | Limit salt by avoiding salty foods such as chips and pretzels  Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1           | 3    |
|      | hy Mealtime Practices  | 1           | 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    |
|      | Permit children to have one or more 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           | 2    |
| PA3  | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  | 2           | 2    |
| PA4  | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so   | 2           | 2    |
| PA5  | Do not withhold active play from children who misbehave  | 4           | 4    |
| PC1  |  | 4           | 4    |
| PC2  | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity   | 3           | 3    |
| PC3  | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  | 3           | 3    |
| PD1  | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the       | 4           | 4    |
| DE1  | day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 3           | 3    |
|      | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 3           | 3    |
|      | ts on Screen-Time (n = 4)  | J           | 3    |
|      | Son Selection time (II - 4)  | 2010        | 2021 |
| PR1  | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  | 3           | 3    |
|      | Limit total media time for children 2 years and older to not more than 30 min. weekly  | 3           | 3    |
|      | Use screen media with children age two years and older only for educational purposes or physical activity  | 2           | 2    |
|      | Do not utilize TV, video, or DVD viewing during meal or snack time   | 2           | 2    |
|      | Rating Code:   | -           | _    |
|      | ··· ·····  |             |      |

Regulation fully meets standard Regulation partially meets standard 2 Regulation does not address standard Regulation contradicts the standard O State does not regulate care type

Virginia Regulation Rating History: 2010 (CTR); 2011 (LRG, SML); 2012\*(CTR, LRG, SML); 2017\*(CTR, LRG, SML)

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

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

|      | the latest Fooding (n = 44)  |      |      |
|------|--|------|------|
|      | thy Infant Feeding (n = 11)  | T    |      |
| _    | 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    |
| -    | 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    |
|      | 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    | 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   | 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   | 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    |
| NAS  | 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    |
|      |  | 2    | 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  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    |
|      |  | 2    | 2    |
|      | Limit salt by avoiding salty foods such as chips and pretzels  Avoid sugar including connected sugar supply codes supply c | 1    | 3    |
|      | 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 cizes by using plates, hould 8, curs that are developmentally suited to their putritional people.  | 2    | 3    |
|      | 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    |
| INFI | Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual  | 4    | 4    |
| NF2  | child; Teach children who require limited portions about portion size and monitor their portions   | 3    | 3    |
| NH1  | Do not force or bribe children to eat  | 2    | 3    |
| NH2  | 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    |
| PA4  | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so   | 2    | 4    |
| PA5  | Do not withhold active play from children who misbehave  | 2    | 4    |
| PC1  | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting   | 3    | 3    |
|      | 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    |
|      | day—indoor or outdoor  |      |      |
|      | Ensure that infants have supervised tummy time every day when they are awake   | 2    | 4    |
|      | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  | 2    | 3    |
| Limi | ts on Screen-Time (n = 4)  |      |      |
|      |  | 2010 | 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  | 3    | 3    |
| PB3  | Use screen media with children age two years and older only for educational purposes or physical activity  | 4    | 4    |
|      | December 1971 - The Color of District Color of Color of Color of Color   | 2    | 4    |
| PB4  | Do not utilize TV, video, or DVD viewing during meal or snack time   | 2    |      |

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

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

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

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

| ### Residencing specified in a product of the product of the product of the product on other section of the product on other section is provided.    10  |      | thy Infant Feeding (n = 11)   |      |      |
|--|------|---|------|------|
| Math   Textical protections   2   2   2   2   2   2   2   2   2  |      |   | 2010 | 2024 |
| Inflant   Secret   Commission   Commissio    |      |   |      |      |
| Max   Sear Inhaman Milk confined formula to at least age 2.2 and 2.5 and 3.2 and 3.2 and 3.3   |      |   | 2    |      |
| 18   18   18   18   18   18   18   18  |      |   | 2    | 2    |
| Init   Description   Process   Pro   |      |   |      |      |
| IRIS   Incident   In   |      |   |      |      |
| Inc.   Develop plant for introducing age-appropriate solid floods in consultation with child's parent/guedan and primary care providers   2   2  |      |   |      |      |
| Company   Comp   |      |   |      |      |
| Col.   Throughout be breastfed infraints gradually to pron-fording footis no soorer than four momits of age, but preferably account six moments   2   2   2   2   2   2   2   2   2  |      |   |      |      |
| 10    Serve in hor fulls, mashed or pureed, for inflants / Trouths or Joy or of age   2   2   2   2   3   3   3   3   3   3  |      |   |      | 2    |
| 103   Seven for furth further to children younger than 12 months of age   2   2   2   2   2   2   3   3   3   3  |      |   | 2    | 2    |
| Nutrition Standards  | ID2  | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age  | 2    | 2    |
| Nutrition   Standards  | ID3  | Serve no fruit juice to children younger than 12 months of age  | 2    | 2    |
| NAI I Int 10 bit by choosing monomentaturated and polymunstructed fats and avoiding trans fats, saturated fits and fixed floods  Als Sever meast and for beans: children, fink, lean meat, and and for feagures (busines, fink) flooring and and for feagures (busines, fink) flooring and and for feagures (busines, fink) flooring and for feagures (busines, fink) flooring and for feagures (busines for 2 years of age and other  And Sever whore pastructed milk to children to vary common old children who are not in human milk or prescribed formula, or serve reduced fat (2hl) pastructed milk to be a common of the pastructed milk to children to vary sor day age and other  And Sever whore grain breads, creats, and pastras  Als Sever human of several varieties, especially whole finits  Als Sever human of several varieties, especially whole finits  Als Sever human of several varieties, especially whole finits  Als Sever human of several varieties, especially whole finits  Als Sever normore than 8 to 21 ce pixely five finited in 5 years of age  Als Sever normore than 8 to 21 ce pixely five finited in 5 years of age  Als Sever normore than 8 to 21 ce pixely five finited in 5 years of age  Als Sever normore than 8 to 21 ce pixely five finited in 5 years of age  Als Sever normore than 8 to 21 ce pixely five finited in 5 years of age  Als Sever normore than 8 to 21 ce pixely five finited in 5 years of age  Als Sever normore than 8 to 21 ce pixely five finited in 5 years of age  Als Sever normore than 8 to 21 ce pixely five finited in 5 years of age  Als Sever normore than 8 to 21 ce pixely five finited in 5 years of age  Als Sever normore than 8 to 21 ce pixely five finited in 5 years of age  Als Sever normore than 8 to 21 ce pixely five finited in 5 years of age  Als Sever normore than 8 to 3 ce pixely finited finited by the seven | Nuti | ition (n = 21)  |      |      |
| No.  | Nutr | ition Standards   | 2010 | 2021 |
| NAS   Serve whem   like quivil when products is yought, cottage cheesel, using look-fat varieties for 2 years of age and older   2   2   2   2   3   3   3   3   3   3   | NA1  | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods           | 2    | 2    |
| No.         Serve whole pasteurized milk to twelve to twenty-four morth old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to 2         2           NAS         Serve we kinn or 1% pasteurized milk to children two years of age and older         2         2           NAS         Serve ve skinn or 1% pasteurized milk to children two years of age and older         2         2           NAS         Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas         2         2           NAS         Serve rusts of serveral varieties, especially whole fusts         2         2           NAS         Serve rusts of serveral varieties, especially whole fusts         2         2           NAS         Serve rusts of serveral varieties, especially whole fusts         2         2           NAS         Serve rusts of server rusts of serveral varieties, especially whole fusts         2         2           NAS         Serve rusts of server rusts of server rusts of several varieties, especially whole fusts         2         2         2           NAS         Server rusts of server r   | NA2  | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats             | 2    | 2    |
| Name      | NA3  |   | 2    | 2    |
| No.   Serve sind in 19   Speak part at 16 for hypercholecterole   | NA4  |   | 2    | 2    |
| NBI   Serve whole grain breads, cereals, and pastas   2   2   2   2   3   3   3   3   3   3  |      |   |      |      |
| No.  |      |   |      |      |
| NB3 Sever funits of several varieties, especially whole fruits         2         2           CII Use only 100% juice with no added sweeteners         2         2           NC3 Offer juice (100%) juich with no added sweeteners         2         2           NC3 Offer juice (100%) only during meal times         2         2           NC3 Seve no more than 8 to 10 zo juice/day for children 7-12 years of age         2         2           NC4 Seve no more than 8 to 10 zo juice/day for children 7-12 years of age         2         2           ND1 Make water available both inside and outside         3         3           NC2 Including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         3         3           NC2 Require adults eating meals with children to eat items that meet nutrition standards         2         2           NC2 Require adults eating meals with children to eat items that meet nutrition standards         2         2           NC2 Require adults eating meals with children to eat items that meet nutrition standards         2         2           NC2 Require adults eating meals with children to eat terms that meet nutrition standards         2         2           NC2 Require adults eating meals with children to be accessed to the nutrition standards         2         2           NC2 Require adults eating meals with children to eat the mean standard and annutrition standards   |      |   |      |      |
| NCI         Use only 100% jucke with no added sweteners         2         2           NCI         Offen juice (100%) only during meal times         2         2           NC3         Serve no more than a to 6 or juice/day for children 1-6 years of age         2         2           NC3         Serve no more than 8 to 12 oz juice/day for children 7-12 years of age         2         2           NC3         Serve no more than 8 to 12 oz juice/day for children 1-6 years of age         3         3           NCI         Interest and the stand by avoiding salty foods such as chips and pretzels         3         3           NCI         The Stand indicting concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         3         3           NCI         The Stack children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs         2         2           NCI         The Stack children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs         2         2           NCI         The Stack children appropriate portion sizes by using plates, bowls & cups that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual of the stand stan   |      |   |      |      |
| NC2   Offer juice (100%) only during meal times  |      |   |      |      |
| NG3         Save no more than 4 to 5 oz julice/day for children 7-12 years of age         2         2           NG4         Serve no more than 8 to 12 oz julice/day for children 7-12 years of age         2         2           ND1         Make water available both inside and outside         3         3           NG2         Junity salty pavoiding salty foods such as chips and pretzles         3         3           NG2         Avoid suage, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         3         3           NG2         Avoid suage, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         2         2           NG2         Avoid suage, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         3         3           NG2         Avoid suage, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk         3         2         2           NE2         Reculted children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs         2         2         2           NE1         Teach children with a developmentally suited by the nutrition standards         2         2         2           NE1         Teach children whore require limited oritions standards         2 </td <td></td> <td></td> <td></td> <td></td>   |      |   |      |      |
| NCC   Serve no more than 8 to 12 or juice/day for children 7-12 years of age   2   3   3   3   3   3   3   3   3   3   |      |   |      |      |
| NDI   Make water available both inside and outside   3   3   3   3   3   3   3   3   3   |      |   |      |      |
| Initis salt by avoiding salty foods such as chips and pretzels   3   3   3   3   3   3   3   3   3   |      |   |      |      |
| Note   Note   Avoid sugar, including concentrated sweets such as candy, sodas, sweetneed drinks, fruit nectars, and flavored milk   Note   N   |      |   |      |      |
| Healthy Mealtime Practices  NEI   Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  2 2 2  NEI 2 Require adults eating meals with children to eat terms that meet nutrition standards  2 2 2  NEI 2 Require adults eating meals with children to eat terms that meet nutrition standards  3 2 2  NEI 2 Require adults eating meals with children to eat terms that meet nutrition standards  3 2 2  NEI 2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children to require limited portions about portion size and monitor their portions  NII D not force or bribe children to eat  3 3 3  NII D not force or bribe children to eat  5 2 2  NII D not force or bribe children to eat  5 2 2  NII D Notice food as a reward or punishment  7 2 20  NII D Notice food as a reward or punishment  7 3 20  NII D Notice food as a reward or punishment  7 4 20  Provide children with a dequate space for both inside and outside play  7 4 2 Provide children with a dequate space for both inside and outside play  8 2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  9 2 Provide orientation and annual training opportunities for caregivers/teachers to physical activity participation  9 2 2 2  PRAI D Provide children point on physical activity and the removal of potential barriers to physical activity participation  9 2 2 2  PRAI D Provide children point to provide children's active play and participate in active games at times when they can safely do so  9 2 2 2  PRAI D Provide daily for all children, pinth to 6 seyact, wot or more structured or caregiver/ teacher/ adult-led act |      |   |      |      |
| NEI   Require adults eating meals with children to eat items that meet nutrition standards   2   2   2   2   2   2   2   2   2   |      |   |      |      |
| NF1   Serve small-sized, age-appropriate portions   2   2   2   2   2   2   2   2   2  | NE1  | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2    | 2    |
| 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   2   2   3   3   3   3   3   3   | NE2  | Require adults eating meals with children to eat items that meet nutrition standards  | 2    | 2    |
| NHZ   Do not force or bribe children on the center of the children to eat   3   3   3   3   3   3   3   3   3  | NF1  |   | 2    | 2    |
| child: Teach children who require limited portions about portion size and monitor their portions  NHL Do not force or bribe children to eat a  NHL Do not use food as a reward or punishment  PAI Provide children with adequate space for both inside and outside play  PAI Provide children with adequate space for both inside and outside play  PAI Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  PAI Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PAI Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PAI Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PAI Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  PAI Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  PAI Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PAI Require caregivers/ teachers to promote movement over the course of the day—indoor or outdoor  PAI Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PAI Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PAI Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  PAI Prov | NF2  |   | 2    | 2    |
| NH2   Do not use food as a reward or punishment   3   3   3   3   3   3   3   3   3  |      |   |      |      |
| Physical Activity (n = 11)  PA1 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 PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so 2 PA5 Do not withhold active play from children who misbehave 4 PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3 3 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 Brain that infants have supervised tummy time every day when they are awake 9 Brain that infants have supervised tummy time every day when they are awake 9 Brain that infants have supervised tummy time every day when they are awake 9 Brain tequipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 1 Brain tequipment such as swings, stationary activity centers, infant seats, molded seats, et | _    |   |      |      |
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| PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 2 2 PA5 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so 2 2 PA5 Do not withhold active play from children who misbehave 4 4 4 PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3 3 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 4 3 3 3 PC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 4 3 3 3 PC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 4 3 3 3 PC8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 4 2 2 PC8 Description of the provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day-indoor or outdoor 4 2 2 2 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 1 1 PC8 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 1 3 3 3 PC8 Limit total media time for children 2 years and older to not more than 30 min. weekly 3 3 3 PC9 Do not utilize TV, video, or DVD viewing during meal or snack time  | PA1  | Provide children with adequate space for both inside and outside play   | 4    | 4    |
| PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  PA5 Do not withhold active play from children who misbehave  PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  RC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  RC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  RC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  RC5 Is infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PC5 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PC6 Is infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PC7 Is infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PC8 Is infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PC9 Is infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PC9 Is infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PC9 Is infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  P |      |   |      |      |
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| PD1 day—indoor or outdoor  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  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  PB4 Do not utilize TV, video, or DVD viewing during meal or snack time  | PC3  |   | 3    | 3    |
| 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     1     1       Limit s on Screen-Time (n = 4)       PB1     Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years     3     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   | PD1  |   | 2    | 2    |
| PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  Limits on Screen-Time (n = 4)  PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years  PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly  PB3 Use screen media with children age two years and older only for educational purposes or physical activity  PB4 Do not utilize TV, video, or DVD viewing during meal or snack time  | PF1  |   | 2    | 2    |
| Limits 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   |      |   |      |      |
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| 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   |      |   | 2010 | 2021 |
| PB2Limit total media time for children 2 years and older to not more than 30 min. weekly33PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time22  | PB1  | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years                   |      |      |
| 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   |      |   |      |      |
| PB4     Do not utilize TV, video, or DVD viewing during meal or snack time     2     2   |      |   | 2    |      |
| Rating Code:   |      |   | 2    |      |
|  |      | Rating Code:  |      |      |

West Virginia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR); 2017 (LRG, SML) Regulation fully meets standard Regulation partially meets standard 2 Regulation does not address standard Regulation contradicts the standard 0 State does not regulate care type

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

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

|  | 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   | 0   |
|  | 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   | 0   |
| IB1  | Feed infants on cue  | 4   | 0   |
| IB2  | Do not feed infants beyond satiety; Allow infant to stop the feeding   | 4   | 0   |
| IB3  | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap  | 3   | 0   |
| IC1  | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider  | 3   | 0   |
| IC2  | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age  | 3   | 0   |
| IC3  | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months  | 3   | 0   |
| ID1  | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction  | 2   | 0   |
| ID2  | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age   | 1   | 0   |
| ID3  | Serve no fruit juice to children younger than 12 months of age   | 1   | 0   |
| 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   | 0   |
| NA2  | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats  | 3   | 0   |
| NA3  | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older   | 3   | 0   |
| NA4  | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to  | 2   | 0   |
|  | those who are at risk for hypercholesterolemia or obesity  |   |   |
|  | Serve skim or 1% pasteurized milk to children two years of age and older   | 2   | 0   |
|  | Serve whole grain breads, cereals, and pastas  | 3   | 0   |
| NB2  | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas  | 3   | 0   |
|  | Serve fruits of several varieties, especially whole fruits   | 3   | 0   |
| _  | Use only 100% juice with no added sweeteners   | 4   | 0   |
|  | Offer juice (100%) only during meal times  | 2   | 0   |
| NC3  | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age   | 3   | 0   |
| NC4  | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age   | 3   | 0   |
| ND1  | Make water available both inside and outside   | 4   | 0   |
| NG1  | Limit salt by avoiding salty foods such as chips and pretzels  | 2   | 0   |
| NG2  | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk  | 1   | 0   |
| Healt  | hy Mealtime Practices  |   |   |
| NE1  | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs  | 2   | 0   |
| NE2  | Require adults eating meals with children to eat items that meet nutrition standards   | 2   | 0   |
| NF1  | Serve small-sized, age-appropriate portions  | 4   | 0   |
| NF2  | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual   | 3   | 0   |
|  | child; Teach children who require limited portions about portion size and monitor their portions   |   |   |
| _  | Do not force or bribe children to eat  | 3   | 0   |
|  | Do not use food as a reward or punishment  | 3   | 0   |
| Phys   | ical Activity (n = 11)   |   |   |
| _  |  |   |   |
|  |  | 2010  | 2021  |
|  | Provide children with adequate space for both inside and outside play  | <b>2010</b>   | <b>2021</b>   |
| 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<br>PA2   |  | 2 2   | 0   |
| PA1<br>PA2   | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity   | 2   | 0   |
| PA1<br>PA2<br>PA3<br>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  Do not withhold active play from children who misbehave   | 2 2   | 0 0   |
| PA1<br>PA2<br>PA3<br>PA4                                     | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  | 2<br>2<br>2   | 0<br>0<br>0<br>0  |
| 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  Do not withhold active play from children who misbehave   | 2<br>2<br>2<br>2<br>4   | 0<br>0<br>0<br>0  |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2                                  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  | 2<br>2<br>2<br>2<br>4<br>3  | 0<br>0<br>0<br>0<br>0   |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3                              | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the  | 4<br>2<br>2<br>2<br>4<br>3<br>3<br>3                                  | 0<br>0<br>0<br>0<br>0<br>0<br>0   |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3                              | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  | 4<br>2<br>2<br>2<br>4<br>3<br>3<br>3<br>2                             | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0  |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1                          | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 4<br>2<br>2<br>2<br>4<br>3<br>3<br>3<br>2                             | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0   |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 4<br>2<br>2<br>2<br>4<br>3<br>3<br>3<br>2                             | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0  |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2                  | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  | 4<br>2<br>2<br>2<br>4<br>3<br>3<br>3<br>2<br>4<br>2                   | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0   |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi             | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  ts on Screen-Time (n = 4)  | 4<br>2<br>2<br>2<br>4<br>3<br>3<br>3<br>2<br>4<br>2                   | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0  |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi             | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  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<br>2<br>2<br>2<br>4<br>3<br>3<br>3<br>2<br>4<br>2                   | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0   |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2     | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  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<br>2<br>2<br>4<br>3<br>3<br>3<br>2<br>4<br>2<br>2010<br>3<br>3      | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0   |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  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<br>2<br>2<br>4<br>3<br>3<br>3<br>2<br>4<br>2<br>2010<br>3<br>3<br>3 | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0 |
| PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation  Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  Do not withhold active play from children who misbehave  Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity  Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor  Ensure that infants have supervised tummy time every day when they are awake  Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all  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<br>2<br>2<br>4<br>3<br>3<br>3<br>2<br>4<br>2<br>2010<br>3<br>3      | 0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0<br>0   |

Wisconsin Regulation Rating History: 2010 (CTR, LRG, SML); 2012\* (LRG, SML); 2019 (CTR, SML) Regulation fully meets standard Regulation partially meets standard NOTES: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes. WI LRG ratings removed in ASHW 2019 due to ASHW Policy Change (see Introduction) 2 Regulation does not address standard Regulation contradicts the standard 0 State does not regulate care type

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

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

| 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  | 2    | 2    |
| Infar | nt Feeding Practices  |      |      |
| IA2   | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided  | 2    | 2    |
| IB1   | Feed infants on cue   | 4    | 4    |
| IB2   | Do not feed infants beyond satiety; Allow infant to stop the feeding  | 2    | 2    |
| IB3   | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap   | 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    |
| ID3   | Serve no fruit juice to children younger than 12 months of age  | 2    | 2    |
| Nuti  | 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    | 2    |
| NA2   | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats   | 2    | 2    |
| NA3   | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older  | 2    | 2    |
| NA4   | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to   | 2    | 2    |
|       | those who are at risk for hypercholesterolemia or obesity   |      |      |
|       | Serve skim or 1% pasteurized milk to children two years of age and older  | 2    | 2    |
|       | Serve whole grain breads, cereals, and pastas   | 2    | 2    |
|       | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas   | 2    | 2    |
|       | Serve fruits of several varieties, especially whole fruits  | 2    | 2    |
|       | Use only 100% juice with no added sweeteners  | 2    | 2    |
|       | Offer juice (100%) only during meal times   | 2    | 2    |
|       | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age  | 2    | 2    |
|       | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age  | 2    | 2    |
|       | Make water available both inside and outside  | 2    | 2    |
|       | Limit salt by avoiding salty foods such as chips and pretzels   | 2    | 2    |
|       | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk   | 2    | 2    |
|       | thy Mealtime Practices  | _    | 2    |
|       | 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    |
| INFI  | Serve small-sized, age-appropriate portions  Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual | 2    | 4    |
| NF2   | child; Teach children who require limited portions about portion size and monitor their portions  | 2    | 3    |
| NH1   | Do not force or bribe children to eat   | 4    | 3    |
| NH2   | Do not use food as a reward or punishment   | 3    | 3    |
|       | sical Activity (n = 11)   |      |      |
|       |   | 2010 | 2021 |
| PA1   | Provide children with adequate space for both inside and outside play   | 4    | 4    |
|       |   | 3    | 3    |
| raz   | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity  | 3    | 3    |
| PA3   | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation   | 2    | 2    |
| PA4   | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so  | 2    | 2    |
| PA5   | Do not withhold active play from children who misbehave   | 3    | 3    |
| PC1   | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting  | 2    | 3    |
| PC2   | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity  | 2    | 2    |
| PC3   | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity   | 2    | 2    |
| PD1   | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the  | 2    | 2    |
|       | day—indoor or outdoor   |      |      |
|       | Ensure that infants have supervised tummy time every day when they are awake  | 2    | 2    |
|       | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all   | 3    | 3    |
| LIMI  | its on Screen-Time (n = 4)  | 2012 | 2024 |
|       |   | 2010 | 2021 |
|       | 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 aldo to not more than 20 min, wealth.                    | 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 moder crack time  | 2    | 2    |
|       | Do not utilize TV, video, or DVD viewing during meal or snack time  Rating Code:  | 2    | 2    |

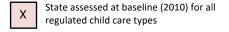
|   | Rating Code:                         |   |
|---|--------------------------------------|---|
| 4 | Regulation fully meets standard      | Wyoming Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML)   |
| 3 | Regulation partially meets standard  | NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised |
| 2 | Regulation does not address standard | documents also were rated for CACFP changes.  |
| 1 | Regulation contradicts the standard  |   |
| 0 | State does not regulate care type    |   |

# **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     |        |        |        |        |
|----------------------|--------|--------|-----|--------|--------|--------|--------|--------|--------|--------|--------|--------|----------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| Chaha                | 2      | 2      | 2   | 2      | 2      | 2      | 2      | 2      | 2      | 2      | 2      | 2      | Chata          | 2      | 2      | 2      | 2      | 2      | 2      | 2      | 2      | 2      | 2      | 2      | 2      |
| State                | 1<br>0 | 1<br>1 | 1 2 | 1<br>3 | 1<br>4 | 1<br>5 | 1<br>6 | 1<br>7 | 1<br>8 | 1<br>9 | 2<br>0 | 2<br>1 | State          | 1<br>0 | 1<br>1 | 1<br>2 | 1<br>3 | 1<br>4 | 1<br>5 | 1<br>6 | 1<br>7 | 1<br>8 | 1<br>9 | 2<br>0 | 2<br>1 |
| Alabama              | Х      |        | Х   |        |        |        |        |        | Х      | Х      |        | Х      | Montana        | Х      |        | Х      |        |        |        |        | Х      |        |        |        | Х      |
| Alaska               | X      |        | Х   |        |        |        |        | Х      |        |        |        |        | Nebraska       | Х      |        | Х      | Х      |        |        |        | Χ      |        |        |        |        |
| Arizona              | X      | X      |     |        |        |        |        |        |        | X      | X      |        | Nevada         | X      |        | X      |        |        |        |        |        | X      |        |        |        |
| Arkansas             | X      | X      |     |        |        | X      |        | X      |        |        | X      |        | New Hampshire  | X      |        |        |        |        |        |        | X      |        |        |        |        |
| California           | X      |        | X   |        |        |        |        | X      |        |        |        |        | New Jersey     | X      |        |        | X      |        |        |        | X      |        |        |        |        |
| Colorado             | X      |        | Х   |        |        | Х      | Х      | Х      |        |        |        | Х      | New Mexico     | Х      |        | Χ      |        | Χ      |        |        | Χ      |        |        |        |        |
| Connecticut          | Х      |        | Х   |        |        |        |        | X      |        |        |        | X      | New York       | X      |        |        |        | X      | X      |        | X      |        |        |        |        |
| Delaware             | X      |        | X   |        |        | X      |        | X      |        | X      | X      | X      | North Carolina | X      |        | X      | X      |        |        |        | X      | X      |        |        |        |
| District of Columbia | X      |        |     |        |        |        | X      | X      |        |        |        |        | North Dakota   | X      | X      |        | X      |        |        |        |        |        |        | X      |        |
| Florida              | Х      |        | Х   | Х      |        |        |        | Х      |        | Х      |        |        | Ohio           | Х      |        | X      |        |        |        | Х      |        |        |        |        | Х      |
| Georgia              | X      |        | Х   |        | Х      |        |        | Х      |        |        | X      |        | Oklahoma       | Х      |        |        |        |        |        | Х      | Χ      |        |        |        |        |
| Hawaii               | X      |        | X   |        |        |        |        | X      |        |        |        |        | Oregon         | X      |        | X      |        |        |        |        | X      |        |        |        | X      |
| Idaho                | X      |        |     |        |        |        |        |        |        |        |        |        | Pennsylvania   | X      |        |        |        |        |        |        |        |        |        | X      |        |
| Illinois             | X      |        |     |        | X      |        |        |        |        |        |        |        | Rhode Island   | X      |        | X      | X      |        |        |        | X      |        |        |        | X      |
| Indiana              | Х      |        |     |        |        |        |        |        |        |        |        |        | South Carolina | X      |        | X      |        |        |        |        | X      |        |        |        |        |
| lowa                 | X      |        | X   |        |        |        |        | X      |        |        |        |        | South Dakota   | X      |        |        |        |        |        |        |        |        |        |        |        |
| Kansas               | X      |        | X   | X      |        |        |        |        |        |        |        |        | Tennessee      | X      |        |        |        |        |        |        |        | X      |        |        |        |
| Kentucky             | X      |        |     | X      |        |        |        |        | X      |        |        | X      | Texas          | X      |        | X      |        | X      |        |        |        |        |        |        | X      |
| Louisiana            | X      |        | X   |        |        | X      |        | Х      |        |        |        | X      | Utah           | X      |        | X      |        |        |        |        | X      |        |        |        |        |
| Maine                | X      |        | X   |        |        |        |        | X      |        |        |        | X      | Vermont        | X      |        |        |        |        |        | X      | X      |        |        |        |        |
| Maryland             | X      |        | X   |        |        | Х      |        | Х      |        |        |        |        | Virginia       | Х      |        | Χ      |        |        |        |        | Х      |        |        |        |        |
| Massachusetts        | X      |        |     |        |        |        |        |        |        |        |        |        | Washington     | X      |        | X      |        |        |        |        | X      |        | X      |        |        |
| Michigan             | X      |        | X   |        | X      |        |        | X      |        | X      |        |        | West Virginia  | X      |        | X      |        | X      |        |        |        |        |        |        |        |
| Minnesota            | X      |        | Х   |        |        |        |        | Х      |        |        |        |        | Wisconsin      | Х      |        | Х      |        |        |        |        |        |        | X      |        |        |
| Mississippi          | X      |        | X   | X      |        |        |        |        |        |        | Х      |        | Wyoming        | X      |        | X      | Χ      |        |        |        |        |        |        |        |        |
| Missouri             | X      |        |     |        |        |        | X      |        |        |        |        |        |                |        |        |        |        |        |        |        |        |        |        |        |        |



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

X State assessed due to National CACFP updates

| State | Regulation Document Title  For links to states' documents, click here  | Document<br>Date | ASHW<br>Assessment | Child Care Types<br>Covered by<br>Document |     |     |  |
|-------|--|------------------|--------------------|--|-----|-----|--|
| AL    | Alabama  |                  | Year               | CTR  | LRG | SML |  |
| AL    | Minimum Standards for Family Day Care Homes, Family Nighttime Homes, Group   | 1/22/2001        | 2010               |  | Х   | X   |  |
|       | Day Care Homes, and Group Nighttime Homes Regulations and Procedures   |                  | 2010               | V  |     |     |  |
|       | Minimum Standards for Day Care Centers and Nighttime Centers  Minimum Standards for Family Day Care Homes, Family Nighttime Homes, Group   | 1/22/2001        | 2010               | Х  |     |     |  |
|       | 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               | X  |     |     |  |
|       | 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   | х   |  |
| AK    | Alaska   |                  |                    |  |     |     |  |
|       | Title 7 AAC 57- Child Care Facilities Licensing  | 6/23/2006        | 2010               | Х  | Х   | Х   |  |
| AZ    | Arizona  |                  |                    |  |     |     |  |
|       | 9 A.A.C. 3, Arizona Dept. of Health Services, Child Care Group Homes   | 9/01/2004        | 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 (document and associated ratings removed from ASHW assessment in 2015, retroactive to 2010) | 5/19/1999        | 2010               |  |     |     |  |
|       | Arizona Bureau of Child Care Licensing for Child Care Group Homes  | 9/2011           | 2011               |  | Х   |     |  |
|       | Arizona Administrative Code and Arizona Revised Statues for Child Care Facilities (Title 9 Ch 5)   | 12/05/2018       | 2019               | Х  |     |     |  |

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| State         | Regulation Document Title  For links to states' documents, click here                                 | Document<br>Date | ASHW<br>Assessment | C   | d Care To<br>Overed b<br>Oocumer | ру  |
|---------------|---|------------------|--------------------|-----|----------------------------------|-----|
|               |   |                  | Year               | CTR | LRG                              | SML |
| AZ<br>(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   |
| CA            | California  |                  |                    |     |                                  |     |
|               | Title 22, Division 12, Chapter 1, Articles 1, 2 - Child Care Centers General Licensing Requirements   | 6/15/2005        | 2010               | X   |                                  |     |
|               | 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   |                                  |     |

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|---------------|--|-----------------------|--------------------|--|-----|-----|--|
|               |  |                       | Year               | CTR  | LRG | SML |  |
| CA<br>(con't) | Community Care Licensing Division Child Care Update - Winter/Spring 2011               | Winter/Spring<br>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               |  | Χ   |     |  |
|               | Rules for Family Child Care Homes  | 1/1/2009              | 2010               |  |     | Х   |  |
|               | Regulations for Early Care and Education and School-Age Centers                        | 7/1/2015              | 2015               | Χ  |     |     |  |
|               | Delacare Regulations for Family and Large Family Child Care Homes                      | 7/2017                | 2017               |  | Х   | Х   |  |
|               | Delacare: Regulations for Early Care and Education and School-Age Centers              | 5/1/2019              | 2019               | Х  |     |     |  |

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|---------------|---|------------------|--------------------|--|-----|-----|
|               |   |                  | Year               | CTR  | LRG | SML |
| DE<br>(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   | Х   |
|               | Chapter 65C-22 Child Care Standards (ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)  | 1/13/2010        | 2010               | Х  |     |     |
|               | 2012 Florida Child Care Statutes Section 402  | 2012             | 2012               | Х  | Х   | Х   |
|               | Chapter 65C-22 Florida Administrative Code Child Care Standards   | 8/2013           | 2013               | Х  |     |     |
|               | Chapter 65C-22 Florida Administrative Code Child Care Standards   | 8/2013           | 2017               | Х  |     |     |
|               | Chapter 65C-22 Child Care Standards   | 10/25/2017       | 2017               | Х  |     |     |
|               | Child Care Facility Handbook  | 10/2017          | 2017               |  | Х   | Х   |
|               | Chapter 65C-20 Family Day Care Standards and Large Family Child Care Homes  | 10/25/2017       | 2017               |  | Х   | Х   |
|               | Family Day Care Home and Large Family Child Care Home Handbook  | 5/2019           | 2019               |  | Х   | Х   |
| GA            | Georgia   |                  |                    |  |     |     |
|               | Rules and Regulations for Child Care Learning Centers   | 1/1/2010         | 2010               | Χ  |     |     |
|               | Rules and Regulations for Group Day Care Homes  | 1/1/2010         | 2010               |  | Х   |     |
|               | Rules and Regulations for Family Day Care Homes   | 1/1/2010         | 2010               |  |     | Х   |

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|---------------|---|------------------|--------------------|--|-----|-----|
|               |   |                  | Year               | CTR  | LRG | SML |
| GA<br>(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  |     |     |

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|  |  | Year                            | CTR   | LRG   | SML   |
| 1000   | 2/1/2212   | 2212                            |   |   |   |
| ·  |  |                                 | Х   |   |   |
|  |  |                                 |   |   | Х   |
| Chapter 109: Child Care Centers  | 5/1/2012   | 2012                            | Х   | Х   |   |
| 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   | X   |
| 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   |
| 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   |   |
| 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                            | Χ   |   |   |
|  | Iowa Chapter 109: Child Care Centers Chapter 110: Child Development Homes Chapter 109: Child Care Centers Kansas Regulations for Licensing Preschools and Child Care Centers Regulations for Licensing Day Care Homes and Group Day Care Homes Regulations for Licensing Preschools and Child Care Centers Regulations for Licensing Preschools and Child Care Centers Regulations for Licensing Day Care Homes and Group Day Care Homes Kansas Laws and Regulations for Licensing Day Care Homes and Group Day Care Homes for Children  Kentucky  922 KAR 2:100 Certification of Family Child Care Homes 922 KAR 2:120 Child Care Facility Health and Safety Standards 922 KAR 2:120. Child-care Center Health and Safety Standards 922 KAR 2:120. Child-care Center Health and Safety Standards 922 KAR 2:120. Child-care Center Health and Safety Standards 922 KAR 2:120 - Child-care Center Health and Safety Standards 922 KAR 2:120 - Child-care Center Health and Safety Standards 922 KAR 2:120 - Child-care Center Health and Safety Standards 924 KAR 2:120 - Child-care Center Health and Safety Standards 925 KAR 2:120 - Child-care Center Health and Safety Standards 926 KAR 2:120 - Child-care Center Health and Safety Standards 927 KAR 2:120 - Child-care Center Health and Safety Standards 928 KAR 2:120 - Child-care Center Health and Safety Standards 929 KAR 2:120 - Child-care Center Health and Safety Standards 920 KAR 2:120 - Child-care Center Health and Safety Standards 921 KAR 2:120 - Child-care Center Health and Safety Standards 922 KAR 2:120 - Child-care Center Health and Safety Standards | Chapter 109: Child Care Centers | Regulation Document Title For links to states' documents, click tere  Iowa  Chapter 109: Child Care Centers Chapter 110: Child Development Homes Chapter 109: Child Care Centers Soft/2012  Kansas Regulations for Licensing Preschools and Child Care Centers Regulations for Licensing Day Care Homes and Group Day Care Homes Regulations for Licensing Preschools and Child Care Centers Regulations for Licensing Day Care Homes and Group Day Care Homes Regulations for Licensing Day Care Homes and Group Day Care Homes Regulations for Licensing Day Care Homes and Group Day Care Homes Regulations for Licensing Day Care Homes and Group Day Care Homes Restrucky Restrucky Restrucky Restrucky Restrucky Restrucky Restrucky Restruction of Family Child Care Homes Restruction of Family Child Care | Regulation Document Title For links to states' documents, click here    Document Date   Document Year | Regulation Document Title For links to states' documents, click acre.    Document Date   Document Section |

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|-------|--|------------------|--------------------|--|-----|-----|
|       |  |                  | 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              | Χ  |     |     |
|       | 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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|-------|--|------------------|--------------------|--|-----|-----|
|       |  |                  | Year               | CTR  | LRG | SML |
| MS    | Mississippi  |                  |                    |  |     |     |
|       | Regulations Governing Licensure of Child Care Facilities   | 7/1/2009         | 2010               | Χ  |     |     |
|       | 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               | X  |     |     |
|       | 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  | Χ   | Χ   |
| NH    | New Hampshire   |                  |                    |  |     |     |
|       | Child Care Program Licensing Rules  | 2008-2016        | 2010               | Х  | Χ   | 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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Color Code: Update years highlighted as follows: **2010** 

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| A IV  |  |                  | 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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| ND<br>(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   | Х   |
| ОК            | Oklahoma  |                  |                    |  |     |     |
|               | Licensing Requirements for Child Care Centers                                 | 10/1/2009        | 2010               | Х  |     |     |
|               | Licensing Requirements for Family Child Care Homes and Large Child Care Homes | 7/1/2010         | 2010               |  | Х   | Х   |
|               | Licensing Requirements for Child Care Programs                                | 11/1/2016        | 2016               | Х  |     |     |
|               | Licensing Requirements for Family Child Care Homes and Large Child Care Homes | 11/1/2016        | 2016               |  | Х   | Х   |
| OR            | Oregon  |                  |                    |  |     |     |
|               | Rules For Certified Child Care Centers  | 1/1/2010         | 2010               | Χ  |     |     |
|               | 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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|               |   |                  | Year               | CTR  | LRG | SML |
| OR<br>(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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| G.D.  |   |                  | 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               |  |     | х   |
| TN    | Tennessee   |                  |                    |  |     |     |
|       | Chapter 1240-4-1 Standards for Group Child Care Homes   | 3/14/2009        | 2010               |  | Х   |     |
|       | Chapter 1240-4-3 Licensure Rules for Child Care Centers   | 3/14/2009        | 2010               | Х  |     |     |
|       | Chapter 1240-4-4 Standards for Family Child Care Homes  | 3/14/2009        | 2010               |  |     | Х   |
|       | Chapter 1240-4-12 Registration of Family Day Care Homes   | 12/13/1990       | 2010               |  |     | Х   |
|       | Chapter 1240-04-01 Licensure Rules for Child Care Agencies  | 7/30/2018        | 2018               | Х  | Х   | Х   |
| TX    | Texas   |                  |                    |  |     |     |
|       | Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers   | 3/1/2008         | 2010               | Х  |     |     |
|       | Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes  | 6/1/2008         | 2010               |  | Х   | х   |
|       | 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               | Χ  |     |     |
|       | Chapter 747: Minimum Standards for Child-Care Homes   | 6/2014           | 2014               |  | Х   | Х   |

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|               |   |                  |                            | CTR  | LRG | SML |
| TX<br>(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                       | X  |     |     |
|               | 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                       | X  |     |     |
|               | 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                       | X  |     |     |
|               | Standards for Licensed Family Day Homes   | 3/2011           | 2011                       |  | Х   | Х   |
| WA            | Washington  |                  |                            |  |     |     |
|               | Chapter 170-295 Minimum Licensing Requirements for Child Day Care Centers         | 5/31/2008        | 2010                       | Χ  |     |     |
|               | Chapter 170-296 Child Care Business Regulations for Family Home Child Care        | 5/31/2008        | 2010                       |  | Х   | Х   |
|               | Chapter 170-296A Licensed Family Home Child Care Standards                        | 5/8/2012         | 2012                       |  | Х   | Х   |

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| WA    | Chapter 110-300 WAC Foundational Quality Standards for Early Learning Programs   | 11/6/2019        | 2019               | X  | 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   | 9/20/2019        | 2019               | Х  |     |     |
|       | Established or Contracted for by School Boards   |                  |                    |  |     |     |
|       | 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               | Χ  | Х   | X   |
|       | Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes   | 4/1/2012         | 2012               | X  | Х   | х   |
|       | Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers | 4/1/2012         | 2012               | Х  | Х   | х   |
|       | Chapter 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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