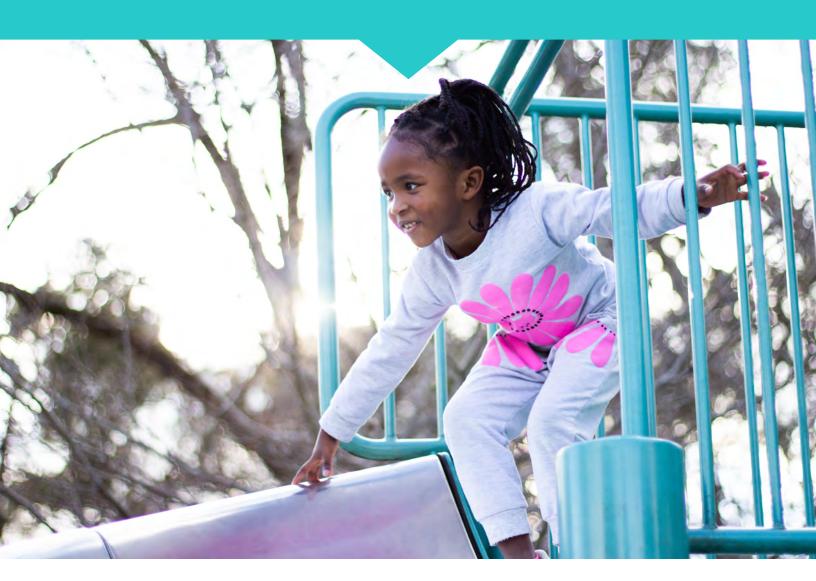
2022 SUPPLEMENT

Achieving a State of Healthy Weight

State Profile Pages: Child Care Centers





University of Colorado Anschutz Medical Campus College of Nursing

ACKNOWLEDGEMENTS

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Introduction

Achieving a State of Healthy Weight (ASHW) 2022 Annual Report¹ is the twelfth update of *Achieving a Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010.*² Each year the University of Colorado College of Nursing publishes an <u>Annual Report</u> and three supplements, which provide data by state on the regulatory support for 47 High-Impact Obesity Prevention Standards (HIOPS) for each licensed care type, including: Child Care Centers (CTR), Large Family Child Care Homes (LFCCH), and Small Family Child Care Homes (SFCCH).

The ASHW study team revises the state profiles collaboratively with the Center for Disease Control and Prevention, Division of Nutrition, Physical Activity and Obesity (DNPAO). Since 2019, please note the following changes to the state supplement pages:

- State profiles consist of a one-page table showing regulatory support for the 47 ASHW HIOPS.
- The tables identify four categories of HIOPS: Infant Feeding, Nutrition, Physical Activity, and Screen Time Limits.
- Rating values for each HIOPS appear in adjacent columns for 2010 and for the current year, color-coded and with printed numerical ratings. (See the following Guide page).

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

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).3 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 from Caring for Our Children: National Health and Safety Performance and Education Programs, 3rd Edition (PCO).⁴ The University of Colorado HIOPS with input from representatives of key federal agencies and national stakeholders in children's wellbeing and healthy development (see Origin of Achieving a State of Healthy Weight High-Impact Obesity Prevention Standards).⁵





Helpful Resources

- CDC's Priority Obesity Strategy for Early <u>Care and Education</u>: lists policies and activities that improve nutrition, physical activity, breastfeeding, and screen time for ECE, including child care licensing
- High Impact Obesity Prevention
 Standards for Early Care and
 Education: learn more about the HIOPS and how they can be used to strengthen licensed state child care regulations

How To Use the ASHW 2022 State Supplement

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 (HIOPS) into statewide early care and education (ECE) licensing regulations.

Each state profile shows the status of support for the 47 High-Impact Obesity Prevention Standards (HIOPS) in child care regulations by care type. For example, this state supplement presents updated ASHW ratings for Child Care Centers only. At the end of this document two appendices are included which provide information on the year the state was assessed and a table containing the documents that were assessed.

Policy makers and licensing agencies may use this supplement's state profile pages to:

- Identify areas of strength and needed improvement to inform promulgation of new and revised child care rules.
- Review other states' profiles to reveal those states that have achieved regulatory text fully consistent with the HIOPS in support of preventing childhood obesity in ECE programs.
- 3. Compare ratings for different care types in a state, identifying opportunities to strengthen language across care types.
- 4. Utilize the language included for each HIOPS to better align with science-based obesity prevention standards in ECE policies and practices.

A Guide to Understanding the State **Supplement Profile Pages**

[State] At A Glance:

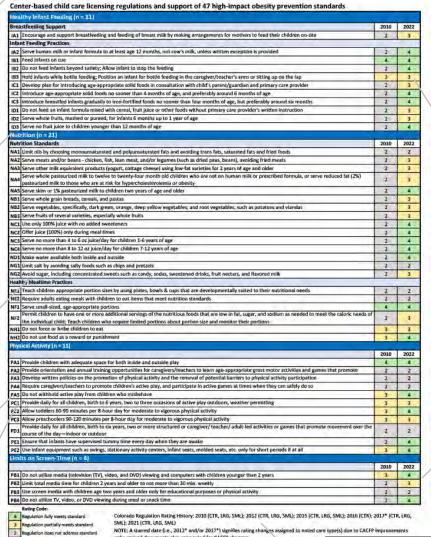
The following state profiles display all states' ASHW results through 2022. Profiles show the status of support for each High-Impact Obesity Prevention Standard (HIOPS) in state child care regulation for the identified care type. Where a state regulates a care type in two or more documents, the highest rating for the HIOPS for that care type is used (see ASHW 2010). The annotated illustration explains the layout and features of each state profile. The ratings included in this supplement are for regulations in effect through 12/31/22.

Text above the table identifies the state name and type of child care regulations rated for this profile.

Text in the dark blue rows identifies the four major categories of HIOPS.

Text in the light blue rows identifies subcategories within the major categories, if applicable.

Text in the two left columns identifies the label and description for each HIOPS.



The two righthand columns present the 2010 and the current level of support for HIOPS.

Colors displayed in the cell indicate the level of support for HIOPS. (See legend at bottom left of page.)

3

Colorado Regulation Rating History, 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2016 (CTR); 2017* (CTR, LRG, SML); 2016 (CTR, LRG, SML); 2016 (CTR); 2017* (CTR, LRG, SML); 2016 (CTR); 2017* (CTR, LRG, SML); 2016 (CTR); 2017* (CTR, LRG, SML); 2016 (CTR, LRG, SML); 2016 (CTR); 2017* (CTR, LRG, SML); 2016 (CTR); 2017* (CTR, LRG, SML); 2016 (CTR, LRG, SML); 2016 (CTR); 2017* (CTR, LRG, SML); 2016 (CTR); 2017* (CTR, LRG, SML); 2016 (CTR, LRG, ite does not regulate care type

> The legend explains the meaning of color coding used in the two right-hand columns for each HIOPS.

The state history of rating for ASHW and a link a cumulative list of all documents rated since ASHW 2010 appear here.

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ALABAMA At A Glance:

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

	Healthy Infant Feeding (n = 11)					
	stfeeding Support	2010	2022			
	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			
	Serve whole fruits, mashed or pureed, for infants 6 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)	2010	2022			
	ition Standards	2010	2022			
	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 Some other milk equivalent products (veguet, cottage choose) using low fat vegicities for 2 years of are and older.	3	3			
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3			
NA4	those who are at risk for hypercholesterolemia or obesity	2	3			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
	Serve whole grain breads, cereals, and pastas	3	3			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3			
	Serve fruits of several varieties, especially whole fruits	3	3			
NC1	Use only 100% juice with no added sweeteners	4	4			
NC2	Offer juice (100%) only during meal times	2	4			
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4			
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4			
ND1	Make water available both inside and outside	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	ny 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	4			
	Do not use food as a reward or punishment	4	4			
Phys	ical Activity (n = 11)					
D::	Bottle 1914 - Market and Charles the other 1914 at	2010	2022			
	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					
	Require caregivers/teachers to promote children'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	2	4			
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlors 60,000 minutes page 8 hour day for moderate to virgory aphysical activity.	3	3			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4			
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3			
PD1	day—indoor or outdoor	2	2			
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	4			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	4			
	ts on Screen-Time (n = 4)					
		2010	2022			
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			
_	Use screen media with children age two years and older only for educational purposes or physical activity	2	4			
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			
	Rating Code:					

Rating Code:

	4	Regulation fully meets standard
	3	Regulation partially meets standard
2 Regulation does not address stan		Regulation does not address standard
	1	Regulation contradicts the standard
	0	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.

O State does not regulate care type

ASHW 2022: Child Care Centers

5

ALASKA At A Glance:

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards				
Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2022	
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infar	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 6 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	tion Standards	2010	2022	
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	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 Serve whole grain breads, cereals, and pastas Serve wagetables, specifically, dark green, orange, deep vellow vegetables; and root vegetables, such as potatoes and viandas.	3	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	3	3	
	Use only 100% juice with no added sweeteners	4	4	
	Offer juice (100%) only during meal times	2	4	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
	Make water available both inside and outside	2	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3	
	ny Mealtime Practices			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
	Serve small-sized, age-appropriate portions	4	4	
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3	
NH1	Do not force or bribe children to eat	3	3	
NH2	Do not use food as a reward or punishment	2	2	
Phys	ical Activity (n = 11)			
		2010	2022	
_	Provide children with adequate space for both inside and outside play	4	4	
_	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	3	3	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	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 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult led activities or games that promote movement over the course of the	3	3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	4	4	
PF1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4	4	
	ts on Screen-Time (n = 4)	-		
		2010	2022	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3	
_	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			

Rating Code:

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

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

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

ARIZONA At A Glance:

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

	iter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
	Ithy Infant Feeding (n = 11)		
Brea	astfeeding Support	2010	2022
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	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	4	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	3	3
ID2	Serve whole fruits, mashed or pureed, for infants 6 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	2022
	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	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	4	3
_	Serve whole grain breads, cereals, and pastas	3	2
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	4	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	2
		4	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
	thy Mealtime Practices	•	-
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	3	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	1	1
NIII1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	2
		3	3
	Do not use food as a reward or punishment	3	3
Pny:	sical Activity (n = 11)	2040	2022
-	De la lata de la lata de la composição de la lata de lata de la lata de lata delata de lata de lata delata de lata de lata de lata delata de lata de lata delata de lata	2010	2022
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	2
PC1		3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	4	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Lim	its on Screen-Time (n = 4)		
		2010	2022
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

Rating Code:

		Rating Code:	
	4	Regulation fully meets standard	Arizona Regulation Rating History: 2010 (CTR, LRG); 2011 (LRG); 2015 (LRG); 2019 (CTR); 2020 (LRG)
L	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:

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

Healthy Infant Feeding (n = 11) Breastfeeding Support IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site 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 IB1 Feed infants on cue IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction ID2 Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age ID3 Serve no fruit juice to children younger than 12 months of age Nutrition (n = 21) Nutrition Standards NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve rec	2010 2 4 4 4 3 3 3 3 3 1 1 1 1 2010	2022 3 4 4 4 3 3 4 4 2 3 4
IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site 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 IB1 Feed infants on cue IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction ID2 Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age ID3 Serve no fruit juice to children younger than 12 months of age Nutrition (n = 21) Nutrition Standards NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve rec	2 4 4 4 3 3 3 3 3 4 1 1 1 2010	3 4 4 4 3 3 4 4 4 2
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Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve rec	3	3
I NA41	3	3
those who are at risk for hypercholesterolemia or obesity	duced fat (2%) pasteurized milk to	3
NAS Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1 Serve whole grain breads, cereals, and pastas	3	3
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3 Serve fruits of several varieties, especially whole fruits	3	3
NC1 Use only 100% juice with no added sweeteners	4	4
NC2 Offer juice (100%) only during meal times	2	4
		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		
ND1 Make water available both inside and outside	2	2
NG1 Limit salt by avoiding salty foods such as chips and pretzels	1	3
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Healthy Mealtime Practices NET Teach children appropriate parties gives by using plates, hours 8, one that are developmentally suited to their putritional peads.	2	1 2
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 2	3
NE2 Require adults eating meals with children to eat items that meet nutrition standards		
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 ti	the caloric peeds of the individual	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	4
NH2 Do not use food as a reward or punishment	3	3
Physical Activity (n = 11)		
, wykazaniany (u = 12)	2010	2022
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 to		3
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	4
PA5 Do not withhold active play from children who misbehave	4	4
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote m	movement over the course of the	
PD1 day—indoor or outdoor	2	2
PE1 Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limits on Screen-Time (n = 4)		
	2010	2022
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
PB3 Use screen media with children age two years and older only for educational purposes or physical activity	2	4
. 20 300 301 201 The did which children age two years and older only for educational purposes of physical activity	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.

O State does not regulate care type

ASHW 2022: Child Care Centers

CALIFORNIA At A Glance:

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

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards			
Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2022	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4	
Infa	t Feeding Practices	•		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
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 6 months up to 1 year of age	1	3	
ID3	Serve no fruit juice to children younger than 12 months of age	1	4	
Nut	ition (n = 21)			
Nutr	ition Standards	2010	2022	
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	2	4	
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastes.	3	4	
	Serve whole grain breads, cereals, and pastas	3	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	4	4	
_	Use only 100% juice with no added sweeteners	4	4	
	Offer juice (100%) only during meal times	2	4	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
_	Make water available both inside and outside	4	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3	
	hy Mealtime Practices	_		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
_	Serve small-sized, age-appropriate portions	4	4	
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3	
NH1	Do not force or bribe children to eat	2	2	
NH2	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)			
		2010	2022	
	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
_	Do not withhold active play from children who misbehave	2	2	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2	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, high to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3	
PF1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2	
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
	ts on Screen-Time (n = 4)			
		2010	2022	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
_	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:	_		

Rating Code:

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

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

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

COLORADO At A Glance:

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

	tter-based child care licensing regulations and support of 47 high-impact obesity prevention standards			
	Ithy Infant Feeding (n = 11)			
Brea	ratfeeding Support	2010	2022	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3	
Infa	nt Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4	
IB1	Feed infants on cue	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	3	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3	
ID3	Serve no fruit juice to children younger than 12 months of age	2	4	
Nut	rition (n = 21)			
Nuti	ition Standards	2010	2022	
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	
	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	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4	
ND1	Make water available both inside and outside	2	4	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3	
Healthy Mealtime Practices				
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
	Serve small-sized, age-appropriate portions	4	4	
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	3	
NH1	Do not force or bribe children to eat	3	3	
NH2	Do not use food as a reward or punishment	3	4	
Phys	sical Activity (n = 11)			
		2010	2022	
PA1	Provide children with adequate space for both inside and outside play	4	4	
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
PA5	Do not withhold active play from children who misbehave	3	4	
PC1		3	3	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4	
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the			
PD1	day—indoor or outdoor	2	2	
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4	
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4	
Lim	its on Screen-Time (n = 4)			
		2010	2022	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3	
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	4	
	Rating Code:			

Rating Code

		Rating Code:	
	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 (CTR,
I	3	Regulation partially meets standard	LRG, SML)
l	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
I	1	Regulation contradicts the standard	documents also were rated for CACFP changes.

 0
 State does not regulate care type

 ASHW 2022: Child Care Centers
 10

CONNECTICUT At A Glance:

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

cen	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards				
Hea	Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2022		
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3		
Infar	t Feeding Practices	•			
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
IB1	Feed infants on cue	4	4		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
ID2	Serve whole fruits, mashed or pureed, for infants 6 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	2022		
	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 skim or 1% pastavirjael milk to children two years of are and older.				
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	3	4		
		3	3		
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	3	3		
		4	4		
	Use only 100% juice with no added sweeteners Offer juice (100%) only during meal times	2	4		
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4		
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	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		
	lealthy Mealtime Practices				
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
	Serve small-sized, age-appropriate portions	4	4		
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual				
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3		
NH1	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	2022		
	Provide children with adequate space for both inside and outside play	4	4		
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2		
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
	Do not withhold active play from children who misbehave	2	2		
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3		
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2		
DF1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	3	3		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
	ts on Screen-Time (n = 4)				
	Software in the first of	2010	2022		
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		
. 54	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

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

DELAWARE At A Glance:

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

CCII	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
Hea	ealthy Infant Feeding (n = 11)						
Brea	stfeeding Support	2010	2022				
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4				
Infar	t Feeding Practices						
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4				
IB1	Feed infants on cue	4	4				
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4				
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3				
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3				
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	4	4				
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4				
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	4				
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3				
ID3	Serve no fruit juice to children younger than 12 months of age	3	4				
Nuti	ition (n = 21)						
Nutr	ition Standards	2010	2022				
	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	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	2	4				
	Serve whole grain breads, cereals, and pastas	3	3				
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	3				
	Serve fruits of several varieties, especially whole fruits	4	3				
	Use only 100% juice with no added sweeteners Office in its (100%) only during most times.	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		4				
	Make water available both inside and outside Limit salt by avaiding salty foods such as ships and protzels	4	4				
	Limit salt by avoiding salty foods such as chips and pretzels Avoid sugget including appropriated sugget such as earthy sades, sugget and driefs fruit posters and flavored milk	2	3				
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk hy Mealtime Practices	1	3				
		3	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	3 4				
	Serve small-sized, age-appropriate portions	4	4				
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual						
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3				
NH1	Do not force or bribe children to eat	3	3				
	Do not use food as a reward or punishment	3	3				
	ical Activity (n = 11)						
		2010	2022				
PA1	Provide children with adequate space for both inside and outside play	4	4				
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3				
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3				
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2				
PA5	Do not withhold active play from children who misbehave	4	4				
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4				
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4				
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3				
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	4	3				
	day—indoor or outdoor						
	Ensure that infants have supervised tummy time every day when they are awake	2	3				
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3				
Limi	ts on Screen-Time (n = 4)						
		2010	2022				
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4				
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3				
	Use screen media with children age two years and older only for educational purposes or physical activity	4	4				
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	2				

Rating Code:

	Rating Code:	
4	Regulation fully meets standard	Delaware Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2015 (CTR); 2017 (LRG, SML); 2019 (CTR, LRG, SML); 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:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards					
Heal	Healthy Infant Feeding (n = 11)					
Breas	stfeeding Support	2010	2022			
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	4			
_	t Feeding Practices					
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4			
	Feed infants on cue	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	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 6 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)	2012	2022			
	tion Standards	2010	2022			
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2			
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3			
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3			
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3			
	those who are at risk for hypercholesterolemia or obesity Source kinn or 1% prostouring milk 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	2	3			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3			
	Serve fruits of several varieties, especially whole fruits	2	3			
	Use only 100% juice with no added sweeteners	2	4			
	Offer juice (100%) only during meal times	2	4			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4			
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4			
	Make water available both inside and outside	2	4			
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	ny 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			
	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	2	3			
	Do not use food as a reward or punishment	2	3			
Physi	ical Activity (n = 11)					
		2010	2022			
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			
	Do not withhold active play from children who misbehave	2	4			
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	3			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the					
PD1	day—indoor or outdoor	2	3			
	Ensure that infants have supervised tummy time every day when they are awake	2	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			
Limit	ts on Screen-Time (n = 4)					
		2010	2022			
			3			
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children vounger than 2 years	2				
	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					
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3			
PB2 PB3						

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

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

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

FLORIDA At A Glance:

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

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards					
Healthy Infant Feeding (n = 11)						
	stfeeding Support	2010	2022			
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3			
Infa	nt Feeding Practices	ı				
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4			
IB1	Feed infants on cue	2	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4			
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2			
ID2	Serve whole fruits, mashed or pureed, for infants 6 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	ition (n = 21)					
Nutr	ition Standards	2010	2022			
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2			
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3			
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3			
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3			
	those who are at risk for hypercholesterolemia or obesity					
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
NB1	Serve whole grain breads, cereals, and pastas	2	3			
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3			
NB3	Serve fruits of several varieties, especially whole fruits	2	3			
NC1	Use only 100% juice with no added sweeteners	2	4			
NC2	Offer juice (100%) only during meal times	2	4			
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4			
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4			
ND1	Make water available both inside and outside	4	4			
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3			
Heal	hy Mealtime Practices					
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF1	Serve small-sized, age-appropriate portions	2	4			
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3			
	child; Teach children who require limited portions about portion size and monitor their portions	3	,			
_	Do not force or bribe children to eat	2	3			
	Do not use food as a reward or punishment	3	3			
Phys	ical Activity (n = 11)					
		2010	2022			
	Provide children with adequate space for both inside and outside play	4	4			
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2			
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
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	4			
	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	2	2			
	day—indoor or outdoor					
	Ensure that infants have supervised tummy time every day when they are awake	2	3			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3			
Lim	ts on Screen-Time (n = 4)	2010	2022			
DR1	Do not utilize media (television [TV] video, and DVD) viewing and computers with children vounger than 2 years	2010	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 20 min, weekly.	2	3			
	Limit total media time for children 2 years and older to not more than 30 min. weekly					
	Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video or DVD viewing during medians and lors and times.	2	4			
rb4	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	2			

Rating Code:

4	Regulation fully meets standard	
3	3 Regulation partially meets standard	
2	Regulation does not address standard	
1	Regulation contradicts the standard	
0	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.

 0
 State does not regulate care type

 ASHW 2022: Child Care Centers
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GEORGIA At A Glance:

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

Cen	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
Hea	Healthy Infant Feeding (n = 11)						
Brea	stfeeding Support	2010	2022				
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	3				
Infar	nt Feeding Practices						
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4				
	Feed infants on cue	4	4				
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4				
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3				
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	4				
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4				
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4				
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2				
ID2	Serve whole fruits, mashed or pureed, for infants 6 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	2022				
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 Office in its (100%) and address and times	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 Limit salt by avaiding salty foods such as chins and protects	3	4				
	Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar including someonts to describe such as conducted as supported by the state of the sugar including someonts to describe sugar including someonts to describe sugar including someonts.	2	3				
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk hy Mealtime Practices	5	3				
		2	2				
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards	2	2				
	Serve small-sized, age-appropriate portions	4	4				
	Permit children to have one or more 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	4	4				
Phys	ical Activity (n = 11)						
		2010	2022				
PA1	Provide children with adequate space for both inside and outside play	4	4				
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2				
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2				
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2				
PA5	Do not withhold active play from children who misbehave	2	2				
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3				
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3				
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3				
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2				
	day—indoor or outdoor						
	Ensure that infants have supervised tummy time every day when they are awake	2	4				
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3				
-1111	ts on Screen-Time (n = 4)	2010	2022				
DD 4	Do not utilize modic (tolevicine [TV]) video and DVD) viewing and computers with shild-	2010	2022				
	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	2	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 Do not utilize TV, video, or DVD viewing during meal or snack time.	2	2				
FD4	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	Z	2				

Rating Code:

4 Regulation fully meets standard Georgia Regulation Rating H
3 Regulation partially meets standard NOTE: A starred date (i.e., 2
2 Regulation does not address standard documents also were rated 1
1 Regulation contradicts the standard 0 State does not regulate care type

Georgia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017* (CTR); 2020 (SML); 2022 (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.

HAWAII At A Glance:

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

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards					
Hea	Ithy Infant Feeding (n = 11)					
Brea	stfeeding Support	2010	2022			
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3			
Infar	t Feeding Practices					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4			
IB1	Feed infants on cue	4	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	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			
	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 6 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	2022			
_	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			
NΔE	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
_	Serve whole grain breads, cereals, and pastas	3	3			
-	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3			
	Serve fruits of several varieties, especially whole fruits	3	3			
_	Use only 100% juice with no added sweeteners	4	4			
_	Offer juice (100%) only during meal times	2	4			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4			
-	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4			
_	Make water available both inside and outside	3	4			
-	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3			
	hy Mealtime Practices					
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
_	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF1	Serve small-sized, age-appropriate portions	4	4			
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3			
	child; Teach children who require limited portions about portion size and monitor their portions					
_	Do not force or bribe children to eat	3	3			
	Do not use food as a reward or punishment	4	4			
Phys	ical Activity (n = 11)					
		2010	2022			
	Provide children with adequate space for both inside and outside play	4	4			
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2			
-	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
_	Do not withhold active play from children who misbehave	2	2			
_	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3			
PC2		3	3			
PL3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3			
PD1	day—indoor or outdoor	2	2			
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	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	2022			
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2			
_	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2			
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2			
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			
	Rating Code:					

Rating Code:

Regulation fully meets standard Hawaii Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (CTR, LRG, SML) Regulation partially meets standard Regulation does not address standard documents also were rated for CACFP changes. Regulation contradicts the standard O State does not regulate care type

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

IDAHO At A Glance:

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

	nter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ilthy Infant Feeding (n = 11)		
Bre	astfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	2	2
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 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)		
	rition Standards	2010	2022
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	2	2
NAS	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1	Serve whole grain breads, cereals, and pastas	2	2
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3	Serve fruits of several varieties, especially whole fruits	2	2
NC1	Use only 100% juice with no added sweeteners	2	2
NC2	Offer juice (100%) only during meal times	2	2
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	2	2
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
_	Serve small-sized, age-appropriate portions	2	2
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1	Do not force or bribe children to eat	2	2
NH2	Do not use food as a reward or punishment	2	2
Phy	sical Activity (n = 11)		
		2010	2022
PA1	Provide children with adequate space for both inside and outside play	2	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
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		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
	its on Screen-Time (n = 4)		
		2010	2022
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
_	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
		2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time		

Rating Code: Idaho Regulation Rating History: 2010 (CTR, LRG, SML); 2022 (CTR, LRG, SML) Regulation fully meets standard Regulation partially meets standard Regulation does not address standard 1 Regulation contradicts the standard 0 State does not regulate care type

ILLINOIS At A Glance:

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

cen	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
Hea	Healthy Infant Feeding (n = 11)						
Brea	stfeeding Support	2010	2022				
	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						
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	1	1				
	Feed infants on cue	2	3				
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	3	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	4	4				
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	4				
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	1				
ID3	Serve no fruit juice to children younger than 12 months of age	1	3				
Nuti	ition (n = 21)						
Nutr	ition Standards	2010	2022				
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	4				
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	3	4				
	those who are at risk for hypercholesterolemia or obesity						
	Serve skim or 1% pasteurized milk to children two years of age and older	3	4				
	Serve whole grain breads, cereals, and pastas	3	3				
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3				
	Serve fruits of several varieties, especially whole fruits		4				
_	Use only 100% juice with no added sweeteners Offer juice (100%) only during meal times	2	4				
	Offer juice (100%) only during meal times Source por more than 4 to 6 or juice (day for children 1.6 years of are						
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4				
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age Make water available both inside and outside	3	4				
	Make water available both inside and outside Limit salt by avoiding salty foods such as chips and pretzels	2	4				
		3	4				
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk hy Mealtime Practices	3	4				
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3				
	Require adults eating meals with children to eat items that meet nutrition standards	2	2				
	Serve small-sized, age-appropriate portions	4	4				
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual						
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3				
NH1	Do not force or bribe children to eat	4	4				
NH2	Do not use food as a reward or punishment	4	4				
Phys	ical Activity (n = 11)						
		2010	2022				
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	4				
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4				
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3				
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3				
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3				
	day—indoor or outdoor Figures that infants have supposited tummy time even day when they are awake						
	Ensure that infants have supervised tummy time every day when they are awake	4	4				
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2	2				
-1111	ts on screen-time (if = 4)	2010	2022				
DD 4	Do not utilize modic (tolevicine [TV]) video and DVD) viewing and computers with shill-re-view and to the same of	2010	2022				
	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, weakly,	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 Do not utilize TV, video or DVD viewing during medians and loss and times.	2	4				
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	4				

Rating Code:

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

INDIANA At A Glance:

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

No.		ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Mail Incompage and support bearsfeding and feeding of breast milk by making amrangements for norther to relate their children consists Mail Incompage and support bearsfeding and feeding of breast milk by making amrangements for norther to relate the part of the	Hea	lthy Infant Feeding (n = 11)		
Infection Company Co	Brea	stfeeding Support	2010	2022
All See Infants millt or infant formats to at least agr 21 moreths, not convice mills read infants beyond statety, Noto rifant to tools took pite feeding. The control of the property	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
181 181	Infar	t Feeding Practices		
IRIS International Content of International Security (Content of International Sec	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
18.3 Incidents while bottle feeding. Frontinon an infant for bottle feeding in the caragiver/fraeder's arms or string up on the lap Comment of the comment of the comment of the caragiver/fraeder's arms or string up on the lap Comment of the comment of the comment of the comment of age. Duri predictive age appropriate sold foods to account man or months of age. Duri predictive age appropriate sold foods to account man or months of age. Duri predictive age appropriate sold foods to account man or months of age. Duri predictive age appropriate sold foods to account man or months of age. Duri predictive age agreement of age. Duri predictive age. Duri predictive agreement of age. Duri predictive age.	IB1	Feed infants on cue	3	4
Include the peace of protection ages appropriate solid fineds in consultation with child's parently around a most primary care provider	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
Let Develop plant for introducing age-apprepriate sold forces in consultation with child's parredly gausdin and primary care provider 2 2 2 2 2 2 2 2 2			4	4
Compute case - appropriate sold foods his oscined than demoths of age, and preferably around 6 months of age, but can be called infants (canal, to information face) to be called information face and infant formation and with cereal, fluid juice or other (nots) without primary care provider's written instruction 2 2 2 2 2 10 5 cere with offering for infants frommute, pot 1 year of age 2 2 2 10 5 cere with offering for infants frommute, pot 1 year of age 3 2 2 10 5 cere with offering for infants frommute, pot 1 year of age 3 2 10 5 cere for infants from the pot 1 year of age 3 2 10 5 cere for infants from the pot 1 year of age 3 2 10 5 cere for infants from the pot 1 year of age 3 2 10 5 cere for infants from the pot 1 year of age 3 2 10 5 cere for infants from the pot 1 year of age 3 2 10 5 cere for infants from the pot 1 year of age 3 2 10 5 cere for infants from the pot 1 year of age 3 2 10 5 cere for infants from the pot 1 year of age 3 2 10 5 cere for infants from the pot 1 year of age 3 2 10 5 cere for infants from the pot 1 year of age 3 2 10 5 cere for infants from the pot 1 year of age 3 2 10 5 cere for infants from the pot 1 year of age 3 2 10 5 cere for infants from the guide for age 3 2 10 5 cere for year of age and other 3 2 10 5 cere whole pasteurized milk to be pot 1 year of year whole pasteurized milk to children two years of age and other 3 1 10 5 cere shim or 1 lk pasteurized milk to children two years of age and other 3 1 10 5 cere shim or 1 lk pasteurized milk to children two years of age and other 3 1 10 5 cere shim or 1 lk pasteurized milk to children two years of age and other 3 1 10 5 cere shim or 1 lk pasteurized milk to children two years of age and other 3 2 2 2 10 5 cere shim or 1 lk pasteurized milk to children two years of age and other 3 2 2 2 10 5 cere shim or 1 lk pasteurized milk to children two years of age and other 3 2 2 2 10 5 cere shim or 1 lk pasteurized milk to children two years of age and other 3 2 2 2 10 5 cere shim or 1 lk pasteurized milk to children two years of ag			2	4
Company Comp			2	2
10.1 10.2 10.2 10.3			2	
102 102 103				
103 Seve no fruit juice to children younger than 12 months of age 200				
Notified in Sardards Note 100 202 2	_			
NUMER Serve ments and/for beams - chicken, fish, is an meat, and/for legames buch as dried peas, beams), avoiding fried meats 2 2 2 2 2 2 2 2 2				
NAI			2010	2022
NAZ Sever meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beams), avoiding fried meats 2 2 2 2 2 3 3 3 3 3				-
NAS Serve white primite equivalent products fyrogunt, ontage cheese) using low-fat varieties for 2 years of age and older				
No. Serve whole pasteutrized milk to tweely to tweethy-four month old children who are not on human milk or prescribed formula, or serve reduced fail (2%) pasteutrized milk to thildren two years of age and older 1 1 NAS Serve well grain breads, creating, and pastas 2 2 2 NAS Serve velocifically, dark green, orange, deep yellow vegetables, such as potatoes and viandas 2 2 2 NAS Serve velocifically, dark green, orange, deep yellow vegetables, such as potatoes and viandas 4 <td></td> <td></td> <td></td> <td></td>				
Name Name Name Name Am Serve without Serve Name Am Serve Name Serve Name Am	NA3		2	2
NAS Serve skilm or 1/s pasteurized milk to children two years of age and older 1 2 2 2 2 1 2	NA4		3	3
NBI 2 Server whole grain breads, cereals, and pastas 2 2 NSI 2 Server vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 2 2 NSI 3 Server fitts of several varieties, especially, whole fruits 2 2 NGI Use only 100% judice with no added sweeteners 4 4 4 NGI Use only 100% judice with no added sweeteners 2 2 2 NGI Serve no more than 4 to 6 cg judice/day for children 1-6 years of age 2 2 2 NGI Serve no more than 4 to 6 cg judice/day for children 7-12 years of age 2 2 2 NGI Serve no more than 4 to 6 cg judice/day for children 7-12 years of age 2 2 2 NGI Serve no more than 4 to 6 cg judice/day for children 7-12 years of age 2 2 2 NGI Serve no more than 4 to 6 cg judice/day for children 7-12 years of age 2 2 2 NGI Serve no more than 4 to 6 cg judice/day for children 7-12 years of age 2 2 2 NGI I I I I I I I I I I I I I I I I I I	ΝΔ5		1	1
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NDI Make water available both inside and outside 3 4				
Mist alt by avoiding salty foods such as chips and pretzels Valor				
NGC Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Net	_			
Healthy Mealtime Practices NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 1				
NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 3 3 NEI Require adults eating meals with children to eat terms that meet nutrition standards 2 4 2 2 2 2 2 2 2 2			3	3
NEI Serve small-sized, age-appropriate portions 2 2 3				
NF1 Serve small-sized, age-appropriate portions 2 2 2 2 2 2 3 3 3 3	_			
Ner Ner Children to have one or more 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			2	4
NF2 billid; Teach children who require limited portions about portion size and monitor their portions 1 1 NH1 Do not force or bribe children to eat 2 2 NH2 Do not use food as a reward or punishment 2 4 4 Physical Activity (n=11) To vide children with adequate space for both inside and outside play 2010 2022 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 4 C1 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 2 PC3 Allow toddlers 60-90 minutes per 8-hour day	NF1		2	2
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PDI day—indoor or outdoor PEI 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) PBI Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PBI Use screen media with children 2 years and older to not more than 30 min. weekly PBI Use screen media with children age two years and older only for educational purposes or physical activity PBI Do not utilize TV, video, or DVD viewing during meal or snack time	PC3		3	2
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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 Indiana Regulation Rating History: 2010 (CTR, LRG, SML); 2022 (CTR, LRG, SML)

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

IOWA At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
	thy Infant Feeding (n = 11)		
	stfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infan	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
_	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	4
	Serve no fruit juice to children younger than 12 months of age	1	4
		1	4
	ition (n = 21)	2010	2022
_	ition Standards	2010	2022
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3
NAF	those who are at risk for hypercholesterolemia or obesity	2	4
	Serve skim or 1% pasteurized milk to children two years of age and older		
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve 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
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
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	2	2
NH2	Do not use food as a reward or punishment	3	3
Physi	ical Activity (n = 11)		
		2010	2022
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
-	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	3	3
PE1		2	2
	Ensure that infants have supervised tummy time every day when they are awake		
PF2		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	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2010	2022
Limi PB1	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	2010	2022
PB1 PB2	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	2010 2 2	2022 2 2
PB1 PB2 PB3	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	2010	2022

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

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

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

KANSAS At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards					
Hea	Healthy Infant Feeding (n = 11)					
Brea	stfeeding Support	2010	2022			
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3			
Infan	t Feeding Practices					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2			
IB1	Feed infants on cue	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			
	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 6 months up to 1 year of age	2	2			
	Serve no fruit juice to children younger than 12 months of age	2	2			
	ition (n = 21)					
	tion Standards	2010	2022			
	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			
IVAS	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to					
NA4	those who are at risk for hypercholesterolemia or obesity	2	2			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2			
	Serve whole grain breads, cereals, and pastas	2	2			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3			
	Serve fruits of several varieties, especially whole fruits	3	3			
	Use only 100% juice with no added sweeteners	4	4			
	· · ·	2	2			
	Offer juice (100%) only during meal times					
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2			
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2			
	Make water available both inside and outside	4	4			
	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2			
_	hy Mealtime Practices	_	_			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF1	Serve small-sized, age-appropriate portions	2	2			
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	1	1			
NILI1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	3			
		3	3			
	Do not use food as a reward or punishment	3	3			
Pnys	ical Activity (n = 11)	2040	2022			
		2010	2022			
	Provide children with adequate space for both inside and outside play	4	4			
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2			
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
	Do not withhold active play from children who misbehave	2	2			
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3			
	day—indoor or outdoor					
	Ensure that infants have supervised tummy time every day when they are awake	2	2			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3			
LIMI	ts on Screen-Time (n = 4)		25			
		2010	2022			
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3			
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2			
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2			
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			
	Rating Code:					

Rating Code:

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

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

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

KENTUCKY At A Glance:

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

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
	thy Infant Feeding (n = 11)						
_	stfeeding Support	2010	2022				
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3				
Infan	it Feeding Practices						
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4				
IB1	Feed infants on cue	2	2				
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4				
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4				
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2				
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2				
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2				
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2				
_	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2				
	Serve no fruit juice to children younger than 12 months of age	2	4				
		2	4				
	ition (n = 21)	2010	2022				
	ition Standards	2010	2022				
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2				
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3				
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3				
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3				
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						
	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				
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2				
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2				
ND1	Make water available both inside and outside	3	4				
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2				
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2				
Healt	hy Mealtime Practices						
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3				
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2				
NF1	Serve small-sized, age-appropriate portions	4	3				
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		4				
NF2	child; Teach children who require limited portions about portion size and monitor their portions	1	1				
NH1	Do not force or bribe children to eat	2	2				
NH2	Do not use food as a reward or punishment	3	4				
Phys	ical Activity (n = 11)						
		2010	2022				
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	3				
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2				
	Do not withhold active play from children who misbehave	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				
	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				
	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	2022				
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	4				
-		2	4				
FD4	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	Z	4				

Rating Code:

4 Regulation fully meets standard
3 Regulation partially meets standard
2 Regulation does not address standard

Regulation contradicts the standard
State does not regulate care type

Kentucky Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2018 (CTR, LRG, SML); 2021 (CTR, LRG)

LOUISIANA At A Glance:

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

Cen	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards					
Healthy Infant Feeding (n = 11)						
Brea	stfeeding Support	2010	2022			
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3			
Infar	t Feeding Practices					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	1	4			
IB1	Feed infants on cue	4	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4			
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 6 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	2022			
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2			
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3			
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3			
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			
	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	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	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	4	4			
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	1	3			
	child; Teach children who require limited portions about portion size and monitor their portions	1	3			
	Do not force or bribe children to eat	2	3			
	Do not use food as a reward or punishment	3	3			
Phys	ical Activity (n = 11)					
		2010	2022			
	Provide children with adequate space for both inside and outside play	4	4			
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3			
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3			
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
	Do not withhold active play from children who misbehave	3	4			
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	2			
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3			
	day—indoor or outdoor					
	Ensure that infants have supervised tummy time every day when they are awake	2	2			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3			
LIM	ts on Screen-Time (n = 4)	2015	2622			
	Bound Office and Color 1991, the colored State of Bulb State of St	2010	2022			
	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	1			
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	2			

Rating Code:

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

Louisiana Regulation Rating History: 2010 (CTR); 2015 (CTR); 2017* (CTR); 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.

MAINE At A Glance:

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

	Lenter-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
	thy Infant Feeding (n = 11)						
-	stfeeding Support	2010	2022				
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3				
Infan	t Feeding Practices						
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2				
IB1	Feed infants on cue	4	4				
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2				
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3				
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2				
	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 6 months up to 1 year of age	2	2				
_	Serve no fruit juice to children younger than 12 months of age	2	4				
		2	4				
	ition (n = 21)	2010	2022				
_	ition Standards	2010	2022				
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2				
-	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3				
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3				
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2				
NAF	those who are at risk for hypercholesterolemia or obesity Some a king or 10/ protectiving a will to children two years of are and older.	2	2				
	Serve skim or 1% pasteurized milk to children two years of age and older	2	3				
	Serve whole grain breads, cereals, and pastas						
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3				
\vdash	Serve fruits of several varieties, especially whole fruits	3	3				
_	Use only 100% juice with no added sweeteners	2	4				
-	Offer juice (100%) only during meal times	2	2				
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	3				
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3				
Healt	hy Mealtime Practices						
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2				
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2				
NF1	Serve small-sized, age-appropriate portions	3	3				
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	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	3	3				
NH2	Do not use food as a reward or punishment	3	3				
Physi	ical Activity (n = 11)						
		2010	2022				
PA1	Provide children with adequate space for both inside and outside play	4	4				
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2				
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2				
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2				
-	Do not withhold active play from children who misbehave	2	4				
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	3				
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4				
-	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3				
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the						
PD1	day—indoor or outdoor	2	2				
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4				
-	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3				
	ts on Screen-Time (n = 4)	_					
		2010	2022				
DR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2				
-		3	3				
_	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					
	USE SCIENCE OPENIA WOLLD CONTROL ARE TWO YEARS AND ORDER ONLY TOLERON ADDITIONES OF DOVSICAL ACTIVITY	4	4				
-	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4				

Rating Code:

4 Regulation fully meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

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:

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

Leastby Infant Fooding (n = 11)					
	thy Infant Feeding (n = 11)				
	stfeeding Support	2010	2022		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	4		
	t Feeding Practices	l			
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
	Feed infants on cue	4	4		
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4		
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3		
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
_	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4		
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4		
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
	Serve whole fruits, mashed or pureed, for infants 6 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	2022		
	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	4		
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4		
	Make water available both inside and outside	3	4		
	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3		
	hy Mealtime Practices				
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
NF1	Serve small-sized, age-appropriate portions	4	4		
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3		
NILI1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2	3		
_	Do not use food as a reward or punishment	3	3		
	ical Activity (n = 11)	3	3		
Pnys	ical Activity (n = 11)	2010	2022		
D44	Descride abildean with a degree to space for both incide and exteride also	2010	2022		
	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2		
		2	2		
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation				
	Require caregivers/teachers to promote children'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		2		
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4		
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
PL3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3		
PD1	day—indoor or outdoor	3	3		
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
	ts on Screen-Time (n = 4)				
		2010	2022		
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		
_	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		
<u></u> -	Rating Code:				

Rating Code:

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

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

O State does not regulate care type

ASHW 2022: Child Care Centers

25

MASSACHUSETTS At A Glance:

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

cen	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
Healthy Infant Feeding (n = 11)							
Brea	stfeeding Support	2010	2022				
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3				
Infar	t Feeding Practices	•					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2				
IB1	Feed infants on cue	3	3				
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2				
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4				
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2				
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2				
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2				
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2				
ID2	Serve whole fruits, mashed or pureed, for infants 6 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	2022				
	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				
	those who are at risk for hypercholesterolemia or obesity Some skim or 1% pastavirjael milk to children two years of are and older.	2					
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	2				
		2	2				
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 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	_	-				
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3				
	Require adults eating meals with children to eat items that meet nutrition standards	2	2				
	Serve small-sized, age-appropriate portions	2	2				
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual						
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2				
NH1	Do not force or bribe children to eat	4	4				
	Do not use food as a reward or punishment	4	4				
Phys	ical Activity (n = 11)						
		2010	2022				
	Provide children with adequate space for both inside and outside play	4	4				
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2				
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2				
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2				
	Do not withhold active play from children who misbehave	3	3				
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3				
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3				
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3				
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2				
DF1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2				
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3				
	ts on Screen-Time (n = 4)	3	3				
	Software in the first of	2010	2022				
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				
. 54	Rating Code:	-	_				

Rating Code:

4 Regulation fully meets standard Massachusetts Regulation Rating History: 2010 (CTR, LRG, SML)

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

MICHIGAN At A Glance:

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

	Lenter-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
	thy Infant Feeding (n = 11)						
	stfeeding Support	2010	2022				
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	3				
Infan	t Feeding Practices						
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4				
IB1	Feed infants on cue	4	4				
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4				
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3				
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3				
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4				
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4				
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	3				
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3				
	Serve no fruit juice to children younger than 12 months of age	1	4				
		1	4				
	ition (n = 21)	2010	2022				
	tion Standards	2010	2022				
	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	4				
NAF	those who are at risk for hypercholesterolemia or obesity	2	4				
	Serve skim or 1% pasteurized milk to children two years of age and older	2	3				
	Serve whole grain breads, cereals, and pastas						
	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				
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				
Healtl	ny 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				
	Permit children to have one or more 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				
Physi	cal Activity (n = 11)						
		2010	2022				
PA1	Provide children with adequate space for both inside and outside play	4	4				
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2				
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2				
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2				
	Do not withhold active play from children who misbehave	2	4				
-	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3				
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3				
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3				
	Provide daily for all children, 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	3				
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3				
		_					
Limit							
Limit	ts on Screen-Time (n = 4)	2010	2022				
	ts on Screen-Time (n = 4)	2010	2022				
PB1	ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4				
PB1 PB2	ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	3	4				
PB1 PB2 PB3	ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4				

Rating Code:

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

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.

O State does not regulate care type

ASHW 2022: Child Care Centers

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MINNESOTA At A Glance:

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

CCII	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards					
Healthy Infant Feeding (n = 11)						
Brea	stfeeding Support	2010	2022			
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3			
Infan	t Feeding Practices					
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	3			
	Feed infants on cue	3	3			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4			
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 6 months up to 1 year of age	1	3			
ID3	Serve no fruit juice to children younger than 12 months of age	1	4			
Nutr	ition (n = 21)					
Nutr	tion Standards	2010	2022			
	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 Office in its (100%) only during most times.	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 Limit salt by avaiding salty foods such as ships and protects	3	4			
	Limit salt by avoiding salty foods such as chips and pretzels Avoid cursor including concentrated success such as conducted and success and flowered milks.	2	3			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Mealtime Practices	1	3			
	·	2	2			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards	2	2			
	Serve small-sized, age-appropriate portions	4	4			
	Permit children to have one or more 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			
	Do not use food as a reward or punishment	3	3			
Phys	ical Activity (n = 11)					
		2010	2022			
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	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3			
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3			
	day—indoor or outdoor					
	Ensure that infants have supervised tummy time every day when they are awake	2	2			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3			
Limi	ts on Screen-Time (n = 4)					
		2010	2022			
	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 Rating Code:	2	2			

Rating Code:

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

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

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

MISSISSIPPI At A Glance:

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

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
	Ithy Infant Feeding (n = 11)						
	stfeeding Support	2010	2022				
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4				
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	4	4				
IB1	Feed infants on cue	4	4				
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4				
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4				
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3				
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3				
_	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3				
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2				
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	1				
	Serve no fruit juice to children younger than 12 months of age	3	3				
	ition (n = 21)						
	ition Standards	2010	2022				
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	3				
		4					
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		4				
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3				
NA4	those who are at risk for hypercholesterolemia or obesity	3	3				
NΔE	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				
-		4	4				
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4					
_	Serve fruits of several varieties, especially whole fruits		4				
	Use only 100% juice with no added sweeteners	1	1				
	Offer juice (100%) only during meal times	2	2				
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3				
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3				
	Make water available both inside and outside	3	4				
NG1	Limit salt by avoiding salty foods such as chips and pretzels	4	4				
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3				
Healt	hy Mealtime Practices						
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2				
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2				
NF1	Serve small-sized, age-appropriate portions	4	4				
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	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				
NH2	Do not use food as a reward or punishment	4	4				
Phys	ical Activity (n = 11)						
		2010	2022				
	Provide children with adequate space for both inside and outside play	4	4				
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2				
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2				
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2				
PA5	Do not withhold active play from children who misbehave	3	3				
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3				
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4				
_	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3				
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the						
PD1	day—indoor or outdoor	2	2				
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	3				
Limi	ts on Screen-Time (n = 4)						
		2010	2022				
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3				
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3				
_	Use screen media with children age two years and older only for educational purposes or physical activity	4	4				
	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 door not regulate care tune

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.

 0
 State does not regulate care type

 ASHW 2022: Child Care Centers
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MISSOURI At A Glance:

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

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards					
	Ithy Infant Feeding (n = 11)					
Brea	ratfeeding Support	2010	2022			
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2			
Infa	nt Feeding Practices					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2			
IB1	Feed infants on cue	3	3			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2			
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2			
ID2	Serve whole fruits, mashed or pureed, for infants 6 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)					
Nuti	ition Standards	2010	2022			
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2			
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3			
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3			
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	_			
NA4	those who are at risk for hypercholesterolemia or obesity	2	2			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2			
NB1	Serve whole grain breads, cereals, and pastas	2	2			
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2			
NB3	Serve fruits of several varieties, especially whole fruits	4	4			
NC1	Use only 100% juice with no added sweeteners	4	4			
NC2	Offer juice (100%) only during meal times	2	2			
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3			
	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			
	thy Mealtime Practices					
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
	Serve small-sized, age-appropriate portions	4	4			
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual					
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2			
NH1	Do not force or bribe children to eat	3	3			
NH2	Do not use food as a reward or punishment	3	3			
Phys	sical Activity (n = 11)					
		2010	2022			
PA1	Provide children with adequate space for both inside and outside play	4	4			
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2			
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
	Do not withhold active play from children who misbehave	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			
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3			
Lim	its on Screen-Time (n = 4)					
		2010	2022			
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2			
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2			
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2			
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			
	Rating Code:					

	Rating Code:	
4	Regulation fully meets standard	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:

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

Center-based child care licensing regulations and support of 47 nigh-impact obesity prevention standards					
	Ithy Infant Feeding (n = 11)				
Brea	ratfeeding Support	2010	2022		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3		
Infa	nt Feeding Practices				
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
IB1	Feed infants on cue	4	4		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
ID2	Serve whole fruits, mashed or pureed, for infants 6 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)				
	ition Standards	2010	2022		
	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		
	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	4	4		
		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				
	Make water available both inside and outside	3	4		
	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3		
	thy Mealtime Practices	•			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
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		
NIII1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2	2		
		2	2		
	Do not use food as a reward or punishment	2			
Phy:	ical Activity (n = 11)	2010	2022		
	T	2010	2022		
	Provide children with adequate space for both inside and outside play	4	4		
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2		
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
	Do not withhold active play from children who misbehave	2	2		
PC1		2	3		
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2		
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2		
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	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	its on Screen-Time (n = 4)				
		2010	2022		
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2		
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2		
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				

Rating Code:

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:

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

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
	thy Infant Feeding (n = 11)						
_	stfeeding Support	2010	2022				
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3				
Infan	t Feeding Practices						
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4				
IB1	Feed infants on cue	4	4				
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4				
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3				
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3				
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4				
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4				
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2				
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3				
ID3	Serve no fruit juice to children younger than 12 months of age	1	4				
	ition (n = 21)						
Nutrition Standards 2010							
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2				
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3				
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3				
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to						
NA4	those who are at risk for hypercholesterolemia or obesity	2	3				
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4				
NB1	Serve whole grain breads, cereals, and pastas	3	3				
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3				
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				
_	hy Mealtime Practices	ı					
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				
	Permit children to have one or more 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	2022				
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				
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2				
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2				
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the						
	day—indoor or outdoor	2	2				
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2				
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2				
Limits on Screen-Time (n = 4)							
		2010	2022				
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2				
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2				
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2				
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2				
	Rating Code:						

Rating Code:

4 Regulation fully meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

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

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

NEVADA At A Glance:

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

cen	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards					
Hea	Ithy Infant Feeding (n = 11)					
Brea	stfeeding Support	2010	2022			
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3			
Infar	t Feeding Practices	<u> </u>				
	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	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 6 months up to 1 year of age	2	3			
_		2	4			
	Serve no fruit juice to children younger than 12 months of age	2	4			
	ition (n = 21)	2010	2022			
	ition Standards	2010	2022			
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2			
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3			
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3			
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3			
	those who are at risk for hypercholesterolemia or obesity	2				
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
	Serve whole grain breads, cereals, and pastas	2	3			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3			
	Serve fruits of several varieties, especially whole fruits	2	3			
	Use only 100% juice with no added sweeteners	2	4			
	Offer juice (100%) only during meal times	2	4			
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			
	Permit children to have one or more 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	3	3			
NH2	Do not use food as a reward or punishment	4	4			
Phys	ical Activity (n = 11)					
		2010	2022			
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			
	Do not withhold active play from children who misbehave	3	3			
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3			
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the					
PD1	day—indoor or outdoor	2	2			
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2			
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	2			
	ts on Screen-Time (n = 4)					
		2010	2022			
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			
. 54	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

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

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

NEW HAMPSHIRE At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	thy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infan	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	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 6 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)		
	tion Standards	2010	2022
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
IVAS	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	3	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	· · ·	4	4
	Offer juice (100%) only during meal times		
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
	hy Mealtime Practices	_	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	3
NII I4	child; Teach children who require limited portions about portion size and monitor their portions	2	-
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Pnys	cal Activity (n = 11)		
		2010	2022
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	3
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4
Limi	ts on Screen-Time (n = 4)	l	
		2010	2022
	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:		

Rating Code:

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

New Hampshire Regulation Rating History: 2010 (CTR, LRG, SML); 2017 (CTR, LRG, SML); 2022 (CTR, LRG, SML)

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

NEW JERSEY At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1	Feed infants on cue	2	2
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	4
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3
ID3	Serve no fruit juice to children younger than 12 months of age	2	4
	ition (n = 21)		
	ition Standards	2010	2022
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	3
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	2	4
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
_	Serve whole grain breads, cereals, and pastas	3	4
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	4
	Serve fruits of several varieties, especially whole fruits	3	4
	Use only 100% juice with no added sweeteners	3	4
	Offer juice (100%) only during meal times	2	4
		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		
	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	4
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
	thy Mealtime Practices	•	-
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	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
NIII1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	2
		3	3
	Do not use food as a reward or punishment	3	3
Phy	ical Activity (n = 11)	2010	2022
B	Describe deliberation with a describe and a facility and a satisfaction.	2010	2022
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	4
PC1		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	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
Lim	ts on Screen-Time (n = 4)		
		2010	2022
	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

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

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

NEW MEXICO At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
	Ithy Infant Feeding (n = 11)	1	
_	stfeeding Support	2010	2022
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	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	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 6 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
Nutr	ition (n = 21)		
Nutr	ition Standards	2010	2022
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	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	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	4	4
_	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	2022
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
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)	1	
		2010	2022
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
_	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

Rating Code:

4	Regulation fully meets standard	New Me
3	Regulation partially meets standard	NOTE: A
2	Regulation does not address standard c	docume
1	Regulation contradicts the standard	
0	State door 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.

 0 State does not regulate care type

 ASHW 2022: Child Care Centers

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NEW YORK At A Glance:

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

cen	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards			
Hea	thy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2022	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infar	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4	
IB1	Feed infants on cue	2	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 6 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	2022	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3	
	those who are at risk for hypercholesterolemia or obesity Some skim or 1% pastavirjael milk to children two years of are and older.	2		
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	4	
		2	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 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	3	4	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
	Make water available both inside and outside	4	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3	
Healthy Mealtime Practices				
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
_	Serve small-sized, age-appropriate portions	4	4	
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	4	4	
NH1	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	2022	
	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	3	3	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2	
PF1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	4	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3	
	ts on Screen-Time (n = 4)			
		2010	2022	
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
	Use screen media with children age two years and older only for educational purposes or physical activity	2	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

New York Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (LRG, SML); 2015 (CTR, LRG); 2017* (CTR)

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

NORTH CAROLINA At A Glance:

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

	iter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
	Ithy Infant Feeding (n = 11)		
Brea	astfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	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 6 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
Nut	rition (n = 21)		
Nut	rition Standards	2010	2022
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) 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	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	3	3
Heal	thy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	4
NF1	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of 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	3
NH2	Do not use food as a reward or punishment	3	4
Phy:	sical Activity (n = 11)		
		2010	2022
PA1	Provide children with adequate space for both inside and outside play	4	4
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	2	4
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
	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		2
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	4
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Lim	its on Screen-Time (n = 4)		
		2010	2022
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation does not address standard
Regulation contradicts the standard

0 State does not regulate care type

ASHW 2022: Child Care Centers

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NORTH DAKOTA At A Glance:

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

Breas IA1 I	thy Infant Fooding (n = 11)		
IA1 I	thy Infant Feeding (n = 11)		
Infant	tfeeding Support	2010	2022
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	3
IB1	Feed infants on cue	2	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
	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	2
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
	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 6 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
		2	
	tion (n = 21)	2010	2022
	tion Standards	2010	2022
	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
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
	those who are at risk for hypercholesterolemia or obesity	2	
	Serve skim or 1% pasteurized milk to children two years of age and older		2
	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
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1	Make water available both inside and outside	3	3
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Health	ny 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
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	_	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	3	3
Physic	cal Activity (n = 11)		
		2010	2022
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	3
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	4
	Do not withhold active play from children who misbehave	3	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	4
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4
/	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PC3	day—indoor or outdoor	2	2
PC3 /	au, massi oi satassi		
PC3 /	Ensure that infants have supervised tummy time every day when they are awake	2	2
PC3 / PD1 C			
PC3 / PD1 / PE1 PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
PC3 / PD1 / PE1 PE2		2	3
PC3 / PD1 / PE1 PE2 Limit	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all so on Screen-Time (n = 4)	2010	2022
PC3 / PD1 (PE1 PE2 Limit	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all son Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2010 2	3 2022 2
PC3 / PD1 (PE1 (PE2 (Limit	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all son Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2010 2 2	3 2022 2 2
PC3 / PD1 (PE1 PE2 (Limit PB1 PB2 PB3 (Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all son Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2010 2	3 2022 2

Rating Code:

4 Regulation fully meets standard
Regulation partially meets standard
Regulation does not address standard

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

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

OHIO At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	2
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	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	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 6 months up to 1 year of age	1	2
ID3	Serve no fruit juice to children younger than 12 months of age	1	2
Nut	ition (n = 21)		
Nutr	ition Standards	2010	2022
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	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	2
NAA	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
NA4	those who are at risk for hypercholesterolemia or obesity	3	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1	Serve whole grain breads, cereals, and pastas	4	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	3	3
NC1	Use only 100% juice with no added sweeteners	4	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	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
	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	2
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	2022
PA1	Provide children with adequate space for both inside and outside play	4	4
PA2		2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	3
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limi	ts on Screen-Time (n = 4)		
		2010	2022
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	4
	Rating Code:		

Rating Code:

4	Regulation fully meets standard	Ohio Regulation Rating History: 2010 (CTR, LRG, SIV
3	Regulation partially meets standard	NOTE: A starred date (i.e., 2012* and/or 2017*) sig
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	
	4	

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

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

OKLAHOMA At A Glance:

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

Real But Procestifice (in ground) Procesti	Cen	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Main	Hea	lthy Infant Feeding (n = 11)		
Miles Serve human tise infant formals to at least age 12 mouths, not cow's mile, unless waters exception is provided 4 4 4 18 18 18 18 18	Brea	stfeeding Support	2010	2022
AB	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
181 Rec Infants no noc	Infar	t Feeding Practices	•	
182 100	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
183 field infants while bottle feeding. Peablo an infant for bottle feeding in the caregiver/feeding for an arising on on the Jac. Committee of the infranching are perspensive sold took in consultant or with this parent/guentine and prinary care providers. 2 2 2 2 2 2 2 2 2	IB1	Feed infants on cue	4	4
Incompage Inco	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
Compute personal products and conditions not control than design and preferebly around 6 months of age 2 2 2 2 2 2 2 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
1.01 Don't de Den't de Den	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
10.1 10.0 to feed an infant formula mixed with creat, first juste or other foods without primary circe provider's written instruction 2 2 2 2 2 2 2 2 2	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
10.1 10.0 to feed an infant formula mixed with creat, first juste or other foods without primary circe provider's written instruction 2 2 2 2 2 2 2 2 2	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
103 Seven for fult, given to children younger than 12 months of age Notifibion Face 1 Notifibion Standards 2010 2022 Notifibion Standards 2010 2010	ID1		2	2
103 Seven for fult, given to children younger than 12 months of age Notifibion Face 1 Notifibion Standards 2010 2022 Notifibion Standards 2010 2010	ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
Nutrition Standards	_		2	2
NUME Limit all by bloosing monumunaturated and polyumsturated fats and avoiding trans fats, substanted fats and fried floots 2 2 2 2 2 2 2 2 2			l	
NAI Unit oil by thoseing monounsaturated and polymenstructed fiss and avoiding trans fist, saturated fiss and fried foods 2			2010	2022
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NB3 Serve funts of several varieties, especially whole funts 3 3 NCI Use only 100% juice with no added sweeteners 2 4 NCI Use only 100% juice with no added sweeteners 2 4 NCI Use only 100% juice with no added sweeteners 3 4 NCI Serve no more than 4 to 5 or juice/day for children 1-5 years of age 3 4 NCI Serve no more than 4 to 5 or juice/day for children 7-12 years of age 3 4 NCI Make water available both inside and outside 4 4 NCI Javoiding saily foods such as chips and pretzels 2 2 NCI Javoiding saily foods such as chips and pretzels 2 2 NCI Javoiding saily foods such as chips and pretzels 2 2 2 NCI Javoiding saily foods such as chips and pretzels 3 4 4 NCI Javoiding saily foods such as chips and pretzels 3 4 4 NCI Javoiding saily foods such as chips and pretzels 3 4 4 4 4 NCI <t< td=""><td>NB2</td><td>Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas</td><td>3</td><td>3</td></t<>	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
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		,	3	3
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 4	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4

Rating Code:

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

Oklahoma Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR); 2017 (CTR, LRG, SML); 2022 (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.

OREGON At A Glance:

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

Cen	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	thy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infan	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	3
	Feed infants on cue	4	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
		1	1
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	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 6 months up to 1 year of age	1	2
	Serve no fruit juice to children younger than 12 months of age	1	1
Nutr	ition (n = 21)		
Nutr	ition Standards	2010	2022
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
NA4	those who are at risk for hypercholesterolemia or obesity	2	2
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
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	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
_		3	
	Make water available both inside and outside		4
	Limit salt by avoiding salty foods such as chips and pretzels	3	3
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
	hy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	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	2022
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	2	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
	ts on Screen-Time (n = 4)		
		2010	2022
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
FDS	ose serectificate with children age two years and older only for educational purposes of physical activity	2	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

Rating Code:

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

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

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.

PENNSYLVANIA At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	3	3
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
	ition (n = 21)		
	ition Standards	2010	2022
_	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	2	2
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4
	Serve fruits of several varieties, especially whole fruits	4	4
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
		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		
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy Mealtime Practices	•	-
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
NILI1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2	2
_		2	2
	Do not use food as a reward or punishment	2	2
Phy	ical Activity (n = 11)	2040	2022
		2010	2022
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
PC1		3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	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	2022
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

Rating Code:

4 Regulation fully meets standard Pennsylvania Regulation Rating History: 2010 (CTR, LRG, SML); 2020 (CTR, LRG, SML)

Regulation partially meets standard

Regulation does not address standard

O State does not regulate care type

Regulation contradicts the standard

RHODE ISLAND At A Glance:

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

cen	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
Hea	Healthy Infant Feeding (n = 11)						
Brea	stfeeding Support	2010	2022				
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3				
Infar	t Feeding Practices						
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	4				
IB1	Feed infants on cue	3	4				
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4				
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3				
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3				
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4				
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4				
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2				
ID2	Serve whole fruits, mashed or pureed, for infants 6 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	2022				
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2				
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3				
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3				
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3				
	those who are at risk for hypercholesterolemia or obesity Some skim or 1% pastavirjael milk to children two years of are and older.	2					
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	4				
		2	3				
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 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, bowls & cups that are developmentally suited to their nutritional needs	2	2				
	Require adults eating meals with children to eat items that meet nutrition standards	2	2				
	Serve small-sized, age-appropriate portions	2	4				
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual						
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	3				
NH1	Do not force or bribe children to eat	2	4				
	Do not use food as a reward or punishment	3	4				
Phys	ical Activity (n = 11)						
		2010	2022				
	Provide children with adequate space for both inside and outside play	4	4				
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2				
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2				
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2				
	Do not withhold active play from children who misbehave	2	4				
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3				
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4				
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				
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	4				
	ts on Screen-Time (n = 4)		4				
	Software in the first of	2010	2022				
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3				
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3				
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2				
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4				
. 54	Rating Code:	-					

Rating Code:

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

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.

O State does not regulate care type

ASHW 2022: Child Care Centers

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SOUTH CAROLINA At A Glance:

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

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards					
	Ithy Infant Feeding (n = 11)					
Brea	stfeeding Support	2010	2022			
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3			
Infa	nt Feeding Practices					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4			
IB1	Feed infants on cue	4	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4			
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2			
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3			
ID3	Serve no fruit juice to children younger than 12 months of age	1	4			
Nut	ition (n = 21)					
Nut	ition Standards	2010	2022			
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2			
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3			
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3			
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) 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	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	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			
	Serve small-sized, age-appropriate portions	4	4			
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual					
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3			
NH1	Do not force or bribe children to eat	3	3			
NH2	Do not use food as a reward or punishment	3	3			
Phy:	ical Activity (n = 11)					
		2010	2022			
PA1	Provide children with adequate space for both inside and outside play	4	4			
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2			
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
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			
_	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2			
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		2			
PD1	day—indoor or outdoor	2	2			
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2			
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3			
Lim	ts on Screen-Time (n = 4)					
		2010	2022			
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3			
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3			
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2			
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			
	Rating Code:					

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

 $South Carolina \ Regulation \ Rating \ History: 2010 \ (CTR, LRG, SML); \ 2012* \ (CTR, LRG); \ 2017 \ (SML)/2017* \ (CTR, LRG); \ 2010 \ (CTR, LRG); \ 20$

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

SOUTH DAKOTA At A Glance:

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

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards					
	Ithy Infant Feeding (n = 11)					
Brea	ratfeeding Support	2010	2022			
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2			
Infa	nt Feeding Practices					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2			
IB1	Feed infants on cue	4	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2			
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2			
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2			
	Serve no fruit juice to children younger than 12 months of age	2	2			
	rition (n = 21)					
	ition Standards	2010	2022			
_	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			
IVAS	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to					
NA4	those who are at risk for hypercholesterolemia or obesity	2	2			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2			
	Serve whole grain breads, cereals, and pastas	2	2			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2			
	Serve fruits of several varieties, especially whole fruits	2	2			
	Use only 100% juice with no added sweeteners	2	2			
	Offer juice (100%) only during meal times	2	2			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2			
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2			
	Make water available both inside and outside	2	2			
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2			
	thy Mealtime Practices					
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
NE2	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			
Phy	sical Activity (n = 11)					
		2010	2022			
	Provide children with adequate space for both inside and outside play	4	4			
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2			
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
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	Z	2			
	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			
Lim	its on Screen-Time (n = 4)					
		2010	2022			
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2			
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2			
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2			
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			
	Rating Code:					

Rating Code:

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

TENNESSEE At A Glance:

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

cen	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
Hea	Healthy Infant Feeding (n = 11)						
Brea	stfeeding Support	2010	2022				
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3				
Infar	t Feeding Practices	•					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4				
IB1	Feed infants on cue	4	4				
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4				
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3				
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3				
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4				
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4				
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2				
ID2	Serve whole fruits, mashed or pureed, for infants 6 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	2022				
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	2				
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3				
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3				
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3				
	those who are at risk for hypercholesterolemia or obesity Some cking or 1% pasta wined milk to children two years of are and older.	2					
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	4				
		3	3				
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	3	3				
	Use only 100% juice with no added sweeteners	2	4				
	Offer juice (100%) only during meal times	2	4				
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4				
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4				
	Make water available both inside and outside	3	4				
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2				
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	4	4				
	hy Mealtime Practices						
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	4				
	Require adults eating meals with children to eat items that meet nutrition standards	2	2				
	Serve small-sized, age-appropriate portions	2	4				
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual						
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	3				
NH1	Do not force or bribe children to eat	4	3				
	Do not use food as a reward or punishment	4	4				
Phys	ical Activity (n = 11)						
		2010	2022				
	Provide children with adequate space for both inside and outside play	4	4				
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3				
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	4				
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	3				
	Do not withhold active play from children who misbehave	4	4				
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3				
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4				
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	4				
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3				
PF1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	4				
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4				
	ts on Screen-Time (n = 4)		_				
		2010	2022				
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	3	4				
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4				
. 54	Rating Code:	-					

Rating Code:

Regulation fully meets standard

Regulation partially meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

TEXAS At A Glance:

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

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
Healthy Infant Feeding (n = 11)							
	stfeeding Support	2010	2022				
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	4				
	t Feeding Practices						
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4				
	Feed infants on cue	3	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 6 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)						
	tion Standards	2010	2022				
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2				
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3				
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	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	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				
	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				
	ny Mealtime Practices	1					
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2				
	Require adults eating meals with children to eat items that meet nutrition standards	2	2				
NF1	Serve small-sized, age-appropriate portions	4	4				
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3				
NIIIA	child; Teach children who require limited portions about portion size and monitor their portions	2	2				
	Do not force or bribe children to eat Do not use food as a reward or punishment	3	3				
		4	4				
Phys	ical Activity (n = 11)	2010	2022				
		2010	2022				
	Provide children with adequate space for both inside and outside play Provide orientation and applied training opportunities for caregivers (teachers to learn age-appropriate gross meter activities and games that promote physical activity.	2	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						
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Po not withhold active play from children who michobave	2	2				
	Do not withhold active play from children who misbehave	4	4				
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4				
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4				
РСЗ	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	4				
PD1	day—indoor or outdoor	2	4				
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	4				
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4				
	ts on Screen-Time (n = 4)						
		2010	2022				
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4				
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3				
	Use screen media with children age two years and older only for educational purposes or physical activity	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
3 Regulation partially meets standard
2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

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

UTAH At A Glance:

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

	Lenter-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
Healthy Infant Feeding (n = 11)							
_	stfeeding Support	2010	2022				
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3				
Infan	t Feeding Practices						
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4				
IB1	Feed infants on cue	4	4				
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4				
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3				
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3				
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4				
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4				
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2				
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3				
ID3	Serve no fruit juice to children younger than 12 months of age	1	4				
	ition (n = 21)						
	ition Standards	2010	2022				
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2				
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3				
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3				
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to						
NA4	those who are at risk for hypercholesterolemia or obesity	2	3				
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4				
	Serve whole grain breads, cereals, and pastas	3	3				
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3				
NB3	Serve fruits of several varieties, especially whole fruits	3	3				
NC1	Use only 100% juice with no added sweeteners	4	4				
NC2	Offer juice (100%) only during meal times	3	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				
_	hy Mealtime Practices	ı					
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				
	Permit children to have one or more 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	2022				
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				
	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				
	day—indoor or outdoor	2	2				
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4				
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3				
Limi	ts on Screen-Time (n = 4)						
		2010	2022				
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3				
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3				
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	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
3	Regulation partially meets standard
2	Regulation does not address standard
1	Regulation contradicts the standard
0	State door not regulate care tune

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

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

 0
 State does not regulate care type

 ASHW 2022: Child Care Centers
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VERMONT At A Glance:

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

Realthy Infant Feeding (n = 1)	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
Table Technology and support breakfeeding and feeding of breast milk by making arangements for mothers to feed their children on-site Technology and the state Technology and t	lealt	thy Infant Feeding (n = 11)					
International Control	reas	tfeeding Support	2010	2022			
Jack Serve human milk or infent formula to a least age 12 morths, not cowy milk, unless written exception is provided 4	A1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4			
181 Feet infants on cue 4 2 2 2 2 2 2 2 2 2	ıfant	Feeding Practices					
In contribution C	A2 S	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	4			
Table Tabl	B1	Feed infants on cue	4	4			
IEL Develop than for immoduling age-apopropries solid foods in consolitation with child's parent/guardian and growny care provider 2 Introduce apopropries solid foods in consolitation and months of age, and preferably around six months 3 INTRODUCTION of the provided o	B2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4			
Including age-appropriate solid floods no sooner than 4 months of age. and preferably around 6 months of age. 3 3 3 3 3 3 3 3 3	B3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3			
Isra	C1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3			
103 Don't feed an infant formula mixed with creal, fruit juice or other foods without primary care provider's written instruction 2 2 2 2 3 3 3 3 3 3	C2	introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4			
102 Serve whole fruits, mashed or pured, for infants 6 months up to 1 year of age 3 3 Startifical (1 = 2.1) Nutrition (1 = 2.1) Nutrition (1 = 2.1) Nutrition Standards 1 Limit obts by choosing monoursaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods 2 10.10 Nutrition Standards 1 Limit obts by choosing monoursaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods 2 10.10 Nutrition Standards 1 Limit obts by choosing monoursaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods 2 10.10 Nutrition Standards 1 Limit obts by choosing monoursaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods 2 10.10 Nutrition Standards 2 Limit obts by choosing monoursaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods 2 Limit obts by choosing monoursaturated and polyunsaturated fats and avoiding fried meats 2 Limit obts by choosing monoursaturated and polyunsaturated fats and avoiding fried meats 3 Serve whole pasteurized milk to tweether to where yellow repeated of the fats of the polytholia of the fats of the polytholia of the fats of the fats of the polytholia of the fats of	C3	introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4			
Multition (in = 1)	D1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4			
Nutrition (n = 21) NAI Limit alls by choosing monoursaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods 2 NAI Serve meats and/or beans - Chicken, fash, learn meat, and/or regumes busch as dired pleas, beans), avoiding fried meats of the same of the	D2 S	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3			
Nutrition (n = 21) NAI Limit alls by choosing monoursaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods 2 NAI Serve meats and/or beans - Chicken, fash, learn meat, and/or regumes busch as dired pleas, beans), avoiding fried meats of the same of the same and/or beans - Chicken, fash, learn meat, and/or regumes busch as dired pleas, beans), avoiding fried meats of the same and/or beans - Chicken, fash, learn meat, and/or regumes busch as dired pleas, beans), avoiding fried meats of the same and a same	D3 S	Serve no fruit juice to children younger than 12 months of age	3	4			
Nutrition Standards All Limit oils by choosing monounsaturated and polyunsaturated fais and avoiding trans fats, saturated fats and fried foots. 2 NA2 Serve whore were standy or beans: chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats All Serve wholia pasteurited milk to twhe to twenty-four mornhol of diridlen who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurited milk to the whe to twenty-four mornhol of diridlen who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurited milk to thildren two years of age and older All Serve whole pasteurited milk to children two years of age and older Serve whole grain breads, cereals, and pastals 2 Serve vegetables, specifically, and; green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas 2 Serve vegetables, specifically, and; green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas 2 Serve vegetables, specifically, and; green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas 3 Call Use only look juice with no added sweeteners 3 Call Use only look juice with no added sweeteners 4 Call Use only look juice without a clark of the past of age 4 Call Use only look juice without a clark of the past of age 5 Call Use only look juice without a clark of the past of age 5 Call Use only look juice without a clark of the past of age and offer past of a clark of the past of the pas							
NAZ Serve meats and/or beans - chicken, fish, ken meat, and/or fregumes (such as dried peas, beans), avoiding fried meats ANA Misses with the misses of the misses who are at risk for frypercholesteropemia's or obesty. NAS Serve skind or 3/5 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 the misses of the misse			2010	2022			
NAZ Serve ments and/or beans - chicken, fish, lean meat, and/or fregumes (such as dried peas, beans), avoiding fried meats AS serve either milk equivalent products (registry, charge cheese) using bowlet varieties by a force whole pasteurized milk to twelve to brenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the bowlet on the bowlet of the produced milk to the bowlet on the bowlet of the bowlet of the serve whole pasteurized milk to twelve to brenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the bowlet on the serve whole pasteurized milk to their two years of age and older Serve vacebables, specifically, dark green, or range, deep yellow vegetables; and root vegetables, such as potatoes and viandas 2 NS 2 Serve vacebables, specifically, dark green, or range, deep yellow vegetables; and root vegetables, such as potatoes and viandas 2 NS 2 Serve or such varieties, especially whole fruits NS 2 Serve or nome than 4 to 6 to guice/day for children 1-5 years of age 2 NS 2 Serve or nome than 4 to 6 to guice/day for children 1-5 years of age 3 NO 3 Serve or nome than 4 to 6 to guice/day for children 1-5 years of age 3 NO 4 Serve no more than 4 to 6 to guice/day for children 1-7 12 years of age 3 NO 4 Serve no more than 4 to 6 to guice/day for children 1-7 12 years of age 3 NO 5 Serve no more than 4 to 6 to guice/day for children 1-7 12 years of age 3 NO 6 Serve no more than 4 to 6 to guice/day for children 1-7 12 years of age 3 NO 6 Serve no more than 4 to 6 to guice/day for children 1-7 12 years of age 3 NO 6 Serve no more than 4 to 6 to guice/day for children 1-7 12 years of age 3 NO 6 Serve no more than 4 to 12 to guice/day for children 1-7 12 years of age 4 NO 6 Serve no more than 4 to 6 to guice/day for children 1-7 12 years of age 5 Serve no more than 6 to 12 yuice/day for children 1-7 12 years of age 5 Serve no more than 6 to 12 yuice/day for chil	A1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2			
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using love-fat varieties for 2 years of age and older Serve whole pasturated milk to towher to twenty four month old childree who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to 2 NA4 histose who are at risk for hypecrcholesterolemia or obesity NA5 Serve site of the milk of the control	_		2	3			
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PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 3 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	A1	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 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake 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 3 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly				2			
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake 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 3 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	A3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	4	2			
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PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years BB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	A5 I	Do not withhold active play from children who misbehave	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 day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake 2 PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) 2010 PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 3 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	C1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3			
PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake 2 PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 3 Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 3 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 3	C2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4			
PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 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 3			3	3			
day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake 2	ו 1סי		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) 2010 PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 3 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 3	(
Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 3	_			2			
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years B2010 PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years B2010	_		3	3			
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 3 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 3	mit	s on Screen-Time (n = 4)					
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 3				2022			
				4			
	_			3			
PB3 Use screen media with children age two years and older only for educational purposes or physical activity 4				3			
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 Rating Code:			2	2			

Rating Code:

4 Regulation fully meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

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

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

VIRGINIA At A Glance:

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

Realth prison Feeding (no. 11)	Cen	center-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
Main Standards Standards	Healthy Infant Feeding (n = 11)							
Mathematics	Brea	stfeeding Support	2010	2022				
Mile Peer Imahe mills or inflat formals to at least age Imanshi, not core mills, unless written exception is provided 4 4 4 4 8 8 8 8 8 8	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3				
Mile Peer Imahe mills or inflat formals to at least age Imanshi, not core mills, unless written exception is provided 4 4 4 4 8 8 8 8 8 8	Infar	t Feeding Practices						
Institution Comment		-	4	4				
100 100								
183 100 Infrants while bottler feeding. Position an infant for bottle feeding in the caregive/fixed-fr's arms crititing up on the land 1								
Col. Contended and part immobility again page page page page and sold foods in consolation with chirs's parently gardian and primary care provider. Col. Contended an appropriate sold food no soore than from themselved again page that preferably around from thorst of again and page page page page page and sold or no soore than from romths of aga. A Col. Col.								
Coliman Coli								
Inc.								
10.1 10.1 10.1 10.2 10.2 10.2 10.2 10.3	_							
10.2 Serve whole fruits, manked or pureae, for infants 6 months up to 2 year of age 1.2 3.	_							
103 Seven formity finder to children younger than 12 months of age 100								
Note	_							
Number N			1	4				
MAX								
NAZ Serve meats and/for beans - chicken, fish, lear meat, and/or legimes (such as office peas), basing, barding fried meats 3	Nutr	ition Standards	2010	2022				
NA3 Serve where milk earliw alent products (yogut, ottage cheese) using low-fat varieties for 2 years of age and older 3 3 NA8 Serve whole pateutized milk to the whe to the triby row morth old wildlawn who are not on human milk or prescribed framula, or serve reduced fat (2%) pasteutized milk to 3 3 NA9 Serve windle gas pateutized milk to whilder the vole vasor of age and older 4 3 NB1 Serve windle gain breads, cereals, and pasts 3 3 NB2 Serve windle gain breads, cereals, and pasts 3 3 NB2 Serve windle gain breads, cereals, and pasts 4 4 NB2 Serve windle gain breads, cereals, and pasts 4 4 NB3 Serve finds of several varieties, sepacially whole fruits 4 4 NB2 Serve romore than 4 to 6 viluse/day for children 1-6 years of age 4 4 NB3 Serve no more than 4 to 6 viluse/day for children 1-6 years of age 4 4 NB2 Serve no more than 4 to 6 viluse/day for children 1-6 years of age 4 4 NB2 Serve no more than 4 to 6 viluse/day for children 1-6 years of age 4 4 NB2 Serve no more	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2				
NA Serve whote pasteurized milk to thew's to thewe's obesity those who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to a whote the tobesity the serve skim or 1% pasteurized milk to children two years of age and older 2 4 NAS Serve skim or 1% pasteurized milk to children two years of age and older 2 4 NAS Serve skim or 1% pasteurized milk to children two years of age and older 3 3 3 NAS Serve vegetables, specifically, dark green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas 3 3 NAS Serve finits of several varieties, especifically, dark green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas 3 3 NAS Serve finits of several varieties, especifically, dark green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas 3 3 NAS Open finits of the vegetables of the root of the vegetables between the vegetables between the vegetable between	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3				
NA NA Name who are at risk for hypercholesterolemia or obesity 2 3 NAS Serve skinn or 15 pasteurider milk to children two years of age and older 2 4 NBI Serve vision or 15 pasteurider milk to children two years of age and older 3 3 NBI Serve vision of serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 3 NBI Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 3 NBI Serve vegetables, specifically, dark green, orange, deep yellow vegetables; such as potatoes and viandas 3 3 NBI Serve roor more than 4 to 6 co. julce/day for children 1-6 years of age 4 4 NBI Serve roor more than 4 to 6 co. julce/day for children 1-6 years of age 3 4 NBI Serve roor more than 4 to 6 co. julce/day for children 1-6 years of age 3 4 NBI Serve roor more than 4 to 6 co. julce/day for children 1-6 years of age 3 4 NBI Lavin Superior with as contraction of the contraction of the child of	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3				
Max Seven skin are at fisk for hypercholesterolemia or obesity 4	NAA	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				
NBI Serve whole grain breads, cereaks, and pastas 3 3 3 3 3 3 3 3 3	IVA4	those who are at risk for hypercholesterolemia or obesity	2	3				
NBZ Sone ve egetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 3 NB3 Serve finuts of sever fluxing of sever fluxin	NA5	Serve skim or 1% pasteurized milk to children two years of age and older		4				
NR Serve fruits of several varieties, especially whole fruits 4 4 4 4 4 4 4 4 4	NB1	Serve whole grain breads, cereals, and pastas	3	3				
MCI See only 1,00% jour with no added sweeteners 2	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3				
NC2 Serve no more than 4 to 5 or julice/day for children 1-6 years of age 3	NB3	Serve fruits of several varieties, especially whole fruits	3	3				
NC3 seve no more than 4 to 6 oz juice/day for children 1-6 years of age 3 4 NC4 Seve no more than 4 to 6 oz juice/day for children 7-12 years of age 3 4 NC5 Seve no more than 4 to 6 oz juice/day for children 7-12 years of age 3 4 NC5 We were available both inside and outside 4 4 NC6 I limit salt by avoiding salty foods such as chips and pretzels 2 2 NC6 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 4 4 NC7 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 2 2 NC8 Provide und suits eating meals with children to be at them shall are deviled meals and suits eating meals with children to eat them shall are deviled meals and sould suit sating meals with children to eat them shall are level in instanced to meet the calori needs of the individual children appropriate portions 3 3 NF1 Sever small-sized, age-appropriate portions 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	NC1	Use only 100% juice with no added sweeteners	4	4				
NCC Serve no more than 8 to 12 or juice/day for children 7-12 years of age	NC2	Offer juice (100%) only during meal times	2	4				
ND1 Make water available both inside and outside 4 4 ND2 Limit sait by avoiding salty foods such as chips and pretzels 2 2 2 3 3 3 3 3 3 3	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4				
NOI								
MGI Milt salt by avoiding salty foods such as chips and pretzels 1			4	4				
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Neathirme Practices Neathi	_							
Healthy Mealtime Practices Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Teach children to pail with thildren to eat items that meet nutrition standards A								
NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 3 2 2 2 2 2 2 2 2 2			-					
NE2 Require adults eating meals with children to eat items that meet nutrition standards 2 2 NE1 Serve small-sized, age-appropriate portions 4 4 NE2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual high children to the one or more additional servings of the nutritious food shat are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual as a seward or punishment permits on the children who require limited portions about portion size and monitor their portions 3 3 NH1 Do not force or bribe children who require limited portions about portion size and monitor their portions 3 3 NH2 Do not use food as a reward or punishment 2010 2022 PA1 Provide children with adequate space for both inside and outside play 2010 2022 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 PA3 Bequire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so 2			2	2				
NF1 Serve small-sized, age-appropriate portions 4 4 NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child. Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child. Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children to eat 3 3 3 3 3 3 3 3 3								
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual and individual by the control of the children who require limited portions about portion size and monitor their portions and sodium as needed to meet the caloric needs of the individual and sodium as needed to meet the caloric needs of the individual and sodium as needed to meet the caloric needs of the individual and sodium as needed to meet the caloric needs of the individual and sodium as needed to meet the caloric needs of the individual and sodium as needed to meet the caloric needs of the individual and sodium as needed to meet the caloric needs of the individual and sodium as needed to meet the caloric needs of the individual and sodium as needed to meet the caloric needs of the individual and sodium as needed to meet the caloric needs of the individual and sodium as needed to meet the caloric needs of the individual and sodium as needed to meet the caloric needs of the individual and sodium as needed to meet the caloric needs of the individual and sodium as needed to meet the caloric needs of the individual and sodium as needed to meet the caloric needs of the individual and so as a reward or public the children the children the children be the children who mishes the children is children the children between the course of the individual and so and	_							
NHZ 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	INFI		4	4				
NHI Do not force or bribe children to eat 3 3 NHZ Do not use food as a reward or punishment 3 3 Physical Activity (n = 11)								

Rating Code:

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

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

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

WASHINGTON At A Glance:

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

cen	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
Hea	Healthy Infant Feeding (n = 11)						
Brea	stfeeding Support	2010	2022				
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3				
Infar	t Feeding Practices						
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4				
	Feed infants on cue	4	4				
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4				
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4				
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	3				
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4				
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	4	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 6 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	2022				
	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 Some skim or 1% pastavirjael milk to children two years of are and older.	2					
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	4				
		3	3				
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	3	3				
	Use only 100% juice with no added sweeteners	4	4				
	Offer juice (100%) only during meal times	2	4				
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4				
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4				
	Make water available both inside and outside	2	4				
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2				
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3				
	hy Mealtime Practices		,				
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3				
	Require adults eating meals with children to eat items that meet nutrition standards	2	2				
	Serve small-sized, age-appropriate portions	2	4				
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual						
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	3				
NH1	Do not force or bribe children to eat	2	3				
	Do not use food as a reward or punishment	3	3				
Phys	ical Activity (n = 11)						
		2010	2022				
	Provide children with adequate space for both inside and outside play	4	4				
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2				
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2				
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	4				
	Do not withhold active play from children who misbehave	2	4				
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3				
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4				
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	4				
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2				
DF1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	4	4				
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3				
	ts on Screen-Time (n = 4)	3	3				
	Software in the first of	2010	2022				
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	4				
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4				
. 54	Rating Code:	-					

Rating Code:

4 Regulation fully meets standard Washington Regulation Radial NOTE: A starred date (i.e. Regulation does not address standard documents also were rate Regulation contradicts the standard State does not regulate care type

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

WEST VIRGINIA At A Glance:

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

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards					
	Ithy Infant Feeding (n = 11)					
Brea	ristfeeding Support	2010	2022			
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2			
Infa	nt Feeding Practices					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	3			
IB1	Feed infants on cue	4	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	3			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	4			
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 6 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)					
Nut	ition Standards	2010	2022			
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2			
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3			
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3			
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to					
NA4	those who are at risk for hypercholesterolemia or obesity	2	2			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
NB1	Serve whole grain breads, cereals, and pastas	3	3			
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3			
NB3	Serve fruits of several varieties, especially whole fruits	3	3			
NC1	Use only 100% juice with no added sweeteners	4	4			
NC2	Offer juice (100%) only during meal times	3	3			
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	1	1			
Heal	thy Mealtime Practices					
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
	Require adults eating meals with children to eat items that meet nutrition standards	4	4			
NF1	Serve small-sized, age-appropriate portions	4	4			
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		_			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3			
NH1	Do not force or bribe children to eat	3	4			
NH2	Do not use food as a reward or punishment	3	4			
Phy:	sical Activity (n = 11)					
		2010	2022			
PA1	Provide children with adequate space for both inside and outside play	4	4			
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2			
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
PA5	Do not withhold active play from children who misbehave	4	4			
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3			
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
	Provide daily for all children, 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			
PD1	day—indoor or outdoor	2	2			
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4			
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	4			
Lim	its on Screen-Time (n = 4)					
		2010	2022			
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3			
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3			
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2			
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			
	Rating Code:					

Rating Code:

Regulation fully meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

WISCONSIN At A Glance:

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

Cen	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infar	t Feeding Practices	,	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 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	2022
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	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
_	hy Mealtime Practices	_	_
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)		
		2010	2022
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	4	4
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	4	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limi	ts on Screen-Time (n = 4)		
	Provided the second of the sec	2010	2022
	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 Do not utilize TV, video or DVD viewing during medians and loss and times.	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	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
n	State does not regulate care type

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

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

O State does not regulate care type

ASHW 2022: Child Care Centers

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WYOMING At A Glance:

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

cen	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2022
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	t Feeding Practices	<u> </u>	
IA2	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	2	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	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 6 months up to 1 year of age	2	2
		2	2
	Serve no fruit juice to children younger than 12 months of age		
	ition (n = 21)	2010	2022
	ition Standards	2010	2022
	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
	those who are at risk for hypercholesterolemia or obesity	2	
	Serve skim or 1% pasteurized milk to children two years of age and older		2
	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
NC2	Offer juice (100%) only during meal times	2	2
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1	Make water available both inside and outside	2	2
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Healt	hy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	2	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1	Do not force or bribe children to eat	4	3
NH2	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2022
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	3	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	4
	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
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
	ts on Screen-Time (n = 4)		
		2010	2022
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
. 54	Rating Code:		

Rating Code:

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

Wyoming Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2022 (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.

State Assessment Years: 2010 to 2022

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

			Yea	ars	Rat	ed													Y	ear	s R	ate	d				
State	2 0 1 0	2 0 1	2 0 1 2	2 0 1 3	2 0 1 4	2 0 1 5	2 0 1 6	2 0 1 7	2 0 1 8	2 0 1 9	2 0 2 0	2 0 2 1	2 0 2 2	State	2 0 1 0	2 0 1	2 0 1 2	2 0 1 3	2 0 1 4	2 0 1 5	2 0 1 6	2 0 1 7	2 0 1 8	2 0 1 9	2 0 2 0	2 0 2 1	2 0 2 2
Alabama	Χ		Χ						Х	Х		Х		Montana	Χ		Χ					Χ				Χ	
Alaska	Χ		Χ					Χ						Nebraska	Χ		Χ	Χ				Χ					
Arizona	Х	Χ								Х	Χ			Nevada	Χ		Χ						Χ				
Arkansas	X	Χ				X		Χ			Χ			New Hampshire	Χ							Χ					Х
California	X		Χ					Χ						New Jersey	Χ			Χ				Χ					
Colorado	Х		Х			Х	Х	Χ				Х		New Mexico	Χ		Χ		Χ			Χ					
Connecticut	Х		Χ					Χ				Х		New York	Χ			Χ	Χ	Χ		Χ					
Delaware	Х		Χ			Х		Х		Х	Х	Х		North Carolina	Χ		Χ	Χ				Χ	Χ				
D.C.	Х						Х	Χ						North Dakota	Χ	Χ									Χ		
Florida	Х		Х	Х				Х		Х				Ohio	Χ		Χ				Х					Х	
Georgia	Х		Χ		Х			Χ			Х		Х	Oklahoma	Χ						Χ	Χ					Х
Hawaii	Х		Χ					Χ						Oregon	Χ		Χ					Χ				Х	
Idaho	Х												Χ	Pennsylvania	Χ										Χ		
Illinois	Х				Х									Rhode Island	Χ		Χ	Χ				Χ				Х	
Indiana	Х												Χ	South Carolina	Χ		Χ					Χ					
lowa	Х		Х					Χ						South Dakota	Χ												
Kansas	Х		Х	Χ										Tennessee	Χ								Χ				Χ
Kentucky	Χ			Х					Х			Х		Texas	Χ		Χ		Χ							Х	
Louisiana	Х		Χ			Х		Χ				Х		Utah	Χ		Χ					Χ					
Maine	Χ		Х					Х				Х		Vermont	Χ						Х	Χ					
Maryland	Х		Х			Х		Х						Virginia	Χ		Χ					Χ					
Massachusetts	Х													Washington	Χ		Χ					Χ		Χ			
Michigan	Χ		Х		Х			Χ		Х				West Virginia	Χ		Х		Χ								
Minnesota	Χ		Χ					Χ						Wisconsin	Χ		Χ							Χ			
Mississippi	Х		Χ	Х							Х			Wyoming	Χ		Χ	Χ									Х
Missouri	Χ						Х																				

State assessed at baseline for all regulated care types

State assessed due to new or revised regulations

State assessed due to national CACFP updates

	Regulation Document Title	Document	ASHW	Chil	d Care T	ypes
State	For links to states' documents, click <u>here</u>	Date	Assessment Year	CTR	LRG	SML
AL	Alabama					
	Minimum Standards for Family Day Care Homes, Family Nighttime					
	Homes, Group Day Care Homes, and Group Nighttime Homes Regulations and Procedures	1/22/2001	2010		Х	Х
	Minimum Standards for Day Care Centers and Nighttime Centers	1/22/2001	2010	X		
	Minimum Standards for Family Day Care Homes, Family Nighttime Homes, Group Day Care Homes, and Group Nighttime Homes Regulations and Procedures	11/30/2018	2018		X	X
	Minimum Standards for Day Care Centers and Nighttime Centers	11/30/2018	2018	Х		
	Minimum Standards for Day Care Centers and Nighttime Centers: Regulations and Procedures	9/30/2019	2019	Х		
	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
ΑZ	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		X	
	Arizona Administrative Code and Arizona Revised Statues for Child Care Facilities (Title 9 Ch 5)	12/05/2018	2019	Х		
	Arizona Administrative Code and Arizona Revised Statues for Child Care Group Homes (Title 9 Ch 3)	9/30/2020	2020		Х	

	Regulation Document Title	Document	ASHW	Child Care Types				
State	For links to states' documents, click here	Date	Assessment Year	CTR	LRG	SML		
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	3/2010	2010			Х		
	Family Homes							
	Minimum Licensing Requirements for Child Care Centers	11/01/2011	2011	Х				
	Minimum Licensing Requirements for Child Care Family Homes	11/01/2011	2011		X			
	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 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	Х				
	Title 22, Division 12, Chapter 1, Article 6 - Child Care Centers Continuing Requirements (continued)	6/08/2005	2010	X				
	Title 22, Division 12, Chapter 1, Article 7 - Child Care Physical Environment	11/01/2008	2010	X				
	Title 22, Division 12, Chapter 1 Subchapters 2, 3 - Child Care Infant Centers	11/01/1998	2010	Х				
	Community Care Licensing Division Child Care Update - Winter/Spring 2011	Winter/ Spring 2011	2012	Х	Х	Х		
	Title 22, Division 12, Chapter 3 - Family Child Care Homes	4/01/2016	2017		Х	X		

	Regulation Document Title	Document	ASHW	Child Care Types							
State	For links to states' documents, click <u>here</u>	Date	Assessment Year	CTR	LRG	SML					
СО	Colorado										
	Volume of Child Care Facility Licensing	5/01/2010	2010	X	X	X					
	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	7/2009	2010	X	X						
	Statutes and Regulations for Licensing Family Day Care Homes	7/2009	2010			Х					
	Statutes and Regulations for Family Child Care Homes	3/19/2021	2021			Х					
DE	Delaware										
	Rules for Early Care and Education and School-Age Centers	1/1/2007	2010	Х							
	Rules for Large Family Child Care Homes	1/1/2009	2010		Х						
	Rules for Family Child Care Homes	1/1/2009	2010			Х					
	Regulations for Early Care and Education and School-Age Centers	7/1/2015	2015	Х							
	Delacare Regulations for Family and Large Family Child Care Homes	7/2017	2017		Х	Х					
	Delacare: Regulations for Early Care and Education and School-Age Centers	5/1/2019	2019	Х							
	Delacare: Regulations for Family and Large Family Child Care Homes	5/2019	2019		Х	X					
	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					

State	Regulation Document Title	Document	ASHW	Child Care Types				
State	For links to states' documents, click here	Date	Assessment Year	CTR	LRG	SML		
DC	Washington DC							
	DCMR 29 Public Welfare Chapter 3 Child Development Facilities	4/27/2007	2010	X		X		
	Title 5-A DCMR Chapter 1 Child Development Facilities: Licensing	11/15/2016	2016	X	X	X		
FL	Florida							
	Chapter 65C-20 Family Day Care Standards and Large Family Child							
	Care Homes (ratings based on MyPyramid removed 2013, due to retirement of MyPyramid, retroactive to 2010)	1/13/2010	2010		X	X		
	Chapter 65C-22 Child Care Standards (ratings based on MyPyramid removed 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	X				
	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			X		
	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			X		
	Rules and Regulations Family Child Care Learning Homes: Chapter 290-2-3	10/1/2020	2020			Х		
	Rules and Regulations Child Care Learning Centers: Chapter 591-1-1	10/1/2022	2022	Х				

	Regulation Document Title	Document	ASHW	Child Care Types				
State	For links to states' documents, click <u>here</u>	Date	Assessment Year	CTR	LRG	SML		
HI	Hawaii							
	Title 17: Chapter 891.1 Registration of Family Child Care Homes	12/19/2002	2010			X		
	Title 17: Chapter 892.1 Licensing of Group Child Care Centers and Group Child Care Homes	12/19/2002	2010	X	X			
	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	X	X	Х		
	16.06.02 Rules Governing Standards for Child Care Licensing	3/15/2022	2022	Χ	X	Х		
IL	Illinois							
	Part 406: Licensing Standards for Day Care Homes	7/1/2008	2010			X		
	Part 407: Licensing Standards for Day Care Centers	4/1/2010	2010	X				
	Part 408: Licensing Standards for Group Day Care Homes	7/1/2008	2010		Χ			
	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			X		
	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		X	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				
	IC 12-17.2-4 Chapter 4. Regulation of Child Care Centers	7/1/2022	2022	Х				
	470 IAC 3-4.7 Rule 4.7 Child Care Centers; Licensing	8/11/2003	2022	Х				
	IC 12-17.2-5 Chapter 5. Regulation of Child Care Home	7/1/2022	2022		Х	Х		
	470 IAC 3-1.2 Rule 1.2 Infant and Toddler Services in a Child Care Home	7/12/2001	2022		Х	Х		
	470 IAC 3-1.1 Rule 1.1 Child Care Homes	7/12/2001	2022		X	Х		
	470 IAC 3-1.3 Rule 1.3 Class II Child Care Homes	8/11/2003	2022		X			

	Regulation Document Title	Document	ASHW	Child Care Types				
State	For links to states' documents, click here	Date	Assessment Year	CTR	LRG	SML		
IA	Iowa							
	Chapter 109: Child Care Centers	6/1/2010	2010	Х				
	Chapter 110: Child Development Homes	11/1/2009	2010		Х	X		
	Chapter 109: Child Care Centers	5/1/2012	2012	Х	Х			
KS	Kansas							
	Regulations for Licensing Preschools and Child Care Centers	7/11/2008	2010	Х				
	Regulations for Licensing Day Care Homes and Group Day Care Homes	7/2008	2010		Х	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		
KY	Kentucky							
	922 KAR 2:100 Certification of Family Child Care Homes	3/19/2008	2010			Х		
	922 KAR 2:120 Child Care Facility Health and Safety Standards	3/19/2008	2010	Х	Х			
	922 KAR 2:120 Child-care Center Health and Safety Standards	9/2013	2013	Х	Х			
	922 KAR 2:100 Certification of Family Child Care Homes	7/18/2018	2018			Х		
	922 KAR 2:120 Child-care Center Health and Safety Standards	7/18/2018	2018	Х	Х			
	922 KAR 2:120 Child-care Center Health and Safety Standards	6/16/2021	2021	Х	Х			
LA	Louisiana							
	Child Day Care Center Class A Minimum Standards	11/1/2003	2010	Х				
	Child Day Care Center Class B Minimum Standards	10/1/2000	2010	Х				
	Bulletin 137–Louisiana Early Learning Center Licensing Regulations	7/1/2015	2015	Х	Х			
	Bulletin 137 - Early Learning Site Licensing Regulations	9/2021	2021	Х				
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	X		
	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	2021	Х				
	10-148, Chapter 33 - Family Child Care Provider Licensing Rule	5/27/2021	2021		Х	Χ		

	Regulation Document Title	Document	ASHW	Child Care Types				
State	For links to states' documents, click <u>here</u>	Date	Assessment Year	CTR	LRG	SML		
MD	Maryland							
	COMAR 13A. 15. 01 - Family Child Care	4/19/2010	2010			Χ		
	COMAR 13A. 16. 01 - Child Care Centers	4/19/2010	2010	X	X			
	COMAR 13A. 18 Large Family Child Care Homes	2/6/2012	2012		X			
	Title 13A State Board of Education Subtitle 15 Family Child Care	7/20/2015	2015			Χ		
	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	Χ		
	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	Χ		
	Chapter 9503 Licensing Requirements for Child Care Centers	10/8/2007	2010	X				
MS	Mississippi							
	Regulations Governing Licensure of Child Care Facilities	7/1/2009	2010	X				
	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	X		
	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	X		

	Regulation Document Title	Document	ASHW	Chil	d Care T	ypes
State	For links to states' documents, click here	Date	Assessment Year	CTR	LRG	SML
МО	Missouri					
	Licensing Rules for Group Child Care Homes and Child Care Centers	1/2002	2010	X	X	
	Licensing Rules for Family Child Care Homes	5/2002	2010		X	X
	Licensing Rules for Group Child Care Homes and Child Care Centers	2016	2016	Х	Х	
	Licensing Rules for Family Day Care Homes	2016	2016			Χ
MT	Montana					
	Licensing Requirements for Child Day Care Centers	9/1/2006	2010	X		
	Requirements for Registration of Family and Group Day Care Homes	9/1/2006	2010		X	Χ
	Licensing Requirements for Child Day Care Centers	12/2021	2021	Χ		
NE	Nebraska					
	Family Child Care Home Standards Chapter 6	3/1998	2010		X	Χ
	Child Care Center Standards Chapter 8	3/1998	2010	X		
	Chapter 1 Family Child Care Home I	2/2013	2013			Χ
	Chapter 2 Family Child Care Home II	2/2013	2013		X	
	Chapter 432A Services and Facilities for Care of Children	10/31/2007	2010	X	X	Χ
	Regulation R112-06	1/2010	2010	X	X	Χ
	Chapter 432A Services and Facilities for Care of Children	8/1/2012	2012	Χ	X	Χ
	Chapter 432A Services and Facilities for Care of Children	9/21/2017	2018	Х	X	X
NH	New Hampshire					
	Child Care Program Licensing Rules	2008-2016	2010	X	X	Χ
	Part He-C 4002 NH Child Care Program Licensing Rules	5/17/2017	2017	Χ	X	Χ
	Part He-C 4002 NH Child Care Program Licensing Rules	4/21/2022	2022	Χ	X	Χ
NJ	New Jersey					
	Chapter 122 - Manual of Requirements for Child Care Centers	8/25/2009	2010	X	X	
	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

TABLE 2. State Documents Rated for ASHW: 2010 to 2022

State	Regulation Document Title For links to states' documents, click <u>here</u>	Document Date	ASHW Assessment Year	Child Care Types		
				CTR	LRG	SML
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	X	X	X
	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	X	X
	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	X	X
NY	New York					
	Part 416: Group Family Day Care Homes	1/31/2005	2010		X	
	Part 417: Family Day Care Homes	1/31/2005	2010			X
	Part 418-1: Day Care Centers	1/31/2005	2010	Х		
	Part 418-2: Small Day Care Centers	1/31/2005	2010	X		
	Section 416: Group Family Day Care Homes	5/2014	2014		X	
	Section 417: Family Day Care Homes	5/2014	2014			Χ
	Part 418-1: Day Care Centers	6/2015	2015	Χ		
	Part 418-2: Small Day Care Centers	6/2015	2015		Χ	
NC	North Carolina					
	Chapter 9 - Child Care Rules	8/1/2010	2010	Х	Χ	Χ
	Chapter 110- Article 7	8/1/2012	2012	Х	Χ	X
	Requirements for Family Child Care Homes	12/1/2012	2012		X	X
	Family Child Care Home Requirements	5/2013	2013		X	X
	Chapter 9- Child Care Rules	1/2013	2013	Х	X	X
	Chapter 9- Child Care Rules	10/1/2017	2018	Χ	Χ	Χ

	Regulation Document Title For links to states' documents, click <u>here</u>	Document Date	ASHW Assessment Year	Child Care Types		
State				CTR	LRG	SML
ND	North Dakota					
	Family Child Care Homes Early Childhood Services Chapter 75-03-08	1/1/1999	2010			Х
	Group Child Care Homes Early Childhood Services Chapter 75-03-09	1/1/1999	2010		Х	
	Child Care Center Early Childhood Services Chapter 75-03-10	1/1/1999	2010	Х		
	Family Child Care Homes Early Childhood Services Chapter 75-03-08	4/2011	2011			Х
	Group Child Care Homes Early Childhood Services Chapter 75-03-09	4/2011	2011		Х	
	Child Care Center Early Childhood Services Chapter 75-03-10	4/2011	2011	Х		
	Early Childhood Services Policies and Procedures Service Chapter 620-01	9/2013	2013	Х	Х	Х
	Chapter 75-03-10 Child Care Center Early Childhood Services	7/1/2020	2020	Х		
	Chapter 75-03-09 Group Child Care Early Childhood Services	7/1/2020	2020		Х	
	Chapter 75-03-08 Family Child Care Early Childhood Services	7/1/2020	2020			X
ОН	Ohio					
	Child Care Center Manual	6/21/2010	2010	Х		
	Child Care Type A Home Manual	6/8/2010	2010		X	
	Child Care Type B Home Manual	2/16/2010	2010			X
	Child Care Center Manual	12/23/2016	2016	Х		
	Family Care Center Manual	12/23/2016	2016		X	X
	Child Care Center Manual	10/29/2021	2021	Х		
	Family Care Center Manual	10/29/2021	2021		X	X
ОК	Oklahoma					
	Licensing Requirements for Child Care Centers	10/1/2009	2010	X		
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	7/1/2010	2010		Х	X
	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
	Licensing Requirements for Child Care Programs	6/1/2022	2022	Х		
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	6/1/2022	2022		Х	Х

	Regulation Document Title For links to states' documents, click <u>here</u>	Document Date	ASHW Assessment Year	Child Care Types		
State				CTR	LRG	SML
OR	Oregon					
	Rules For Certified Child Care Centers	1/1/2010	2010	Х		
	Rules For Certified Family Child Care Homes	1/1/2010	2010		Х	
	Rules for Registered Family Child Care Homes	1/1/2010	2010			Х
	Rules For Certified Child Care Centers	6/2021	2021	Х		
	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			X
RI	Rhode Island					
	Child Day Care Center Regulations for Licensure	1993	2010	Х		
	Family Child Care Home Regulations for Licensure	10/1/2007	2010			X
	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

	Regulation Document Title For links to states' documents, click <u>here</u>	Document Date	ASHW Assessment Year	Child Care Types		
State				CTR	LRG	SML
SD	South Dakota					
	Chapter 67:42:10 Day Care Centers (ratings based on MyPyramid removed 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 in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010		X	
	Chapter 67:42:03 Family Day Care Homes (ratings based on MyPyramid removed in 2013, due to retirement of MyPyramid, retroactive to 2010)	9/29/2004	2010			X
TN	Tennessee					
	Chapter 1240-4-1 Standards for Group Child Care Homes	3/14/2009	2010		X	
	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			X
	Chapter 1240-4-12 Registration of Family Day Care Homes	12/13/1990	2010			X
	Chapter 1240-04-01 Licensure Rules for Child Care Agencies	7/30/2018	2018	Х	Х	X
	Chapter 1240-04-01 Licensure Rules for Child Care Agencies	6/2022	2022	Х	Х	X
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	X
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers (replacement pages)	3/1/2012	2012	Х		
	Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes (replacement pages)	3/1/2012	2012		Х	Х
	Chapter 746: Minimum Standards for Child-Care Centers	6/2014	2014	Х		
	Chapter 747: Minimum Standards for Child-Care Homes	6/2014	2014		Х	Χ
	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	X

State	Regulation Document Title For links to states' documents, click <u>here</u>	Document Date	ASHW Assessment Year	Child Care Types		
				CTR	LRG	SML
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			X
VT	Vermont					
	Early Childhood Programs Licensing Regulations	2/12/2001	2010	X		
	Family Child Care Licensing Regulations	2/12/2001	2010		Х	X
	Regulations for Family Day Care Homes	9/17/2009	2010			X
	Child Care Licensing Regulations: Center Based Child Care and Preschool Programs	9/1/2016	2016	Х		
	Child Care Licensing Regulations: Registered and Licensed Family Child Care Homes	9/1/2016	2016		Х	Х
VA	Virginia					
	Standards for Licensed Child Day Centers	3/6/2008	2010	Х		
	Standards for Licensed Family Day Homes	3/2011	2011		Х	Х
WA	Washington					
	Chapter 170-295 Minimum Licensing Requirements for Child Day Care	5/31/2008	2010	X		
	Chapter 170-296 Child Care Business Regulations for Family Home Child Care	5/31/2008	2010		Х	Х
	Chapter 170-296A Licensed Family Home Child Care Standards	5/8/2012	2012		Х	Х
	Chapter 110-300 WAC Foundational Quality Standards for Early Learning Programs	11/6/2019	2019	Х	Х	Х
WV	West Virginia					
	Title 78, Series 1, Child Care Centers Licensing	5/20/2009	2010	Х		
	Title 78, Series 18, Family Child Care Facility Licensing Requirements	7/1/2007	2010		Х	
	Title 78, Series 19, Family Child Care Home Registration Requirements	7/1/2007	2010			Х
	Title 78 Child Care Centers Licensing	7/2014	2014	Х		

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State	Regulation Document Title For links to states' documents, click <u>here</u>	Document Date	ASHW Assessment Year	Child Care Types		
				CTR	LRG	SML
WI	Wisconsin					
	DCF 202 - Child Care Certification	11/2008	2010			X
	DCF 250 - Licensing Rules for Family Child Care Centers	1/1/2009	2010			X
	DCF 251 - Licensing Rules for Group Child Care Centers	1/1/2009	2010	X	Х	
	DCF 251 Licensing Rules for Group Child Care Centers and Child Care Programs Established or Contracted for by School Boards	9/20/2019	2019	Х		
	DCF 250 Rule Book for Family Child Care Centers	9/30/2019	2019			Х
WY	Wyoming					
	Administrative Rules For Certification of Child Care Facilities	9/1/2008	2010	Х	Х	Х
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	4/1/2012	2012	Х	Х	Х
	Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers	4/1/2012	2012	Х	Х	Х
	Chapter 8- Administrative Rules for Certification of Child Care facilities Rules relating specifically to Child Care Centers	12/2013	2013	Х		
	Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers	12/2013	2013		Х	
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	12/2013	2013			Х
	Rules for Certification for Family Child Care Home (FCCH), Family Child Care Center (FCCC), OR Child Care Center (CCC)	2/2022	2022	Х	Х	Х



ACHIEVING A STATE OF HEALTHY WEIGHT 2022