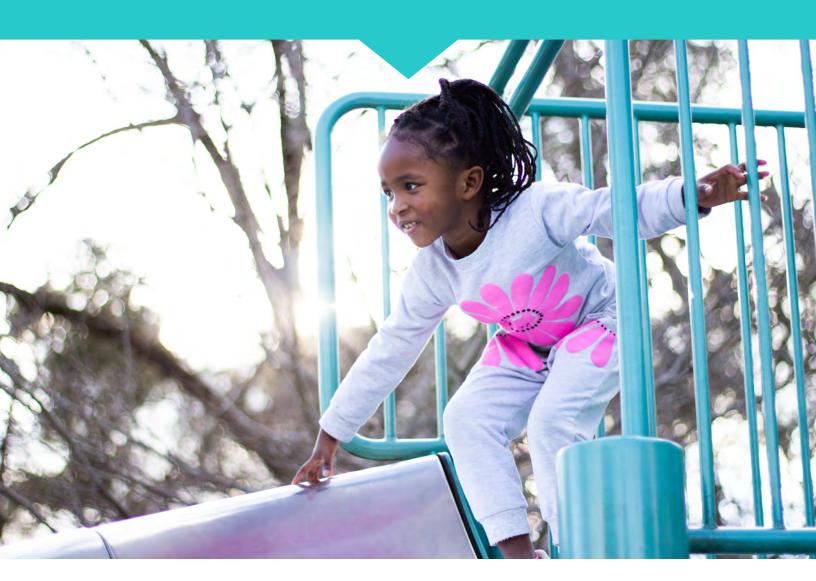
2022 SUPPLEMENT

Achieving a State of Healthy Weight

State Profile Pages: Large Family Child Care Homes





University of Colorado Anschutz Medical Campus College of Nursing

ACKNOWLEDGEMENTS

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Suggested citation: University of Colorado College of Nursing. 2022 Supplement: Achieving a State of Healthy Weight. State Profile Pages: Large Family Child Care Homes. University of Colorado Anschutz Medical Campus; 2023. https://nursing.cuanschutz.edu/research/healthy-weight

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

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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.

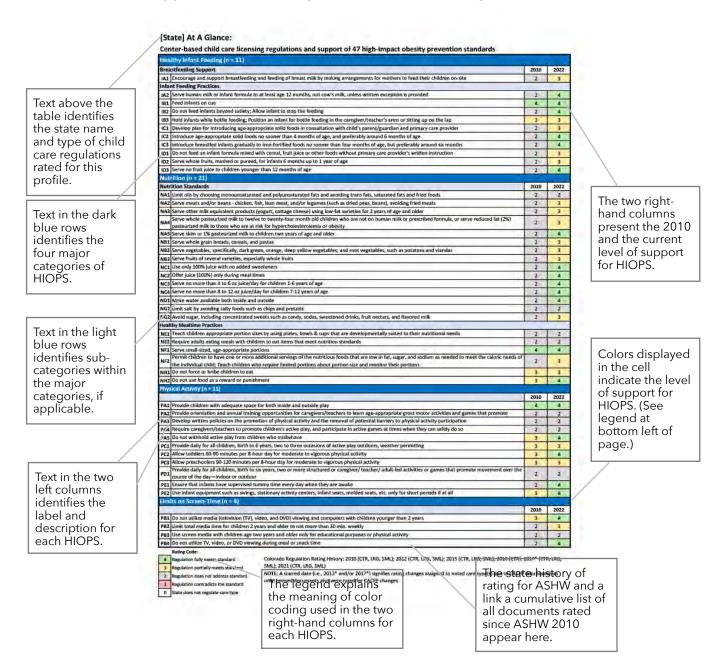
Each state profile shows the status of support for the 47 High-Impact Obesity Prevention Standards (HIOPS) in child care regulations by care type. For example, this state supplement presents updated ASHW ratings for Large Family Child Care Homes only. At the end of this document two appendices are included 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

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.



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ALABAMA At A Glance:

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

Lar	rge family home child care licensing regulations and support of 47 high-impact obesity prevention standards					
Hea	lealthy 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			
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			
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2			
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3			
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3			
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to					
NA4	those who are at risk for hypercholesterolemia or obesity	2	3			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
NB1	Serve whole grain breads, cereals, and pastas	3	3			
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3			
	Serve fruits of several varieties, especially whole fruits	3	3			
NC1	Use only 100% juice with no added sweeteners	4	4			
	Offer juice (100%) only during meal times	2	4			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4			
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4			
	Make water available both inside and outside	2	4			
	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3			
	hy Mealtime Practices					
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
_	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
	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			
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2			
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
	Do not withhold active play from children who misbehave	2	4			
PC1	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	4	4			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	4			
Limi	ts on Screen-Time (n = 4)					
		2010	2022			
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4			
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3			
PB3	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 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: Large Family Child Care Homes

ALASKA At A Glance:

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

	Large family nome 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	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	rition (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		
	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	2	4		
-	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3		
	thy Mealtime Practices				
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
	Serve small-sized, age-appropriate portions	4	4		
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual				
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3		
NH1	Do not force or bribe children to eat	3	3		
NH2	Do not use food as a reward or punishment	2	2		
Phys	sical 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		
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
PA5	Do not withhold active play from children who misbehave	3	3		
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4		
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
_	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the				
PD1	day—indoor or outdoor	4	4		
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2		
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4	4		
Limi	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:

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

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

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

ARIZONA At A Glance:

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

Name Present Receiting (page 11)		Large family nome child care licensing regulations and support of 47 high-impact obesity prevention standards				
Main Section Processing	Hea	Ithy Infant Feeding (n = 11)				
International content of the content	Brea	stfeeding Support	2010	2022		
Main See Institute Feed Institute See Se	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	3		
Install Section factors and concerned 2 3 3 3 3 3 3 3 3 3	Infai	nt Feeding Practices				
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	3		
183 Sect of infants while botter feeding, frestion on a Infant for bottle feeding in the Caragive/Frestion's arms or aftime go on the lap 12	IB1	Feed infants on cue	2	3		
LIC Develop plane for irrorducing age-appropriate solid food in consultation with child's period guardians and primary care provider Lindbuck age-appropriate solid food in sooneth and month's dage, and perfeasily around in frontion of age Lindbuck age-appropriate solid food in sooneth and month's dage, and perfeasily around in frontion of age Lindbuck age-appropriate solid food in sooneth and month's dage and perfeasily around in frontion of age-appropriate grows whose fruits, masked or pureed, for inflants 6 months up to 1 year of age Lindbuck age-appropriate solid food in sooneth sup to 1 year of age Lindbuck age-appropriate solid food in sooneth sup to 1 year of age Lindbuck age-appropriate solid food in sooneth sup to 1 year of age Lindbuck age-appropriate solid food in sooneth sup to 1 year of age Lindbuck age-appropriate solid food in sooneth sup to 1 year of age Lindbuck age-appropriate solid food in sooneth sup to 1 year of age Lindbuck age-appropriate solid food in sooneth sup to 1 year of age Lindbuck age-appropriate solid food in sooneth sup to 1 year of age-appropriate solid food in sooneth sup to 1 year of age-appropriate solid food in sooneth sup to 1 year of age-appropriate solid food in sooneth sup to 1 year of age-appropriate solid food in sooneth sup to 1 year of age-appropriate solid food in sooneth sup to 1 year of age-appropriate solid food in sooneth sup to 1 year of age-appropriate solid food in sooneth sup to 1 year of age-appropriate solid food in sooneth sup to 1 year of age-appropriate solid food in sooneth sup to 1 year of age-appropriate solid food in sooneth sup to 1 year of age-appropriate solid food in sooneth sup to 1 year of age-appropriate solid food in sooneth solid food in solid food in sooneth solid food in solid food in sooneth solid food in solid food in s	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	3		
Col. Introduce age-aporpoints olic foods no sooner than of morths 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	4	3		
Company Comp	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	2		
Discription on the dear in infant formula mixed with creatils, that juice or or the foods without primary care provider's written instruction 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		
10.2 Serve whole fruits, mached or pursed, for infirst 5 months up to a 1 year of age 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 Serve nor furth, juice to children younger than 12 months of age Nutrition Standards Nutrition Nut	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	3	2		
Note the name of the section of the	ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2		
NUMER Immit oils by thoosing monomenturated and polyumsaturated fats and avoiding trans fats, saturated fats and fried tools 3 2 2 2 3 3 3 3 3 3	ID3	Serve no fruit juice to children younger than 12 months of age	2	2		
NAI Limit oils by choosing monounsaturated and polyunsaturated fats and awording trans fats, saturated fats and freed froots Serve means and/or beans - Chelon, fish, lear meat, and/or segures below, a sided pears, beauth, and freed froots ANI Serve werber milk equivalent products (rygent, cottage cheese) using low-for transfericts for 2 years of age and older ANI Serve werber partile pearlucited products (rygent, cottage cheese) using low-for transfericts for 2 years of age and older ANI Serve wirber pastwursted milk to be children who are not on human milk or prescribed formula, or serve reduced fat (2N) pastwursted milk to be children who are not on human milk or prescribed formula, or serve reduced fat (2N) pastwursted milk to be children who are not on human milk or prescribed formula, or serve reduced fat (2N) pastwursted milk to be children who are not on human milk or prescribed formula, or serve reduced fat (2N) pastwursted milk to be children who are not on human milk or prescribed formula, or serve reduced fat (2N) pastwursted milk to be children who are not on human milk or prescribed formula, or serve reduced fat (2N) pastwursted milk to children two years of age and older ANI Serve whole gain breads, cervels, and pastursted milk to children two years of age and older ANI A	Nut	ition (n = 21)				
NAZ Serve mests and/or beans: chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats 3 2 2 3 3 3 3 3 3 3	Nutr	ition Standards	2010	2022		
Na. Serve whell presultated milk to wheel to the tempt-color memor bold childen who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurised milk to 3 3 3 3 3 3 3 3 3 3	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	2		
No. Serve whole pasteurized milk to thewhor to twenty-four month oid children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to discher the possible those who are at risk for hypercholesterolemia or obesibly those who are at risk for hypercholesterolemia or obesibly the best who are at risk for hypercholesterolemia or obesibly the best who are at risk for hypercholesterolemia or obesibly the best with the possible of the possible of the possible or the possible of the possible of the possible or the possible of the possible of the possible or the possible of the possible or the possible or the possible of the possible or the possible or the possible of the possible or the	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3		
No. Serve whole pasteurized milk to thewhor to twenty-four month oid children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to discher the possible those who are at risk for hypercholesterolemia or obesibly those who are at risk for hypercholesterolemia or obesibly the best who are at risk for hypercholesterolemia or obesibly the best who are at risk for hypercholesterolemia or obesibly the best with the possible of the possible of the possible or the possible of the possible of the possible or the possible of the possible of the possible or the possible of the possible or the possible or the possible of the possible or the possible or the possible of the possible or the			3	2		
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No.	NA4	those who are at risk for hypercholesterolemia or obesity	2	3		
NBZ Serve regetables, specifically, dark green, orange, deep yellow vegetables, and not vegetables, such as potatoes and viandas 3	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	4	3		
NB3 2 Serve fruits of several varieties, especially whole fruits 4 2 2 NG3 2 Serve no more than 4 to 16 oz juice/day for children 7-12 years of age 4 2 <td>NB1</td> <td>Serve whole grain breads, cereals, and pastas</td> <td>3</td> <td>2</td>	NB1	Serve whole grain breads, cereals, and pastas	3	2		
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NCZ Offer juice (100%) only during meal times	NB3	Serve fruits of several varieties, especially whole fruits	4	4		
NC3 Serve no more than 4 to 6 oz juice/day for children 1-5 years of age	NC1	Use only 100% juice with no added sweeteners	4	4		
NCA 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	2		
NDI Make water available both inside and outside 1	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	2		
MG Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	2		
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Healthy Mealtime Practices Feath children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs S S NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs S S NE2 Require adults eating meals with children to eat items that meet nutrition standards S S NE3 Serve s small-sized, age-appropriate portions S S S Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual of the permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual of the permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual of the permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual of the permit children to who require limited portions about portions is and so not to creat the caloric needs of the individual of the permit children to who not selve the permit children to who not selve the permit children to who must be permit children to who must be permitted on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 3 2 2 2 2 2 2 2 2	ND1	Make water available both inside and outside	4	4		
Healthy Mealtine Practices NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 1	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 2 NEZ Require adults eating meals with children to eat items that meet nutrition standards 3 2 NEZ Require adults eating meals with children to eat items that meet nutrition standards 4 4 NEZ Require adults eating meals with children to eat items that meet nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual including the control of the caloric needs of the individual including the control of the caloric needs of the individual including the control of the caloric needs of the individual including the control of the caloric needs of the individual including the control of the caloric needs of the individual including the caloric needs of the individual the caloric needs of the individual part of the caloric needs of the open part of the caloric nee	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3		
NEZ Require adults eating meals with children to eat items that meet nutrition standards 2 3 2 3 3 3 3 3 3 3	Heal	hy Mealtime Practices				
NF1 Serve small-sized, age-appropriate portions 4 4 4 4 4 4 4 4 4	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
NET NITE Cancel children to have one or more 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	NE2	Require adults eating meals with children to eat items that meet nutrition standards	3	2		
thild; Teach children who require limited portions about portion size and monitor their portions NHI Do not force or bribe children to eat NHI Do not torce for both children to eat NHI Do not use food as a reward or punishment Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA2 Provide crientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PA6 PA7 PA7 In Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PA6 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA7 PA8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 PA8	NF1		4	4		
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PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2	_					
, ,	-		-			
	РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	2		

Rating Code:

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

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

ARKANSAS At A Glance:

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

	Large lanning from the child care licensing regulations and support of 47 high-impact obesity prevention standards				
	Ithy 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		
_	nt Feeding Practices				
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
IB1	Feed infants on cue	4	4		
	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4		
_	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3		
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4		
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4		
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3		
	Serve no fruit juice to children younger than 12 months of age	1	4		
	rition (n = 21)	l			
	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 those who are at risk for hypercholesterolemia or obesity	2	3		
NAS	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		
-		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		
_		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 Limit solt by avaiding solty foods such as chips and protects.	2	2		
	Limit salt by avoiding salty foods such as chips and pretzels Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3		
	hy Mealtime Practices	1	3		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
_	Serve small-sized, age-appropriate portions	4	4		
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual				
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3		
NH1	Do not force or bribe children to eat	3	4		
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	3		
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3		
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
	Do not withhold active play from children who misbehave	4	4		
PC1	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		
-111	ts on Screen-Time (n = 4)	2010	2022		
DD 4	Do not utilize modis (talevision [TV]) video and DVD) viewing and computers with children very good than 2 years	2010	2022		
_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 20 min, weakly.	2	2		
-	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3		
	Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or spack time.	2	2		
F D 4	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	Z			

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.

0 State does not regulate care type

ASHW 2022: Large Family Child Care Homes

CALIFORNIA At A Glance:

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

IAJ Strownge and support present milk by making arrangements for mothers to feed their children on-site IAJ Sove human milk or infant formula to at least age \$2.1 months, not con's milk, unless written exception is provided 2 1 IAJ Sove human milk or infant formula to at least age \$2.1 months, not con's milk, unless written exception is provided 2 2 IAJ Feed infants beyond sariny. Allow orized set to stop the feeding 2 3 IAJ Feed infants beyond sariny. Allow orized set to stop the feeding 3 3 IAJ Feed infants beyond sariny. Allow orized set to stop the feeding 3 4 IAJ Sove the set of the set	Lar	arge family home child care licensing regulations and support of 47 high-impact obesity prevention standards					
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Texas Texa	Infan	t Feeding Practices					
182 Do not freed infants beyond salety. Allow infant to topp the freeding and held infants beyond salety. Allow infant to topp the freeding and held infants beyond salety. Allow infant to topp the freeding and held infants beyond salety. Allow infant to topp the freeding and held infants beyond the salety and the salety	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2			
183 Hood infants while boths feeding, Platition an infant for boths feeding in the caregiver/teacher's arms or string up on the lab 12 Develop plant for throulding age appropriate solid boods in consolidation with bilds participations and primary care provider 2 Litz 12 Introduce age-appropriate solid boods in consolidation with bilds participations and primary care provider 3 Develop and a strate of infants of another to be consolidation with bilds participations and primary care provider's written instruction 3 Developed an infant formula inwest with cereal, flut jake or other foods without primary care provider's written instruction 3 Developed in the first parabel or pursue for infants of northout policy and participation and participat	IB1	Feed infants on cue	2	2			
IEL Develop glann for introducing age-appropriate sold foods in consultation with child's parent/guardinan and primary care provider: 1. Introduce presented inflants goadually to inner formation of age, and preferably around six months. 2. Introduce presented inflants goadually to inner formation of age, and preferably around six months. 2. Introduce prevented inflants goadually to inner formation of age, but preferably around six months. 2. Introduce prevented inflants goadually to inner formation of age, but preferably around six months. 2. Introduce prevented in inflant formation inflants Gromatin six goadually to inner formation of age. But preferably around six months. 2. Introducing the control of the control of the control of age. But preferably around six months. 2. Introducing the control of the control	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2			
Include the passed in after greature to sold foods in sooner than it months of age.	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			
ID Do not fleet uniform formula more with recept, full pick or other floors whose primary care provider's written instruction 2 102 Serve whole trusts, masked or pureout, for infants 6 months up to 1 year of age Do not fleet floors whose trusts, masked or pureout, for infants 6 months up to 1 year of age Do not fleet floors Do not floors Do not fleet floors Do not fleet floors Do not fleet floors Do not f	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2			
103 Serve whole pasteurized milk to flower the structure of the structur	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2			
103 Serve whole pasteurized milk to flower the structure of the structur	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2			
Modern Process April Description D	ID1		2	2			
Multiflot no. 2	ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2			
Nutrition (n = 21) Nutrition (see 21) Nutrition standards 200 2 NAI (until to fit by choosing monounsaturated and polyumsaturated fats and avoiding trans fats, saturated fats and fried foods ANA (until to fit by choosing monounsaturated and polyumsaturated fats and avoiding trans fats, saturated fats and fried foods ANA (until to fit by choosing monounsaturated and polyumsaturated fats and avoiding trans fats, saturated fats and fried foods ANA (until to fit by choosing monounsaturated and polyumsaturated fats and avoiding trans fats, saturated fats (and fried mounts) ANA (until to fit by choosing monounsaturated and polyumsaturated fats and avoiding trans fats, saturated fats (and fried mounts) ANA (until to fit by choosing monounsaturated and polyumsaturated fats and avoiding trans fats, saturated fats (and fried mounts) ANA (until to fit by choosing monounsaturated and to when the avoid fats fats and avoiding trans fats and fried formula, or serve reduced fat (2%) pasteurized milk to thicker into years of age and older NAS (see very kin or 1%) pasteurized milk to children two years of age and older NAS (see very kin or 1%) pasteurized milk to children two years of age and older NAS (see very expectables, specifically, day green, pranage, deep yellow vegetables; and not vegetables, such as potatoes and viandas 2 0.000 (until to fit by children) NAS (see very expectables, specifically, day green, pranage, deep yellow vegetables; and not vegetables, such as potatoes and viandas 2 1.000 (until to fit by children) NAS (until to fit by children) NAS (until to fit by children) 2 2.000 (until to fit by children) NAS (until to fit by children) NAS (until to fit by children) 2 3.000 (until to fit by children) NAS (until to fit by children) NAS (until to fit by children) 2 4.000 (until to fit by children) NAS (until to fit by children)			2	2			
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NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 Healthy Mealtime Practices NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 NE2 Require adults eating meals with children to eat items that meet nutrition standards 2 NE3 Require adults eating meals with children to eat items that meet nutrition standards 2 NE3 Serve small-sized, age-appropriate portions 2 NE4 Require adults eating meals with children to eat items that meet nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 2 Child; Teach children who require limited portions about portion size and monitor their portions 2 NE4 Child; Teach children who require limited portions about portion size and monitor their portions 3 NE2 On not use food as a reward or punishment 3 NE2 On not use food as a reward or punishment 3 NE2 On not use food as a reward or punishment 3 NE2 On not use food as a reward or punishment 3 NE2 On not use food as a reward or punishment 2 NE2 Provide children with adequate space for both inside and outside play 2010 20 20 20 20 20 20				2			
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PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC4 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC5 PC6 Allow active play for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC6 PC7 PC7 PC8 PC8 PC8 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) PC8 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PC8 Limit total media time for children 2 years and older to not more than 30 min. weekly PC8 Use screen media with children age two years and older only for educational purposes or physical activity	Phys	ical Activity (n = 11)					
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity			2010	2022			
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC5 PC6 In the finants have supervised tummy time every day when they are awake PC6 Is infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PC7 PC8 In Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PC8 PC9 Use screen media with children 2 years and older to not more than 30 min. weekly PC9 Use screen media with children age two years and older only for educational purposes or physical activity	PA1	Provide children with adequate space for both inside and outside play	2	2			
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 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 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity	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			
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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 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity	PA5	Do not withhold active play from children who misbehave	2	2			
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PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity	PC2	Allow toddlers 60-90 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 PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2			
day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake 2			2	2			
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 Signature of the periods if at all 2 2 Description of the periods if at all 2 2 Descr				2			
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PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 2 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 2 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2	Limi	ts on Screen-Time (n = 4)					
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 2 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2			2010	2022			
PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2			2	2			
		,	2	2			
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2			
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			

Rating Code:

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

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:

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

	Large family nome 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	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	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	ition Standards	2010	2022		
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	2		
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3		
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2			
NA4	those who are at risk for hypercholesterolemia or obesity	2	3		
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4		
NB1	Serve whole grain breads, cereals, and pastas	3	3		
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3		
NB3	Serve fruits of several varieties, especially whole fruits	3	3		
NC1	Use only 100% juice with no added sweeteners	4	4		
NC2	Offer juice (100%) only during meal times	2	4		
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4		
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4		
_	Make water available both inside and outside	4	4		
-	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3		
	thy Mealtime Practices				
-	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
	Serve small-sized, age-appropriate portions	4	4		
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual				
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3		
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		
	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		
_	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		
	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	2		
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2		
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				

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

CONNECTICUT At A Glance:

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

	thy Infant Feeding (n = 11)		
_	stfeeding Support	2010	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
IB1	Feed infants on cue	4	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	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
	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
		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		
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
_	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	4	4
-	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
_	hy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	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
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
DD4	Provide daily for all children, 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	3	3
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
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
PB1			
_	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB2		2	2
PB2 PB3	Limit total media time for children 2 years and older to not more than 30 min. weekly		

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:

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

	lealthy Infant Feeding (n = 11)					
		l				
	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	nt Feeding Practices					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4			
IB1	Feed infants on cue	4	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	4	4			
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4			
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	4			
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3			
	Serve no fruit juice to children younger than 12 months of age	3	4			
	ition (n = 21)	3	4			
		2040	2022			
	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	4			
NB1	Serve whole grain breads, cereals, and pastas	3	3			
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	3			
NB3	Serve fruits of several varieties, especially whole fruits	4	3			
NC1	Use only 100% juice with no added sweeteners	4	4			
NC2	Offer juice (100%) only during meal times	2	4			
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4			
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4			
	Make water available both inside and outside	2	4			
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3			
	hy Mealtime Practices		<u> </u>			
_		3	3			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs					
	Require adults eating meals with children to eat items that meet nutrition standards	2	4			
NF1	Serve small-sized, age-appropriate portions	4	4			
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3			
NII IA	child; Teach children who require limited portions about portion size and monitor their portions	2	2			
	Do not force or bribe children to eat	3	3			
	Do not use food as a reward or punishment	3	3			
Phys	ical Activity (n = 11)					
		2010	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			
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
PA5	Do not withhold active play from children who misbehave	4	4			
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4			
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the					
PD1	day—indoor or outdoor	3	2			
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2			
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3			
Limi	ts on Screen-Time (n = 4)					
		2010	2022			
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2			
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3			
	Use screen media with children age two years and older only for educational purposes or physical activity	4	4			
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			
<u> </u>	1-0 not do the transport of the treating during metric of shock diffe					

Rating Code:

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);

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

Regulation contradicts the standard

Regulation contradicts the standard

Regulation contradicts the standard

0 State does not regulate care type

ASHW 2022: Large Family Child Care Homes

DISTRICT OF COLUMBIA At A Glance:

Large family home 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	0	4
Infar	t Feeding Practices	1	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	0	4
IB1	Feed infants on cue	0	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	0	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	0	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	0	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	0	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	0	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	0	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	0	3
	Serve no fruit juice to children younger than 12 months of age	0	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	0	2
		0	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	0	3
NA4	those who are at risk for hypercholesterolemia or obesity	0	3
NAS	Serve skim or 1% pasteurized milk to children two years of age and older	0	4
		0	3
	Serve whole grain breads, cereals, and pastas	0	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	0	3
	Use only 100% juice with no added sweeteners	0	4
	Offer juice (100%) only during meal times	0	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	0	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	0	4
ND1	Make water available both inside and outside	0	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	0	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	0	3
Healt	thy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	0	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	0	2
NF1	Serve small-sized, age-appropriate portions	0	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	0	2
NF2	child; Teach children who require limited portions about portion size and monitor their portions	U	3
NH1	Do not force or bribe children to eat	0	3
NH2	Do not use food as a reward or punishment	0	3
Phys	ical Activity (n = 11)		
		2010	2022
PA1	Provide children with adequate space for both inside and outside play	0	4
PA2		0	2
PA3		0	2
	Develop written policies on the promotion of physical activity and the removal of potential partiers to physical activity participation		
I PA4	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	n	/
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	0	2
PA5	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	0	4
PA5 PC1	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	0	4
PA5 PC1 PC2	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	0 0 0	4 3 3
PA5 PC1 PC2	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	0	4
PA5 PC1 PC2	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	0 0 0	4 3 3
PA5 PC1 PC2 PC3 PD1	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	0 0 0 0	4 3 3 3 3
PA5 PC1 PC2 PC3 PD1 PE1	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	0 0 0 0 0	4 3 3 3 3 4
PA5 PC1 PC2 PC3 PD1 PE1 PE2	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	0 0 0 0	4 3 3 3 3
PA5 PC1 PC2 PC3 PD1 PE1 PE2	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	0 0 0 0 0	4 3 3 3 3 4 3
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	0 0 0 0 0 0 0	4 3 3 3 3 4 3
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	0 0 0 0 0 0 0 0 2010	4 3 3 3 3 4 3 2022 3
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	0 0 0 0 0 0 0 0 2010 0	4 3 3 3 3 4 3 2022 3 3
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	0 0 0 0 0 0 0 0 2010	4 3 3 3 3 4 3 2022 3

Rating Code:

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

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

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

FLORIDA At A Glance:

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

	Hea	Healthy Infant Feeding (n = 11)					
Main Contange and support thresholdering and intending a forward milk by marking proregements for markers to freat their children analysis. Proceedings of the contange			2010	2022			
International Control	_	•					
Main Second From main ten infent formulus to ant lecent age 1.2 months, not cown. mile . remines written exception is provided 2 4				3			
In Section finance on Cue 2		<u> </u>	2	4			
Inc.							
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Inc. Develop gain for introducing age agrogration solid floods in consultation with child's patent/guardian and primary care provider 2							
Incl. Incl							
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IDIA Door deed an infant formula mused with ceneral, fruit juke or other foods without primary care provider's written instruction 2							
Inc. Serve whole fruits, masked or purend, for infinits 6 months up to 1 year of age 2 3 3 3 3 5 5 5 5 5 5							
103 Serve no fruit juice to children younger than 12 months of age Nutrition (n. 2) Nutrition 12 months of age Nutrition 12 months of the problem							
Nutrition (1 = 21) Nati Line dis by choosing monounstructed and polyvunstructed fats and avoiding trans fats, saturated fats and freed foots. All Line dis by choosing monounstructed and polyvunstructed fats and avoiding trans fats, saturated fats and freed foots. All Line dis by choosing monounstructed and polyvunstructed fats and avoiding trans fats, saturated fats and freed foots. All Serve meants and/or beams—chloren, finis, learn meants and/or legitumes (such as deed peas, beans), avoiding friendess. All Serve whole instructed mile on the control of the control		· · · · · · · · · · · · · · · · · · ·					
No.							
MAX Limit als by choosing mnounsaturated and polyunsaturated fas and avoiding tons fats, saturated fas and freedings. Search material and/or beam - Cibiner, fish, kan mater, and/or legitumes (such as stride peas, beams), avoiding free meats ANA Serve enther milk equivalent products (yogurt, cottage cheese) using bus-fat varieties for 2 years of age and older ANA Serve whole pastworked milk to twelve to twelve frou month of hildren who are not on human milk or prescribed formula, or serve reduced fat (2K) pastworked milk to children who are not on human milk or prescribed formula, or serve reduced fat (2K) pastworked milk to children have years of age and older ANA Serve whole pastworked milk to children have years of age and older 2			2010	2022			
MAZ Serve ontar and/or beams - chicken, fish, lean meat, and/or legiumes (such as dried peas, beans), avoiding fried meats 2 3 3 3 3 3 3 3 5 3 5 3 3							
NA3 Serve wither milk equivalent products (progunt, cottage cheese) sing lower for two files of the product							
NAS Serve mone methan 4 to 2 pulse/day for children 7-12 years of age 2 pulse 2							
Max							
NAS 5 Serve skim or 1% pasteurized milk to children two years of age and older 4 4 818 5 Serve wing prain breads, creates), and pastas 2 3 NB3 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 2 3 NB3 Serve finits of several varieties, especially whole fruits 2 3 NB2 Olffer juice (100%) only during meal times 2 4 NC2 Offer juice (100%) only during meal times 2 4 NCB Serve nomer than 4 to 6 uplice/day for children 1-5 years of age 2 4 NCB Serve nomer than 4 to 6 uplice/day for children 1-5 years of age 2 4 NCB Serve nomer than 4 to 6 uplice/day for children 1-5 years of age 2 4 NCB Serve nomer than 4 to 6 uplice/day for children 1-5 years of age 2 2 4 NCB Serve stall year available both inside and outside 4 2 2 2 NCB Institute in the particular operation in the serve stall year available both inside and touside 2 2 2 NCB <td>NA4</td> <td></td> <td>2</td> <td>3</td>	NA4		2	3			
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 2 3 3 3 3 3 3 3 3 3	NA5		2	4			
NB2 Serve regetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables; such as potatoes and viandas 2 3 3 3 3 3 3 3 3 3			2	3			
NB3 Serve funits of several varieties, especially whole funits 1 Cl Use only 100% juice with no added sweeteners 1 Cl Offer juice 1100% juice with no added sweeteners 2 A NG3 Serve no more than 4 to 6 or juice/day for children 1-5 years of age 2 A NG3 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 2 A NG3 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 2 A NG4 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 2 A NG5 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 3 A NG4 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 4 A NG5 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 4 A NG5 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 4 A NG5 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 4 A NG5 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 4 A NG5 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 4 A NG5 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 4 A NG5 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 4 A NG5 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 4 A NG5 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 4 A NG5 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 4 A NG5 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 4 A NG5 Serve no more additional servings of the nutritious fonds that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual of this for the children to eat terms that meet nutrition standards 4 A NG5 Serve small-sized, age-appropriate portions 4 A NG5 Serve small-sized, age-appropriat			2	3			
NCI 1 See only 100% jucce with no added sweeteners 2							
NCZ Serve no more than 4 to 6 oz juke/day for children 1-6 years of age 2							
NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age NC4 Serve no more than 4 to 6 oz juice/day for children 7-12 years of age 2 4 4 NC5 Serve no more than 4 to 6 oz juice/day for children 7-12 years of age 2 6 7 NC6 Serve no more than 4 to 6 oz juice/day for children 7-12 years of age 2 7 NC7 Avoid sugar, including salty foods such as chips and pretzels NC5 Avoid sugar, including salty foods such as chips and pretzels NC6 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NC6 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NC7 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NC7 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NC7 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NC8 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NC8 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NC8 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NC9 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NC9 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NC9 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NC9 Avoid sugar, including concentrated sweets such as candy, sodas, sugar, and sodium as needed to meet the calorin ended of the individual child received and such sugar, and sodium as needed to meet the calorin ended to individual child received fruit in the candi			2	4			
NC4 Serve no more than 8 to 12 or juice/day for children 7-12 years of age ND1 Make water available both inside and outside AD2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Beathy Mealtime Practices ND2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Beathy Mealtime Practices ND2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Beathy Mealtime Practices ND2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Beathy Mealtime Practices ND2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Beathy Mealtime Practices ND3 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Beathy Mealtime Practices ND3 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Beathy Mealtime Practices ND4 Equipte adults eating meals with children to act items that meet nutrition standards Despite the subject of the such includes and subject the subject of the including milk of		, , , , ,		4			
ND1 Make water available both inside and outside							
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Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 4	PE1	Ensure that infants have supervised tummy time every day when they are awake	2	3			
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 2010 2022 PB1 Limit total media time for children 2 years and older to not more than 30 min. weekly 2 4 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 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			
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 2 4 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 2 3 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 4	Limi	ts on Screen-Time (n = 4)					
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PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 4	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4			
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3			
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	4			
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			

Rating Code:

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

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

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

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

	arge family home child care licensing regulations and support of 47 high-impact obesity prevention standards.					
Hea	thy 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	0			
	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	0			
IB1	Feed infants on cue	4	0			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	0			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	0			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	0			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	0			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	0			
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	0			
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	0			
	Serve no fruit juice to children younger than 12 months of age	1	0			
	ition (n = 21)					
Nutr	ition Standards	2010	2022			
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	0			
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	0			
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	0			
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	0			
	those who are at risk for hypercholesterolemia or obesity Some cking or 1% paste united 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, careals, and pastas	3	0			
_	Serve whole grain breads, cereals, and pastas Serve whole grain breads, cereals, and pastas	3	0			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	3	0			
	Use only 100% juice with no added sweeteners	4	0			
	Offer juice (100%) only during meal times	2	0			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	0			
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	0			
	Make water available both inside and outside	3	0			
	Limit salt by avoiding salty foods such as chips and pretzels	2	0			
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	0			
	hy Mealtime Practices		,			
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	0			
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	0			
	Serve small-sized, age-appropriate portions	4	0			
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual					
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	0			
	Do not force or bribe children to eat	3	0			
	Do not use food as a reward or punishment	4	0			
Phys	ical Activity (n = 11)					
		2010	2022			
_	Provide children with adequate space for both inside and outside play	4	0			
_	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	0			
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	0			
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	0			
	Do not withhold active play from children who misbehave	2	0			
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	0			
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	0			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	0			
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	0			
DF1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	0			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	0			
	ts on Screen-Time (n = 4)		0			
-1111	Soft Selection Time (II - 1)	2010	2022			
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	0			
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	0			
_	Use screen media with children age two years and older only for educational purposes or physical activity	2	0			
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	0			
ئتنا	Rating Code:	_				

Rating Code:

Regulation fully meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation partially meets standard
Regulation contradicts the standard
Regulation contradicts the standard
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.

0 State does not regulate care type
ASHW 2022: Large Family Child Care Homes

HAWAII At A Glance:

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

	arge family nome 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			
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	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	4			
ID3	Serve no fruit juice to children younger than 12 months of age	1	4			
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			
NA3		3	3			
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3			
	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			
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			
ND1	Make water available both inside and outside	3	4			
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3			
Heal	hy Mealtime Practices					
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF1	Serve small-sized, age-appropriate portions	4	4			
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3			
	child; Teach children who require limited portions about portion size and monitor their portions					
	Do not force or bribe children to eat	3	3			
	Do not use food as a reward or punishment	4	4			
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	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2			
DF1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2			
	ts on Screen-Time (n = 4)					
	to on oricen Time (n=4)	2010	2022			
DD 1	Do not utilize media (television [TV] video, and DVD) viewing and computers with children voyages than 2 years	2010				
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2			
_	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:	2				

Rating Code:

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

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

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

IDAHO At A Glance:

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

	ge family nome 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	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)		
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	2	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	_	
NA4	those who are at risk for hypercholesterolemia or obesity	2	2
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1	Serve whole grain breads, cereals, and pastas	2	2
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3	Serve fruits of several varieties, especially whole fruits	2	2
NC1	Use only 100% juice with no added sweeteners	2	2
NC2	Offer juice (100%) only during meal times	2	2
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	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	ical Activity (n = 11)		
		2010	2022
PA1	Provide children with adequate space for both inside and outside play	4	3
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	3	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2
	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
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	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
_	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	Idaho Regulation Rating History: 2010 (CTR, LRG, SML); 2022 (CTR, LRG, SML)
3	Regulation partially meets standard	
2	Regulation does not address standard	
1	Regulation contradicts the standard	
0	State does not regulate care type	

ILLINOIS At A Glance:

Large family home 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	2			
	t Feeding Practices	1	4			
_	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	1	1			
IB1	Feed infants on cue	4	4			
	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	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			
	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 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 whole traits, masked on pareed, for mants of months up to 1 year or age Serve no fruit juice to children younger than 12 months of age	1	1			
	ition (n = 21)		1			
	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			
NB1	Serve whole grain breads, cereals, and pastas	3	3			
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4			
NB3	Serve fruits of several varieties, especially whole fruits	4	4			
NC1	Use only 100% juice with no added sweeteners	4	4			
NC2	Offer juice (100%) only during meal times	2	2			
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4			
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4			
ND1	Make water available both inside and outside	3	3			
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2			
Healt	hy Mealtime Practices					
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF1	Serve small-sized, age-appropriate portions	4	4			
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2			
NILI1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	3			
_	Do not use food as a reward or punishment	3	3			
	ical Activity (n = 11)	3	3			
FIIIys	ital Activity (II - 11)	2010	2022			
DA1	Provide children with adequate space for both inside and outside play	4	4			
	Provide criminal with adequate space for both inside and odiside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2			
_	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
	Do not withhold active play from children who misbehave	3	3			
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the					
PD1	day—indoor or outdoor	3	3			
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	4			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2			
Limi	ts on Screen-Time (n = 4)					
		2010	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

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

0 State does not regulate care type

ASHW 2022: Large Family Child Care Homes

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INDIANA At A Glance:

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

	lealthy 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	2			
	nt Feeding Practices	_	_			
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2			
IB1	Feed infants on cue	2	3			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2			
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	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			
	rition (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			
INA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2			
NA4	those who are at risk for hypercholesterolemia or obesity	2	2			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2			
	Serve whole grain breads, cereals, and pastas	2	2			
	Serve 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	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	2			
Heal	hy Mealtime Practices					
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF1	Serve small-sized, age-appropriate portions	2	4			
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2			
	child; Teach children who require limited portions about portion size and monitor their portions					
	Do not force or bribe children to eat	2	2			
	Do not use food as a reward or punishment	2	3			
Phys	ical Activity (n = 11)	2040	2022			
DA1	Don't la skilder with a decrease of selectivity and selectivity 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			
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
		2				
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	2	2			
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2			
_	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	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			
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2			
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	2			

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

ASHW 2022: Large Family Child Care Home

IOWA At A Glance:

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

	lealthy 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					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4			
IB1	Feed infants on cue	4	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	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	4			
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			
	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			
	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			
	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	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			
	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			
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the					
PD1	day—indoor or outdoor	3	3			
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2			
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2			
Limi	ts on Screen-Time (n = 4)					
		2010	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			
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			
<u> </u>	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

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:

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

	arge family home child care licensing regulations and support of 47 high-impact obesity prevention standards					
Hea	Ithy Infant Feeding (n = 11)					
Brea	stfeeding Support	2010	2022			
_	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3			
Infa	t Feeding Practices					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2			
IB1	Feed infants on cue	2	2			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2			
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2			
ID2	Serve whole fruits, mashed or pureed, for infants 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	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	2			
	those who are at risk for hypercholesterolemia or obesity					
_	Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
	Serve whole grain breads, cereals, and pastas	2	2			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3			
_	Serve fruits of several varieties, especially whole fruits	3	3			
_	Use only 100% juice with no added sweeteners	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 Make water available both inside and outside	2	3			
	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2			
	hy Mealtime Practices	2				
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
	Serve small-sized, age-appropriate portions	2	2			
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual					
NF2	child; Teach children who require limited portions about portion size and monitor their portions	1	1			
NH1	Do not force or bribe children to eat	2	3			
NH2	Do not use food as a reward or punishment	2	3			
Phys	ical Activity (n = 11)					
		2010	2022			
	Provide children with adequate space for both inside and outside play	3	3			
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2			
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
	Do not withhold active play from children who misbehave	2	2			
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3			
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2			
	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake					
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2			
	ts on Screen-Time (n = 4)	2	2			
-1111	S on Streeth Time (II = 4)	2010	2022			
DD 1	Do not utilize media (television [TV] video, and DVD) viewing and computers with children vousgos than 2 years	2010				
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2			
PB2	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:

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
Regulation contradicts the standard

0 State does not regulate care type
ASHW 2022: Large Family Child Care Homes

KENTUCKY At A Glance:

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

	large family nome child care licensing regulations and support of 47 high-impact obesity prevention standards					
Healthy Infant Feeding (n = 11)						
	astfeeding 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			
	nt Feeding Practices					
IA2		2	4			
IB1	Feed infants on cue	2	2			
IB2	, ,,	3	4			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2			
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2			
	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			
	rition (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			
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3			
NA3		2	3			
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3			
	those who are at risk for hypercholesterolemia or obesity					
_	Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
	Serve whole grain breads, cereals, and pastas	2	3			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3			
	Serve fruits of several varieties, especially whole fruits	3	3			
	Use only 100% juice with no added sweeteners	4	4			
	Offer juice (100%) only during meal times	2	4			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2			
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2			
	Make water available both inside and outside	3	4			
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2			
Heal	thy Mealtime Practices					
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3			
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF1	Serve small-sized, age-appropriate portions	4	3			
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	1	1			
NILIA	child; Teach children who require limited portions about portion size and monitor their portions	2	2			
	Do not force or bribe children to eat	3	2			
	Do not use food as a reward or punishment	3	4			
Phy	sical Activity (n = 11)	2010	2022			
204	In the state of th	2010	2022			
	Provide children with adequate space for both inside and outside play	2	2			
	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					
	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			
РCЗ	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3			
PD1	day—indoor or outdoor	2	2			
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4			
	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			
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			
PB4						

Rating Code:

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

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard
State does not regulate care type

LOUISIANA At A Glance: NOTE: Louisiana does not regulate this care type

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

	Large family home 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	0	0				
Infai	t Feeding Practices	•					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	0	0				
IB1	Feed infants on cue	0	0				
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	0	0				
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	0	0				
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	0	0				
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	0	0				
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	0	0				
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	0	0				
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	0	0				
ID3	Serve no fruit juice to children younger than 12 months of age	0	0				
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	0	0				
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	0	0				
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	0	0				
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	0	0				
NA4	those who are at risk for hypercholesterolemia or obesity	U	U				
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	0	0				
NB1	Serve whole grain breads, cereals, and pastas	0	0				
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	0	0				
NB3	Serve fruits of several varieties, especially whole fruits	0	0				
NC1	Use only 100% juice with no added sweeteners	0	0				
NC2	Offer juice (100%) only during meal times	0	0				
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	0	0				
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	0	0				
ND1	Make water available both inside and outside	0	0				
NG1	Limit salt by avoiding salty foods such as chips and pretzels	0	0				
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	0	0				
Heal	hy Mealtime Practices						
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	0	0				
NE2	Require adults eating meals with children to eat items that meet nutrition standards	0	0				
NF1	Serve small-sized, age-appropriate portions	0	0				
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	0	0				
	child; Teach children who require limited portions about portion size and monitor their portions						
_	Do not force or bribe children to eat	0	0				
	Do not use food as a reward or punishment	0	0				
Phys	ical Activity (n = 11)						
		2010	2022				
	Provide children with adequate space for both inside and outside play	0	0				
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	0	0				
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	0	0				
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	0	0				
-	Do not withhold active play from children who misbehave	0	0				
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	0	0				
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	0	0				
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	0	0				
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	0	0				
DE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	0	0				
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	0	0				
	ts on Screen-Time (n = 4)	0	J				
-1111	to on order time (n)	2010	2022				
DD 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	0	0				
PB1	Limit total media time for children 2 years and older to not more than 30 min. weekly	0	0				
_	Use screen media with children age two years and older only for educational purposes or physical activity	0	0				
	Do not utilize TV, video, or DVD viewing during meal or snack time	0	0				
. 54	Rating Code:	U	J				

Rating Code:

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

0 State does not regulate care type ASHW 2022: Large Family Child Care Homes

MAINE At A Glance:

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

	Large family nome 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				
	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	3	3				
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2				
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2				
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2				
_	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2				
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2				
	Serve no fruit juice to children younger than 12 months of age	2	4				
	rition (n = 21)						
	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		2	3				
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2				
	those who are at risk for hypercholesterolemia or obesity						
_	Serve skim or 1% pasteurized milk to children two years of age and older	2	2				
	Serve whole grain breads, cereals, and pastas	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	2				
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4				
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4				
	Make water available both inside and outside	2	4				
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2				
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2				
Heal	hy Mealtime Practices						
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2				
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2				
NF1	Serve small-sized, age-appropriate portions	2	3				
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2				
NILIA	child; Teach children who require limited portions about portion size and monitor their portions	2	2				
	Do not force or bribe children to eat	3	3				
	Do not use food as a reward or punishment	3	3				
Phy	ical Activity (n = 11)	2010	2022				
204	In the state of th	2010	2022				
	Provide children with adequate space for both inside and outside play Provide orientation and applied training connect unities for cargivers (teachers to learn age appropriate gross motor activities and games that promote physical activity.	2	2				
	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	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	4	3				
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4				
РCЗ	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3				
PD1	day—indoor or outdoor	2	2				
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4				
	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	3	2				
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3				
	Use screen media with children age two years and older only for educational purposes or physical activity	4	4				
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4				
	1 ,,	_					

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:

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

Laig	arge family home 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	4				
Infar	t Feeding Practices						
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4				
IB1	Feed infants on cue	4	4				
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4				
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3				
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	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				
	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	3				
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	3				
NB1	Serve whole grain breads, cereals, and pastas	3	3				
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3				
NB3	Serve fruits of several varieties, especially whole fruits	3	3				
NC1	Use only 100% juice with no added sweeteners	4	4				
NC2	Offer juice (100%) only during meal times	2	4				
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4				
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4				
ND1	Make water available both inside and outside	3	4				
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2				
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3				
Healt	hy Mealtime Practices						
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2				
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2				
NF1	Serve small-sized, age-appropriate portions	4	4				
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3				
	child; Teach children who require limited portions about portion size and monitor their portions						
	Do not force or bribe children to eat	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	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	4	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 Ensure that infants have supervised tummy time every day when they are awake	2	2				
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2	2				
EIIII	ts on street Finne (II = 4)	2010	2022				
DD4	Do not utilize modic (tologician [TV]) video and DVD) viewing and computers with shill	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.	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 4				
FD4	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	4				

Rating Code:

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

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: Large Family Child Care Homes

MASSACHUSETTS At A Glance:

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

	Large family frome 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			
	nt Feeding Practices					
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2			
IB1	Feed infants on cue	3	3			
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2			
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4			
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2			
	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 Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age		2			
		2	2			
	Serve no fruit juice to children younger than 12 months of age rition (n = 21)	2	2			
	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				
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2			
NA4	those who are at risk for hypercholesterolemia or obesity	2	2			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2			
	Serve whole grain breads, cereals, and pastas	2	2			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2			
	Serve fruits of several varieties, especially whole fruits	2	2			
	Use only 100% juice with no added sweeteners	2	2			
	Offer juice (100%) only during meal times	2	2			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2			
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2			
	Make water available both inside and outside	4	4			
	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2			
	thy Mealtime Practices	ı				
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3			
	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF1	Serve small-sized, age-appropriate portions	2	2			
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2			
	child; Teach children who require limited portions about portion size and monitor their portions	2	2			
_	Do not force or bribe children to eat	4	4			
	Do not use food as a reward or punishment	4	4			
Phys	ical Activity (n = 11)	ı				
		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	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		2	2			
PF1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2			
-	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3			
	ts on Screen-Time (n = 4)					
		2010	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			
ئتن	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

0 State does not regulate care type
ASHW 2022: Large Family Child Care Homes

MICHIGAN At A Glance:

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

RealPlay Infant Feeding (no. 11)	Lar	arge family home child care licensing regulations and support of 47 high-impact obesity prevention standards						
Internal Teeding Processor Section 1997 (1997) (199	Hea	Healthy Infant Feeding (n = 11)						
Name Serve human floor index formula to at least age 22 months, not own's milk, unless written exception is provided 4 4 4 4 4 4 4 4 4	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	3	3				
18	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				
is 3 inch infants while bottle redering. Proston an infant for bottle feeding in the caregiver/heacher's arms or string up on the lap 12. Inchance age-appropriate solar does in consultation with child parently granted in months of age. and perferably around 8 months of age. 13. Inchance age-appropriate solar does in consultation with child parently around 8 months of age. 13. Inchance age-appropriate solar does in consultation with child parently around 8 months of age. 13. Inchance age appropriate solar does in one some than for months of age. 13. Inchance age appropriate solar does in the solar thing the consultation with child parently around 8 months of age. 13. Inchance age age age age age age age age age ag	IB1	Feed infants on cue	4	4				
Inc. Develop plant for monoduring ages agroropates used froad in month of age, and provided and provided pr	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4				
Col. Introduce page-pagerpairs solid foods on sooner than A months of age, and greenably around 6 months of age 2 2 2 3 3 3 3 3 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	2	2				
Col	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3				
10.1 Do not feed an infant formula mixed with creatif, full juice or other foods without primary care provider's written instruction 2 3 3 3 3 3 3 3 3 3	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4				
Incompany Inco	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4				
103 Serve not not juice to otherword of age 108	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2				
Nutrition (n. 2.) Nutrition (ab ty) choosing monounsaturated and oply unaturated fat and avoiding trans fats, saturated fat and fried foods ALI Limit rolls by choosing monounsaturated and oply unaturated fat and avoiding trans fats, saturated fat and fried foods ALI Limit rolls by choosing monounsaturated and oply unaturated fat and avoiding trans fats, saturated fat and fried foods ALI Serve meats and/or beans, chicken, fath, lean meat, and/or legiumes (such as drief peas, beans), avoiding fried meats ALI Serve where mile qualwhelf products is yount, cottage choose) using tow what varieties for 2 years of age and older ALI Serve where art his for hyperchesterodinar or beads and avoids and pations ALI Serve where art his for hyperchesterodinar or beads of the avoid and pations ALI Serve where art his for hyperchesterodinar or beads of the avoid and pations ALI Serve where art his for hyperchesterodinar or beads of the avoid and pations ALI Serve where art his for hyperchesterodinar or beads of the avoid and pations ALI Serve where are his patient beads, crease, and pations ALI Serve where are his patient beads, crease, and pations ALI Serve where are his patient beads, crease, and pations ALI Serve where are his patient beads, crease, and patients ALI Serve where are his patient beads, crease, and patients ALI Serve where are his patient beads, crease, and patients ALI Serve where are his patients and patients ALI Serve where are his patients beautiful and an avoid and avoid av	ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3				
Notificing final 21/1 Nat Intrinsic sits by choosing minorius sturated and polyursahurated fist and avoiding trons fats, saturated fists and fried foods All Intrinsic sits by choosing minorius sturated and polyursahurated fists and avoiding trons fats, saturated fists and fried foods All Intrinsic sits by choosing minorius sturated and polyursahurated fists and avoiding fried modes All Serve ender milk equivalent products (pigunt, cottage cheese) using but fat varieties for 2 years of age and older All Serve ender milk equivalent products (pigunt, cottage cheese) using but fat varieties for 2 years of age and older All Serve ender prilk equivalent products (pigunt, cottage cheese) using but fat varieties for 2 years of age and older All Serve verbell prilib products September September	ID3	Serve no fruit juice to children younger than 12 months of age	1	4				
Nutrition Standards								
NAZ Sever meats and/or beams - Chicken, fals, lear meat, and/or legumes (such as dried peas, beans), avoiding fried meats 3 </td <td></td> <td></td> <td>2010</td> <td>2022</td>			2010	2022				
NAZ Sever meats and/or beams - Chicken, fals, lear meat, and/or legumes (such as dried peas, beans), avoiding fried meats 3 </td <td>NA1</td> <td>Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods</td> <td>2</td> <td>2</td>	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2				
NA3 Serve wither milk equivalent products (progrum, cottage cheese) using lover far unrecises for 2 years of age and older 2 3 3 3 3 3 3 3 3 3			3	3				
No. 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 the buse who are at risk for bypecholesterolemia or poets. 2 4 NAS Serve skilm or 1% posteurized milk to children two years of age and older 2 2 4 NAS Serve vegetables, specifically, dark green, orange, deep yellow egetables; and roots vegetables, such as potatoes and viands 3 3 3 NAS Serve vegetables, specifically, dark green, orange, deep yellow egetables; and root vegetables, specifically, dark green, orange, deep yellow egetables; and root vegetables, such as potatoes and viands 3 3 3 NAC Use only 100% jucies with no added sweetensys 4 <th< td=""><td></td><td></td><td>3</td><td>3</td></th<>			3	3				
No. No. Serve skin to 't 'pascetucine' and its 'c hildren' to year of age and older 3 3 3 3 3 3 3 3 3								
NBI Serve whoting grain breads, cereals, and pastas 3 3 3 3 3 3 3 3 3	NA4		2	3				
NEZ Serve regetables, specifically, dark green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas 3 3 3 3 3 3 3 3 3	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4				
NB3 Serve fruits of several varieties, especially whole fruits 3	NB1	Serve whole grain breads, cereals, and pastas	3	3				
NCL Serve no more than 4 to 6 to 2 julce/day for children 1-6 years of age 3 a	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3				
NC2 Offer juice (100%) only during meal times 2 4 1 1 1 1 1 1 1 1 1	NB3	Serve fruits of several varieties, especially whole fruits	3	3				
NCS Serve no more than 8 to 12 oz juicy/day for children 1-5 years of age	NC1	Use only 100% juice with no added sweeteners	4	4				
NCI Serve no more than 8 to 12 oz jućedy for children 7-12 years of age	NC2	Offer juice (100%) only during meal times	2	4				
NCI Serve no more than 8 to 12 oz jućedy for children 7-12 years of age	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4				
MGI Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 2 2 2 NGZ Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 3 3 3 3 3 3 3 3 3			3	4				
MGI Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 2 2 2 NGZ Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 3 3 3 3 3 3 3 3 3	ND1	Make water available both inside and outside	4	4				
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Healthy Mealtime Practices NET 1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 1 2 2 NEZ Require adults eating meals with children to eat items that meet nutrition standards NET 2 chequire adults eating meals with children to eat items that meet nutrition standards NET 2 chequire adults eating meals with children to eat items that meet nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual period of period of per			2	2				
Healthy Mealtime Practices NET Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 2 2 2 Require adults eating meals with children to eat items that meet nutrition standards 5 2 2 2 2 Repuire adults eating meals with children to at items that meet nutrition standards 5 2 2 2 5 7 1 Serve small-sized, age-appropriate portions 6 4 4 4 4 9 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child: Teach children how require limited portions about portion size and monitor their portions 7 2 3 3 1 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3			1	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 Serve small-sized, age-appropriate portions 3 3 NF2 Serve small-sized, age-appropriate portions 3 3 NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children with one promotion of the promotion of the promotion of provide children with one and or survey or punishment 3 3 NH1 Do not use food as a reward or punishment 2 2 3 3 PN2 Porvide children with adequate space for both inside and outside play 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 <th></th> <th></th> <th></th> <th></th>								
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 Serve small-sized, age-appropriate portions 3 3 NF2 Serve small-sized, age-appropriate portions 3 3 NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children with one promotion of the promotion of the promotion of provide children with one and or survey or punishment 3 3 NH1 Do not use food as a reward or punishment 2 2 3 3 PN2 Porvide children with adequate space for both inside and outside play 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 <td></td> <td></td> <td>2</td> <td>2</td>			2	2				
NF1 Serve small-sized, age-appropriate portions 4 4 4 4 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child. Teach children to have one or more 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 who require limited portions about portion size and monitor their portions 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3			2	2				
NF2 child; Teach children who ene or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	NF1	Serve small-sized, age-appropriate portions	4	4				
child; Teach children who reguire limited portions about portion size and monitor their portions MHI Do not force or bribe children to eat NH2 Do not use food as a reward or punishment 20 3 NH2 Do not use food as a reward or punishment 200 2012 PAI Provide children with a dequate space for both inside and outside play PAI Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PAI Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 2 PAI Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely dos 0 2 2 PAI Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3 PAI Allow reschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity POI deally for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor POI Tensive daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor POI Developed daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor POI Developed daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor POI Developed daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor POI Developed the day for all children, birth			2	2				
NHZ Do not use food as a reward or punishment 3 Physical Activity (n = 11) PAI Provide children with adequate space for both inside and outside play 4 4 4 PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 2 2 PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 2 2 PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so 2 2 PCI Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3 3 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC3 Allow provides 4 for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor 4 10 10 10 10 10 10 10 10 10 10 10 10 10	NFZ	child; Teach children who require limited portions about portion size and monitor their portions	3	3				
Physical Activity (n = 11) Provide children with adequate space for both inside and outside play PA2 Provide children with adequate space for both inside and outside play PA3 Provide children with adequate space for both inside and outside play PA4 Provide children with adequate space for both inside and outside play PA5 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA6 Pevolve pwritten policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA6 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA6 Do not withhold active play from children who misbehave PA7 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PA7 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA8 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PA9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activ	NH1	Do not force or bribe children to eat	2	3				
PA1 Provide children with adequate space for both inside and outside play PA2 Provide crientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PA6 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PA6 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA7 allow preschoolers 90-120 minutes per 8-hour day for moderate to vig	NH2	Do not use food as a reward or punishment	3	3				
PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PA6 Do not withhold active play from children who misbehave PA6 Do not withhold active play from children who misbehave PA6 Do not withhold active play from children who misbehave PA8 Do not withhold active play from children who misbehave PA8 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC9 Developed Developed Teacher adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC9 Developed Developed Teacher adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC9 Developed Teacher adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC9 Developed Teacher adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC9 Developed Teacher adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC9 Developed Teacher adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC9 Dev	Phys	ical Activity (n = 11)						
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 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 PC6 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC7 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for mode			2010	2022				
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 2 2 PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so 2 2 2 PA5 Do not withhold active play from children who misbehave 2 2 2 PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3 3 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC4 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PC6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 4 3 3 3 PC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 5 3 3 3 PC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 5 3 3 3 PC8 Lisuate that infants have supervised tummy time every day when they are awake 2 2 2 PC7 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2 PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2 PC9 Department of the provided activities or games that promote movement over the course of the day—indoor or outdoor	PA1	Provide children with adequate space for both inside and outside play	4	4				
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so 2 2 PA5 Do not withhold active play from children who misbehave 2 2 PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3 3 3 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 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 PC5 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 PC6 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 PC7 Limits on Screen-Time (n = 4) PC8 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PC9 Limit total media time for children 2 years and older to not more than 30 min. weekly PC9 Use screen media with children age two years and older only for educational purposes or physical activity 3 3 PC9 Use screen media with children age two years and older only for educational purposes or physical activity 3 3 PC9 Use screen media with children age two years and older only for educational purposes or physical activity								
PAS Do not withhold active play from children who misbehave PCI Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PCI Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 3 3 PDI Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PEI Ensure that infants have supervised tummy time every day when they are awake PEI Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2 Limits on Screen-Time (n = 4) 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 BBI 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	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	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 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2 2	PA5	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 PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3				
PDI day—indoor or outdoor PEI Ensure that infants have supervised tummy time every day when they are awake PEI Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PEI Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PEI Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PEI Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PEI Use screen media with children 2 years and older to not more than 30 min. weekly PEI Use screen media with children age two years and older only for educational purposes or physical activity PEI Do not utilize TV, video, or DVD viewing during meal or snack time PEI Do not utilize TV, video, or DVD viewing during meal or snack time	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3				
PD1 day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2 Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	PC3		3	3				
PEI Ensure that infants have supervised tummy time every day when they are awake 2 2 2 2 2 2 2 2 2	PD1		2	2				
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity PB4 Do not utilize TV, video, or DVD viewing during meal or snack time								
Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2010 2022 3 3 3 PB5 Use screen media with children age two years and older only for educational purposes or physical activity 3 2 2								
20102022PB1Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years33PB2Limit total media time for children 2 years and older to not more than 30 min. weekly33PB3Use screen media with children age two years and older only for educational purposes or physical activity33PB4Do not utilize TV, video, or DVD viewing during meal or snack time22			2	2				
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 3 3 PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2	Limi	ts on Screen-Time (n = 4)	1					
PB2Limit total media time for children 2 years and older to not more than 30 min. weekly33PB3Use screen media with children age two years and older only for educational purposes or physical activity33PB4Do not utilize TV, video, or DVD viewing during meal or snack time22								
PB3 Use screen media with children age two years and older only for educational purposes or physical activity 3 3 PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2								
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2		· · · · · · · · · · · · · · · · · · ·						
	PB4		2	2				

Rating Code:

4	Regulation fully meets standard N	Λichiε
3	Regulation partially meets standard N	NOTE:
2	Regulation does not address standard d	locum
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.

0 State does not regulate care type

ASHW 2022: Large Family Child Care Homes

MINNESOTA At A Glance:

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

	Large family nome child care licensing regulations and support of 47 high-impact obesity prevention standards						
	Ithy Infant Feeding (n = 11)	,					
Brea	rational Support Suppo	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				
	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				
	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				
		3	3				
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3				
NA4	those who are at risk for hypercholesterolemia or obesity	2	3				
ΝΔ5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4				
	Serve whole grain breads, cereals, and pastas	3	3				
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3				
	Serve fruits of several varieties, especially whole fruits	3	3				
		4	4				
	Use only 100% juice with no added sweeteners						
	Offer juice (100%) only during meal times	2	4				
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4				
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4				
	Make water available both inside and outside	3	4				
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2				
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3				
	hy Mealtime Practices						
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2				
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2				
NF1	Serve small-sized, age-appropriate portions	4	4				
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3				
	child; Teach children who require limited portions about portion size and monitor their portions						
	Do not force or bribe children to eat	2	2				
	Do not use food as a reward or punishment	3	3				
Phy:	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				
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				
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3				
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3				
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the						
PD1	day—indoor or outdoor	3	3				
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2				
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	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				
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2				
_	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2				
	Rating Code:						

Rating Code:

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

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

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

MISSISSIPPI At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)					
		2010	2022			
	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			
_	nt Feeding Practices					
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4			
IB1	Feed infants on cue	4	4			
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3			
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2			
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	1			
ID3	Serve no fruit juice to children younger than 12 months of age	3	3			
Nut	ition (n = 21)					
Nutr	ition Standards	2010	2022			
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	3			
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	4	4			
NA3	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			
IVA4	those who are at risk for hypercholesterolemia or obesity					
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	4	4			
NB1	Serve whole grain breads, cereals, and pastas	4	4			
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4			
NB3	Serve fruits of several varieties, especially whole fruits	4	4			
NC1	Use only 100% juice with no added sweeteners	1	1			
NC2	Offer juice (100%) only during meal times	2	2			
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3			
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3			
ND1	Make water available both inside and outside	3	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			
Healthy Mealtime Practices						
NE1	NE1 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	4			
	Serve small-sized, age-appropriate portions	4	4			
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual					
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3			
NH1	Do not force or bribe children to eat	3	3			
NH2	Do not use food as a reward or punishment	4	4			
Phys	ical Activity (n = 11)					
		2010	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	3	3			
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3			
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4			
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the					
PD1	day—indoor or outdoor	2	2			
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			
	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:					

Rating Code:

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

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

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

MISSOURI At A Glance:

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

Sear		Large family nome child care licensing regulations and support of 47 high-impact obesity prevention standards					
Math	Hea	Healthy Infant Feeding (n = 11)					
International practices	Brea	stfeeding Support	2010	2022			
AB See Infrastr mills or inflator formals to at least age 2.1 more flats, met sew Infrastr	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2			
Institution	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			
Inst	IB1	Feed infants on cue	3	3			
Col. Inchibution agree appropriate solit food in consultation with child's parently jauration from the parently agreed in protein 5 agree appropriate solit food in socient than in morth's of agr, and prefetally around six morths (agr, and prefetally around six morth's control (agr, agr, agr, agr, agr, agr, agr, agr,	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2			
Col. Includice age-appropriate solid foods no sooner than of morths of age 2 2 2 2 3 3 3 3 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	3	3			
Inc. Doubt feed an infinit formula mixed with creatiful full pice or other looks without primary care 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			
10.2 10.2	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2			
103 Serve month in this continue to continue to age 102 10	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2			
Nutrition Standards	ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2			
NUMER Comment Standards 200 202	ID3	Serve no fruit juice to children younger than 12 months of age	2	2			
MAX Serve ments and five bins - Scheep fire specially whole first server will gain before scheep fire specially whole first server will be gain before shown as a first first pipe from the special server will be gain before shown as a first first pipe first server will be gain before shown as a first first pipe first pipe first server will be gain before shown as a first first pipe first pipe first server will be gain before shown as a first first pipe first pipe first server will be gain beautiful the shown as a first first pipe first pipe first server will be gain beautiful to shidlow the voward age and older 2	Nut	ition (n = 21)					
NAZ Sever meats and/or hears - chicken, fish, lean meat, and/or legumes (such as dired pees, hears), avoiding fined meats 3 3 3 3 3 3 3 3 3	Nuti	ition Standards	2010	2022			
Nat	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2			
NA Serv 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 black who are an disk for hypercholestrolemen or obesity 2 2 NAS Serve we skilm or 1% pasteurized milk to children two years of age and older 2 2 NAS Serve ve skilm or 1% pasteurized milk to children two years of age and older 2 2 2 NAS Serve ve skilm or 1% pasteurized milk to children that years of age and older on the children that years of several varieties, especially, whole futs 4 4 4 NCI Use only 100% jock with no added sweeteners 4 4 4 NCI Use only 100% jock with no added sweeteners 3 3 NCI Older jute (100%) only during meal times 3 3 NCI Older jute (100%) only during meal times 3 3 NCI Older jute (100%) only during meal times 3 3 NCI Serve no more than 8 to 21 or jute (day for children 7-12 years of age 3 3 NCI Assistance with a strain	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3			
NA Serv 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 black who are an disk for hypercholestrolemen or obesity 2 2 NAS Serve we skilm or 1% pasteurized milk to children two years of age and older 2 2 NAS Serve ve skilm or 1% pasteurized milk to children two years of age and older 2 2 2 NAS Serve ve skilm or 1% pasteurized milk to children that years of age and older on the children that years of several varieties, especially, whole futs 4 4 4 NCI Use only 100% jock with no added sweeteners 4 4 4 NCI Use only 100% jock with no added sweeteners 3 3 NCI Older jute (100%) only during meal times 3 3 NCI Older jute (100%) only during meal times 3 3 NCI Older jute (100%) only during meal times 3 3 NCI Serve no more than 8 to 21 or jute (day for children 7-12 years of age 3 3 NCI Assistance with a strain			3	3			
No.							
NBI Serve whole grain breads, cereals, and pasts 2 2 2 2 2 2 2 2 2	NA4	those who are at risk for hypercholesterolemia or obesity	2	2			
NES Serve regetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 2 2 2 1 1 1 1 1 1 1	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2			
NB3 3 Save furtils of several variaties, especially whole furtils 4 4 NC1 Use only 100% juice with no added sweetners 4 4 4 NC2 Use only 100% juice with no added sweetners 2 2 NC3 Use on more than 4 to 6 or juice/day for children 1-5 years of age 3 3 NC3 Seven no more than 4 to 6 or juice/day for children 7-12 years of age 3 3 ND1 Make water available both inside and outside 3 3 NC2 Install the yavoiding salty foods such as chips and pretzels 2 2 NC2 Install the yavoiding salty foods such as chips and pretzels 2 2 NC2 Install the yavoiding salty foods such as chips and pretzels 2 2 NC2 Install the yavoiding salty foods such as chips and pretzels 2 2 NC2 Install the yavoiding salty foods such as chips and pretzels 4 4 NC2 Install the yavoiding salty foods such as chips and pretzels 4 4 NC2 Require adults eating meaks with children to eat terms that meet nutritions landards 4 4 NC2 Permit children appropriate portions 4 4 4 NC2 Permit children with a dequate separate portion is seal and participa	NB1	Serve whole grain breads, cereals, and pastas	2	2			
NCI Service from added sweeteens	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2			
NCZ Offer juice (1,00%) only during meal times 3 3 3 3 3 3 3 3 3	NB3	Serve fruits of several varieties, especially whole fruits	4	4			
RCS Serve no more than 4 to 6 or juice/day for children 1-6 years of age 3 3 3 3 3 3 3 3 3	NC1	Use only 100% juice with no added sweeteners	4	4			
NCI Seve no more than 8 to 12 or juice/day for children 7-12 years of age 3 3 3 3 3 3 3 3 3	NC2	Offer juice (100%) only during meal times	2	2			
NDI Make water available both inside and outside 3 3 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	3			
MGI Avoid's ugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3			
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Fearth Wealtime Practices	ND1	Make water available both inside and outside	3	3			
Healthy Mealtine Practices NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 2 2 Require adults eating meals with children to eat items that meet nutrition standards 2 2 2 NFI Service Require adults eating meals with children to eat items that meet nutrition standards 3 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 children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children require limited portions about portion size and monitor their portions NH2 Do not use food as a reward or punishment 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
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PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2							
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	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:

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

	Healthy Infant Feeding (n = 11)						
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				
_	nt Feeding Practices	_	_				
-	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4				
IB1	Feed infants on cue	4	4				
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4				
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3				
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3				
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4				
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4				
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2				
_	Serve whole fruits, mashed or pureed, for infants 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	3	3				
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3				
NA4	those who are at risk for hypercholesterolemia or obesity	2	3				
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4				
_	Serve whole grain breads, cereals, and pastas	3	3				
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3				
	Serve fruits of several varieties, especially whole fruits	3	3				
_	Use only 100% juice with no added sweeteners	4	4				
	Offer juice (100%) only during meal times	2	4				
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4				
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4				
_	Make water available both inside and outside	3	4				
	Limit salt by avoiding salty foods such as chips and pretzels	2	2				
_	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3				
	hy Mealtime Practices						
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2				
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2				
NF1	Serve small-sized, age-appropriate portions	4	4				
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3				
	child; Teach children who require limited portions about portion size and monitor their portions						
	Do not force or bribe children to eat	2	2				
	Do not use food as a reward or punishment	2	2				
Phys	ical Activity (n = 11)	ı					
		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	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				
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	2	2				
PD1	day—indoor or outdoor	2	2				
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2				
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3				
	imits 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
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); 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:

Large family home 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						
	t Feeding Practices	•				
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4			
IB1	Feed infants on cue	2	4			
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4			
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			
	ition (n = 21)					
Nutrition 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	2	3			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
	Serve whole grain breads, cereals, and pastas	2	3			
-	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3			
	Serve fruits of several varieties, especially whole fruits	3	3			
_	Use only 100% juice with no added sweeteners	2	4			
	Offer juice (100%) only during meal times	2	4			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4			
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4			
	Make water available both inside and outside	3	4			
-	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3			
_	Healthy 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	4			
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	3			
	child; Teach children who require limited portions about portion size and monitor their portions					
_	Do not force or bribe children to eat	2	2			
	Do not use food as a reward or punishment	3	3			
Phys	ical Activity (n = 11)	<u> </u>				
		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			
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
PA5	Do not withhold active play from children who misbehave	2	2			
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3			
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2			
DD4	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the					
PD1	day—indoor or outdoor	2	2			
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2			
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2			
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			
	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			
PB4						

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:

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

Large family from Critic Care licensing regulations and support of 47 mgn-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					
	at Feeding Practices	1	1		
	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		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4		
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4		
_	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		
	Serve no fruit juice to children younger than 12 months of age	2	4		
	ition (n = 21)	<u> </u>			
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	2	3		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3		
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3		
	those who are at risk for hypercholesterolemia or obesity				
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4		
_	Serve whole grain breads, cereals, and pastas	2	3		
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3		
	Serve fruits of several varieties, especially whole fruits	2	3		
	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	1	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		
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	3	4		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3		
NH1	Do not force or bribe children to eat	3	3		
	Do not use food as a reward or punishment	4	4		
	ical Activity (n = 11)				
1111/2	neurativity (ii-12)	2010	2022		
ΡΔ1	Provide children with adequate space for both inside and outside play	4	4		
	Provide criminal with adequate space for both inside and odeside 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		
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
	Do not withhold active play from children who misbehave	3	3		
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3		
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
	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		
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	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

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:

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

	thy Infant Feeding (n = 11)		
		ı	
_	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
	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
	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
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)		
	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	2	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	3	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
_	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	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
	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
	child; Teach children who require limited portions about portion size and monitor their portions	2	
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		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	3	3
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	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)		
		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:

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: NOTE: New Jersey does not regulate this care type

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

Healthy Infant Feeding (in = 1) Researche office Support All Increasing and support inseafferding and freeding of breast milk by making arrangements for mothers to feed their children on site Infantive Feeding Feeding Infantive Feeding Infa		Large family nome child care licensing regulations and support of 47 night-impact obesity prevention standards					
Main Institute		· · · · · · · · · · · · · · · · · · ·					
International continues from the role and service security of the continues of the continue	Brea	stfeeding Support	2010	2022			
Mail Seed indinate near the content of the cont	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	0			
181 See elimants on cost 2 0 0	Infar						
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	0			
183 Total infinites while bottler feeding. Position an infinit for bottle feeding in the caregiver/freach's arms arristing up on the law of the control of the position of the position of the control of the position of the	IB1	Feed infants on cue	2	0			
Complete age appropriets colification is consent than consultation with child's parentify granted main of primary care provider (IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	0			
Company Comp	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	0			
Inc.	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	0			
10.1 10.2	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	0			
102 102 103	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	0			
IDS Serve no fruit place to children younger than 12 months of age Noticition (ne. 2)	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	0			
Notificial for a 21) Notificial for address of the control of the process of the control of the control of the process of the control of the	ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	0			
NUMER Common Standards 200 2002 2002 2003 2003 2002 2003	ID3	Serve no fruit juice to children younger than 12 months of age	2	0			
NAI Lim fail by the consign monounsaturated and polyumsaturated fats and avoiding trans fats, saturated fats and fined foods AND 25 Serve mans and/or beams - Children, fifth, learn meat, and/or leagures (such as died peas, basen), avoiding frements AND 35 Serve other milk equivalent products (yogurt, cottage cheese) using bur-fat varieties for 2 years of age and older AND 36 Serve other milk equivalent products (yogurt, cottage cheese) using bur-fat varieties for 2 years of age and older AND 36 Serve other milk equivalent products (yogurt, cottage cheese) using bur-fat varieties for 2 years of age and older AND 36 Serve which go serve fatic for hyperchesterolemia or code of hidden who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurised milk to children two years of age and older Serve whore gain breads, created, and pastas AND 36 Serve which go serve have the case of a ge and older AND 37 Serve which go serve have the case of a ge and older AND 38 Serve whore serve have the case of a ge and older AND 38 Serve whore serve have the case of a ge and older AND 38 Serve whore serve have the case of a ge and older AND 38 Serve whore serve have the case of a ge and older AND 38 Serve no more than 4 to 6 or juice/day for children 7-22 years of age AND 38 Serve no more than 4 to 6 or juice/day for children 7-22 years of age AND 38 Serve no more than 4 to 6 or juice/day for children 7-22 years of age AND 38 Serve no more than 4 to 6 or juice/day for children 7-22 years of age AND 38 Serve no more than 4 to 6 or juice/day for children 7-22 years of age AND 48 Serve no more than 4 to 6 or juice/day for children 7-22 years of age AND 48 Serve no more than 4 to 6 or juice/day for children 7-22 years of age AND 48 Serve no more than 4 to 6 or juice/day for children 7-22 years of age AND 48 Serve no more than 4 to 6 or juice/day for children 7-22 years of age AND 48 Serve no more than 4 to 6 or juice/day for children 7-22 years of age AND 48 Serve no more than 4 to 6 or jui	Nuti	ition (n = 21)					
NAZ Serve meants and/for boars - chricken, fish, hear meats, and/for legimes (such as diride peas, beans), avoiding fired meants 2	Nutr	ition Standards	2010	2022			
NA3 Serve where milk equivalent products (yogust, cattage cheese) using low-fat varieties for 2 years of lage and older Serve whole gasteruized milk to where to the web; to when you ment old of whilen who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteruized milk to 2 0 0 0 0 0 0 0 0 0	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	0			
No. Sieve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formulo, or serve reduced fat (2%) pasteurized milk to the betwoer obeins those who are a first for hyperchejesterolenia or obeisty 2 0 NAS Serve skim or 1% posteurized milk to children two years of age and older 2 0 NAS Serve skim or 1% posteurized milk to whole first or obeing an are all of the properties of	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	0			
No. Sieve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formulo, or serve reduced fat (2%) pasteurized milk to the betwoer obeins those who are a first for hyperchejesterolenia or obeisty 2 0 NAS Serve skim or 1% posteurized milk to children two years of age and older 2 0 NAS Serve skim or 1% posteurized milk to whole first or obeing an are all of the properties of			2	0			
No.							
NBI Serve whole grain breads, cereals, and pastas 3	NA4	those who are at risk for hypercholesterolemia or obesity	2	Ü			
NB2 Serve ve getables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 0	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	0			
NB3 3 cere fults of several varieties, especially whole fruits 1 control (like only 100% juice with no added sweeteners 1 control (like only 100% juice with no added sweeteners 1 control (like only 100% juice with no added sweeteners 1 control (like only 100% juice with no added sweeteners 1 control (like only 100% juice (100%) only during meal times 2 control (like only 100%) juice (100%) only during meal times 2 control (like only 100%) juice (100%) only during meal times 2 control (like only 100%) only during meal times 2 control (like only 100%) severe on more than 8 to 12 coll juice/day for children 7-12 years of age 1 control (like only 100%) severe on more than 8 to 12 coll juice/day for children 7-12 years of age 1 control (like only 100%) severe on more than 8 to 12 coll juice/day for children 7-12 years of age 1 control (like only 100%) severe on more than 8 to 12 coll juice/day for children 7-12 years of age 1 control (like only 100%) severe on more than 8 to 12 coll juice/day for children 7-12 years of age 1 control (like only 100%) severe on more additional severe on	NB1	Serve whole grain breads, cereals, and pastas	3	0			
NCL	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	0			
NC2 Offer juice (100%) only during meal times 2 0 NC3 Sever no more than 4 to 16 or juice/day for children 1-6 years of age 2 0 NC4 Sever no more than 4 to 16 or juice/day for children 1-7 !2 years of age 2 0 ND1 Make water available both inside and outside 3 0 ND2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 0 ND2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 0 ND2 Reguine adults eating meals with children to eat terms that meet nutrition standards 2 0 ND2 Reguine adults eating meals with children to eat terms that meet nutrition standards 2 0 ND2 Institute of thildren to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual dult. 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 dult. Teach children who require limited portions about portions about portions about portions about portions advantage, and sodium as needed to meet the caloric needs of the individual dult. Teach children who require limited portions about portions a	NB3	Serve fruits of several varieties, especially whole fruits	3	0			
NC3 Serve no more than 4 to 6 oz julce/day for children 1-6 years of age 2 0 NC4 Serve no more than 8 to 12 oz julce/day for children 7-12 years of age 2 0 NC5 Serve no more than 8 to 12 oz julce/day for children 7-12 years of age 2 0 NC6 Imit sait by avoiding salty foods such as chips and pretzels 2 0 NC7 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 0 NC6 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 0 NC8 Require adults eating meals with children to a teams that meet nutrition standards 2 0 NC8 Require adults eating meals with children to a teams that meet nutrition standards 2 0 NC9 Require adults eating meals with children to a teams that meet nutrition standards 2 0 NC9 Require adults eating meals with children to a teams that meet nutrition standards 2 0 NC9 Require adults eating meals with children to a teams that meet nutrition standards 3 0 NC9 Require adults eating meals with children to a teams that meet nutrition standards 3 0 NC9 Require adults eating meals with children to eat 3 0 NC9 Require adults eating meals with children to eat 3 0 NC9 Require adults eating meals with children to eat 3 0 NC9 Do not force or britce children to eat 3 0 NC9 Do not force or britce children to eat 3 0 NC9 Do not force or britce children to eat 0 0 NC9 Provide children with a dequate space for both inside and outside play 0 0 NC9 Provide children with a dequate space for both inside and outside play 0 0 NC9 Provide children with a dequate space for both inside and outside play 0 0 NC9 Provide children with a dequate space for both inside and outside play 0 0 NC9 Provide children with a dequate space for both inside and outside play 0 0 NC9 NC9 Provide children with a dequate space for bot	NC1	Use only 100% juice with no added sweeteners	3	0			
NCC Serve no more than 8 to 12 oz julce/day for children 7-12 years of age 0 0 0 0 0 0 0 0 0	NC2	Offer juice (100%) only during meal times	2	0			
NDI Make water available both inside and outside	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	0			
MGI Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 0 0 0	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	0			
NGC Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Nel Teach children appropriate portions sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2	ND1	Make water available both inside and outside	3	0			
NGZ Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Teach children appropriate portions sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	0			
Healthy Mealtime Practices Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 0			2	0			
NEZ Require adults eating meals with children to eat items that meet nutrition standards 2 0 0							
NEZ Require adults eating meals with children to eat items that meet nutrition standards 2 0 0			2	0			
NF1 Serve small-sized, age-appropriate portions 3 0 0	_						
NFI Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions 3			3	0			
Mild Do not force or bribe children who require limited portions about portion size and monitor their portions Society Do not force or bribe children to eat Society Do not force or bribe children to eat Society Do not force or bribe children to eat Society Do not use food as a reward or punishment Society Do not use food as a reward or punishment Society Do not use food as a reward or punishment Society Do not use food as a reward or punishment Society Do not use food as a reward or punishment Society Do not use food as a reward or punishment Society Do not use food as a reward or punishment Society Do not use food as a reward or punishment Society							
NHz Do not use food as a reward or punishment 3 0 0 1 1 1 1 1 1 1 1	NF2		3	0			
Physical Activity (n = 11) PAI Provide children with adequate space for both inside and outside play PAZ Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PAZ Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PAZ Provide orientation and annual training opportunities for caregivers/teachers to permote on the promotion of physical activity and the removal of potential barriers to physical activity participation PAZ Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PAZ Do not withhold active play from children who misbehave PAZ Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PAZ Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PAZ Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PAZ Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PAZ Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PAZ Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PAZ Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PAZ Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PAZ Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PAZ Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PAZ Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PAZ Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PAZ Allow preschoolers 90-120 m	NH1	Do not force or bribe children to eat	3	0			
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PD1 day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PE3 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PE3 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PE3 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PE3 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PE3 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PE3 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PE3 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PE3 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PE3 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PE3 Use sinfant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PE3 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PE3 Use infant equipment such as swings, stationary activity centers in activity and short periods if at all the short periods if at all the short periods if at all the s	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	0			
PE1 Ensure that infants have supervised tummy time every day when they are awake 2 0	DD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	0			
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PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 0							
			2	0			
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	PB3	Use screen media with children age two years and older only for educational purposes or physical activity		0			
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	0			

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:

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

	Large lanning from the child care licensing regulations and support of 47 high-impact obesity prevention standards						
	thy 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				
	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				
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4				
_	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3				
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3				
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4				
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4				
_	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2				
	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 ition (n = 21)	1	4				
	ition Standards	2010	2022				
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2022				
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3				
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3				
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to						
NA4	those who are at risk for hypercholesterolemia or obesity	3	3				
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	3	4				
NB1	Serve whole grain breads, cereals, and pastas	3	3				
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	4				
NB3	Serve fruits of several varieties, especially whole fruits	4	4				
NC1	Use only 100% juice with no added sweeteners	3	3				
NC2	Offer juice (100%) only during meal times	2	4				
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4				
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4				
ND1	Make water available both inside and outside	3	4				
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2				
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3				
Healt	hy Mealtime Practices						
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3				
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2				
NF1	Serve small-sized, age-appropriate portions	4	4				
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4				
	child; Teach children who require limited portions about portion size and monitor their portions						
_	Do not force or bribe children to eat	2	2				
	Do not use food as a reward or punishment	3	3				
Phys	ical Activity (n = 11)	2010	2022				
DA4	Daniela dell'Anno vitte ad a supre con a fine bath incide and outside 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				
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2				
		2	2				
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	2	2				
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3				
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3				
_	Allow reschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3				
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the						
PD1	day—indoor or outdoor	2	2				
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2				
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2				
Limi	ts on Screen-Time (n = 4)						
		2010	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	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

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: Large Family Child Care Homes

NEW YORK At A Glance:

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

Resultance Passatheding Passat		Large family nome child care licensing regulations and support of 47 high-impact obesity prevention standards					
Math Security Se	Hea	Ithy Infant Feeding (n = 11)					
Martin M	Brea	stfeeding Support	2010	2022			
AB Sec Pear Instant milk or infinite formals that all leavil age 2 membrs, not cow's milk, unless written exception is provided 2 2 2 2 2 2 2 2 2	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3			
Institute Process Content Co	Infa	nt Feeding Practices					
1902 1902	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2			
IBB 3 bed infants while botter feeding, Prosition an Infant for britter feeding in the Campber/Sandhr's arm or string up on the Lip 2 serious Constitution with cities 2 benefit part in mountains with cities 2 benefit part in mountains on with cities 2 benefit part in mountains on with cities 2 benefit part in mountains and in mountains on with cities 2 benefit part in mountains with cities 2 benefit part in mountains with cities 2 benefit part in mountains and with creats, inthis part in cities 2 benefit part in mountains and with creats, inthis part in cities 2 benefit part in mountains a mountain mountains and with creats, inthis part in cities 2 benefit part in mountains and with creats, inthis part in cities 3 benefit part in mountains and with creats, inthis part in cities 3 benefit part in mountains and part in cities 3 benefit part in mountains and part in cities 3 benefit part in mountains and part in m	IB1	Feed infants on cue	2	2			
Col. Inchibation agriculturing agricultu	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2			
Inc. Inchabace age-appropriate solic foods no sonomer fan an month of age and preferably around 6 months of age and preferably around 5 months of age and preferably around 5 months 6 month	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			
Institution 1	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2			
10.2 10.2	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2			
103 Serve m furth jirde to children younger than 12 mombs of age 20 20 20 20 20 20 20 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			
Nutrition Standards	ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2			
Nutrition Standards 200	ID3	Serve no fruit juice to children younger than 12 months of age	2	2			
MAX	Nut	ition (n = 21)					
NAZ Sever meants and/or beans - chicken, fish, lean meat, and/or legumes (such as dredd peas, beans), avoiding fried meants 2 </td <td>Nuti</td> <td>ition Standards</td> <td>2010</td> <td>2022</td>	Nuti	ition Standards	2010	2022			
Na. Serve where mile equivalent products fyogunt, cottage cheesel using low-fat varieties for 2 years of age and older 2	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2			
NA Serve whole pasteutized milk to thewbe to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteutized milk to blistee who are not on between the bose who are a fisk for hypocroblesterolemia no cheeks? 2 2 NAS Serve wellow or 1% pasteutized milk to children two years of age and older 2 2 3 NAS Serve wellog grain breads, create, and pastas 2 2 2 2 NAS Serve vegetables, specifically, dark green, conage, deep yellow vegetables; and not vegetables, such as potatoes and viandas 2 2 2 NAC Olfer juice (100%) only during meal times 2 3 3 NAC Olfer juice (100%) only during meal times 2 3 3 NAC Olfer juice (100%) only during meal times 3 3 3 NAC Serve no more than 3 to 2 or juice/day for children 7-12 years of age 3 3 NAC Serve no more than 3 to 12 or juice/day for children 7-12 years of age 3 3 NAC Serve no more than 3 to 2 or juice/day for children 7-12 years of age 3 3 NAC Serve no more than 3 to 12 or juice/day for children 7-12 years of age	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2			
NA Serve whole pasteutized milk to thewbe to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteutized milk to blistee who are not on between the bose who are a fisk for hypocroblesterolemia no cheeks? 2 2 NAS Serve wellow or 1% pasteutized milk to children two years of age and older 2 2 3 NAS Serve wellog grain breads, create, and pastas 2 2 2 2 NAS Serve vegetables, specifically, dark green, conage, deep yellow vegetables; and not vegetables, such as potatoes and viandas 2 2 2 NAC Olfer juice (100%) only during meal times 2 3 3 NAC Olfer juice (100%) only during meal times 2 3 3 NAC Olfer juice (100%) only during meal times 3 3 3 NAC Serve no more than 3 to 2 or juice/day for children 7-12 years of age 3 3 NAC Serve no more than 3 to 12 or juice/day for children 7-12 years of age 3 3 NAC Serve no more than 3 to 2 or juice/day for children 7-12 years of age 3 3 NAC Serve no more than 3 to 12 or juice/day for children 7-12 years of age			2	2			
No.							
No.	INA4	those who are at risk for hypercholesterolemia or obesity		2			
NB2 Serve regetables, specifically, dark green, orange, deep yellow regetables, and root vegetables, such as potatoes and viandas 2 2 NB3 Serve finits of several varieties, especially whole futuls 2 3 NB2 Use on NJ DOW, blice with no added sweeteners 2 3 NB2 Old Use on NJ DOW, blice with no added sweeteners 2 3 NB2 Old Pricipice (100%) only during meal times 3 3 NB3 Serve no more than 4 to 50 guite/day for children 7-12 years of age 3 3 NB3 Make water available both lines and outside 4 4 NB2 Intimisal by avoiding salty foods such as chips and pretzels 4 4 NB2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 2 NB2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 2 NB2 Exact children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 2 NB1 Exact children appropriate portion is size by using plates, bowls & cups that are developmentally suited to their nutritional needs of the individual of their nutritional flavored milk 2 2 NB1 Serve smal	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	3			
MB3 Same funits of several varieties, especially whole funits 2 2 XCI Use only 100% juice with no added sweeteners 2 2 3 NCI Offer juice (100%) only during meal times 2 2 2 NCI Seven on more than 4 to 6 or juice/day for children 1-6 years of age 3 3 3 3 NCI Seven on more than 4 to 6 or juice/day for children 7-12 years of age 3 3 3 NDI Make water available both inside and outside 4 </td <td>NB1</td> <td>Serve whole grain breads, cereals, and pastas</td> <td>2</td> <td>2</td>	NB1	Serve whole grain breads, cereals, and pastas	2	2			
INCL IDL only 100% jake with no added sweeteers 2 3 NCL Offen juice (100%) only during meal times 2 2 2 NCL Offen juice (100%) only during meal times 3 3 NCL Serve no more than a to 6 or juice/day for children 1-6 years of age 3 3 NCL Serve no more than a to 6 or juice/day for children 1-6 years of age 3 3 NCL Serve no more than a to 6 or juice/day for children 1-6 years of age 4 4 NCL Juin Salt by avoiding salty foods such as chips and pretets 4 4 NCL Juin Salt by avoiding salty foods such as chips and pretets 2 2 2 NCL Juin Salt by avoiding salty foods such as chips and pretets 4 4 4 NCL Juic Salt hildren appropriate portion sizes by using plates, bows & cup shade and pretentially suited to their nutritional needs 2 2 2 NEI Jeach children appropriate portion sizes by using plates, bows & cup standards 4 4 4 NEI Jeach children to have one or more additional servings of the nutrition standards 4 4	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2			
NCZ Offer juice (100%) only during meal times 2 2 NC3 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 3 3 NC3 Serve no more than 4 to 6 or juice/day for children 7-12 years of age 4 4 ND1 Make water available both inside and outside 4 4 NC2 NC2 100 4 4 NC2 Noid Sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 2 NC2 Noid Sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 2 NC2 Require adults eating meals with children to eat terms that meet nutrition standards 2 2 2 NC2 Require adults eating meals with children to eat terms that meet nutrition standards 2 2 2 NC2 Require adults eating meals with children to eat terms that meet nutrition standards 4 4 NC2 Serve no more than 8 to 2 and thing with the properties portions 4 4 NC2 Serve no make flaving the policies on thing the properties portions and the properties policies and thing the propert	NB3	Serve fruits of several varieties, especially whole fruits	2	2			
NG3 Serve no more than 4 to 6 oz juice/day for children 1-12 years of age 3 3 3 3 3 3 3 3 3	NC1	Use only 100% juice with no added sweeteners	2	3			
NCI Make water available both inside and outside 3 3 3 3 3 3 3 3 3	NC2	Offer juice (100%) only during meal times	2	2			
ND1 Make water available both inside and outside ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and pretzels ND2 Imm sait by avoiding salty foods such as chips and sold salty sait activity of the imm sait salty said salty sait salty said salty sait salty said salty sait salty said salty	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3			
NGI 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 NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 2 NEI Teach children appropriate portion sizes by using plates, bowls & cup shalt are developmentally suited to their nutritional needs 2 2 2 NF1 Serves small-sized, age-appropriate portions 4 4 4 NF2 Service and this earning meals with children to eat items that ment nutrition standards 4 4 NF2 Service small-sized, age-appropriate portions 4 4 NF2 Service scale as a reward or proteins about portions about portion size and monitor their portions 4 4 NF1 Service scale schibler with adequate space for both inside and outside play <td>NC4</td> <td>Serve no more than 8 to 12 oz juice/day for children 7-12 years of age</td> <td>3</td> <td>3</td>	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3			
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Feather Wealtime Practices Feather Wealth Practices Feather	ND1	Make water available both inside and outside	4	4			
Healthy Mealtine 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 part provided autis eating meals with children to eat items that meet nutrition standards Sequire adults eating meals with children to have one or more additional servings of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children to have one or more additional servings of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children catch children who require limited portions about portion size and monitor their portions Permit children ceated to be a revealed or punishment Permit children to eat	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
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 NE2 Require adults eating meals with children to eat items that meet nutrition standards 4 4 NE2 Remail 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 incident on the control of the children to eat 3 4 NH1 Do not tore or bribe children to eat 3 4 NH2 Do not use food as a reward or punishment 2010 2022 Physical Activity (n = 11) 2010 2022 PA1 Provide children with adequate space for both inside and outside play 2 3 4 PA2 Provide children with adequate space for both inside and outside play 2 3 2 2 2 2 2 2 3 4 4 4 4 4 4 4 4	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	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 Indiren to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual hidden to eat consider the individual hidden to eat consider the children to eat the caloric needs of the individual hidden to eat consider the children to eat consider the children to eat consider the children who require limited portions about portion size and monitor their portions 4 4 NH1 Do not force or bribe children who require limited portions about portion size and monitor their portions 3 4 VPID Duting the control of the children who require limited portions about portion size and monitor their portions 3 4 VPD Provide children who require limited portions about portions and an mount of the propertion of the children who misbeards 4	Heal	hy Mealtime Practices					
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 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 who require limited portions about portion size and monitor their portions NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) Provide Activity (n = 11) Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 2 2 3 3 4 4 4 5 4 5 4 5 5 5 5 5 5 5 5 5 5 5	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
NFZ NFM Provide children who require limited portions about portion size and monitor their portions 3 4 4	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
Child; Teach children who require limited portions about portion size and monitor their portions 3	NF1		4	4			
child; Teach children who require limited portions about portion size and monitor their portions NHI Do not troe or bribe children to eat NHI Do not troe or bribe children to eat NHI Do not troe food as a reward or punishment NHI Do not use food as a reward or punishment for education and annual training opportunities for caregivers/teachers to physical activity participation NHI Do not use food as a reward or punishment for punishment food as a reward or punishment food as a food as a reward or punishment f	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	1	1			
NH2 Do not use food as a reward or punishment 91 Activity (n = 11) Physical Activity (n = 11) PAI Provide children with adequate space for both inside and outside play 4 A 4 A 4 A 4 A 4 A 4 A 4 A 4 A 4 A 4							
Physical Activity (n = 11) Page 1 Provide children with adequate space for both inside and outside play 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4							
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PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA3 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PA5 Do not withhold active play from children who misbehave PA6 Invoide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PA6 Invoide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PA6 Invoide daily for all children, birth to 5 years, two or moderate to vigorous physical activity PA6 Invoide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day indoor or outdoor PA6 Insure that infants have supervised turnmy time every day when they are awake PA6 Insure that infants have supervised turnmy time every day when they are awake PA7 Insure that infants have supervised turnmy time every day when they are awake PA8 Insure that infants have supervised turnmy time every day when they are awake PA8 Insure that infants have supervised turnmy time every day when they are awake PA8 Insure that infants have supervised turnmy time every day when they are awake PA8 Insure that infants have supervised turnmy time every day when they are awake PA8 Insure that infants have supervised turnmy time every day when they are awake PA8 Insure that infants have supervised turnmy time every day when they are awake PA8 Insure that infants have supervised turnmy time every day when they are awake PA8 Insure that infants have supervised turnm	Phys	ical Activity (n = 11)					
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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 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 3 3 3 4 2 2 2 3 3 3 5 2 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3							
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PET Ensure that infants have supervised tummy time every day when they are awake PET 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) PET Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PET Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PET Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PET Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PET Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PET Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PET Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PET Use infant equipment such as swings, stationary activity centers, infant seats, molded s							
PDI day—indoor or outdoor PEI Ensure that infants have supervised tummy time every day when they are awake 2 3 PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Use screen media with children age two years and older ton to more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2 2 3 2 2 2 4 2 2 3 3 3 4 3 5 3 6 3 7 3 7 3 7 3 7 3 7 3 7 3 7 3 7 3 7 3 7							
PD day—indoor or outdoor 2 2 2 2 2 2 2 2 2	PC3		2	3			
PEI Ensure that infants have supervised tummy time every day when they are awake 2 3 3 2 2 2 2 2 2 2	PD1		2	2			
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all33Limits on Screen-Time (n = 4)2010 2022PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years22PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly22PB3 Use screen media with children age two years and older only for educational purposes or physical activity24PB4 Do not utilize TV, video, or DVD viewing during meal or snack time24							
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 4 PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 4							
20102022PB1Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years22PB2Limit total media time for children 2 years and older to not more than 30 min. weekly22PB3Use screen media with children age two years and older only for educational purposes or physical activity24PB4Do not utilize TV, video, or DVD viewing during meal or snack time24			3	3			
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 2 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 2 2 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 4 PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 4	-1111	ts on screen-time (if = 4)	2040	2022			
PB2Limit total media time for children 2 years and older to not more than 30 min. weekly22PB3Use screen media with children age two years and older only for educational purposes or physical activity24PB4Do not utilize TV, video, or DVD viewing during meal or snack time24		Bound Office and Artist Straffed Strain (BMD) Strain (BMD					
PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 4 PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 4							
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 4							
Rating Code:	РВ4		2	4			

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
Regulation contradicts the standard

O State does not regulate care type

ASHW 2022: Large Family Child Care Homes

NORTH CAROLINA At A Glance:

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

Lar	Large family home child care licensing regulations and support of 47 high-impact obesity prevention standards						
Hea	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				
	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				
	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				
INAS	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3				
NA4	those who are at risk for hypercholesterolemia or obesity	2	3				
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	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				
	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	4				
NF1	Serve small-sized, age-appropriate portions	4	4				
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3				
	Child; Teach children who require limited portions about portion size and monitor their portions	2	2				
_	Do not force or bribe children to eat	3	3 4				
	Do not use food as a reward or punishment	3	4				
Phy:	ical Activity (n = 11)	2212					
		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	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	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				
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	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:	
4	Regulation fully meets standard	North Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2017* (CTR, LRG, SML); 2018 (CTR, LRG,
3	Regulation partially meets standard	SML)
2	Regulation does not address standard	NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised
1	Regulation contradicts the standard	documents also were rated for CACFP changes.

0 State does not regulate care type ASHW 2022: Large Family Child Care Homes

NORTH DAKOTA At A Glance:

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

	Large family nome child care licensing regulations and support of 47 high-impact obesity prevention standards					
Hea	Ithy Infant Feeding (n = 11)					
Brea	refeeding 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	3	3			
IB1	Feed infants on cue	2	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2			
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	4			
ID2	Serve whole fruits, mashed or pureed, for infants 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			
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2			
-	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2			
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to					
NA4	those who are at risk for hypercholesterolemia or obesity	2	2			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2			
NB1	Serve whole grain breads, cereals, and pastas	2	2			
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2			
NB3	Serve fruits of several varieties, especially whole fruits	2	2			
NC1	Use only 100% juice with no added sweeteners	2	2			
NC2	Offer juice (100%) only during meal times	2	2			
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2			
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2			
ND1	Make water available both inside and outside	2	2			
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2			
	thy Mealtime Practices					
-	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3			
	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
-	Serve small-sized, age-appropriate portions	4	4			
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		_			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2			
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	3			
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	4			
PA5	Do not withhold active play from children who misbehave	3	4			
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4			
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3			
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2			
	day—indoor or outdoor	2				
	Ensure that infants have supervised tummy time every day when they are awake	2	2			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3			
Lim	ts on Screen-Time (n = 4)					
		2010	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 North Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2020 (CTR, LRG, SML)

3 Regulation partially meets standard

1 Regulation contradicts the standard

Regulation does not address standard

O State does not regulate care type

ASHW 2022: Large Family Child Care Home

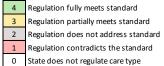
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OHIO At A Glance:

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

Шоо	large landing from Conductor incensing regulations and support of 47 high-impact obesity prevention standards					
	Ithy Infant Feeding (n = 11)	l				
	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			
	nt Feeding Practices	_	_			
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4			
IB1	Feed infants on cue	4	2			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2			
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	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	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	2			
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	2			
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3			
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
		4	2			
	Serve whole grain breads, cereals, and pastas	3	4			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3			
	Serve fruits of several varieties, especially whole fruits					
	Use only 100% juice with no added sweeteners	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	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	1 2	2			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	2			
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NFI	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	2			
NH1	Do not force or bribe children to eat	2	2			
	Do not use food as a reward or punishment	3	3			
	ical Activity (n = 11)					
		2010	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	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			
РС3	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		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			
Lim	ts on Screen-Time (n = 4)					
	Bound Minney Male Straffeld Straffel	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			
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	4			

Rating Code:



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

OKLAHOMA At A Glance:

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

Beautiful Support		Large latinity from Early from (a						
Main Technology and support bestaffeding and fleeding of breast milk by making arrangements for mothes to feed their children on-site Main Technology and the properties of the properti	Healthy Infant Feeding (n = 11)							
International confinant formation to all east age 12 months, not coar's milk, unless written exception is provided 2 13 12 13 15 15 15 15 15 15 15 15 15 15				2022				
In State Foundation mills or inflant formalis to at least age 12 months, not cover in a first formalis to at least age 12 months, not cover in a first formalis to at least age 12 months, not cover in a first formalis to state with least formalism and the state of t			2	3				
Isia Tene for inflants on cue 2 3 3 3 3 3 3 3 3 3		<u> </u>						
In Comment Proceedings 1982 1								
183 Hold infants while bothle feeding. Proston an infant for bothle feeding in the caregiver/teacher's arms or stiting us on the lap of the Common Co								
IEL Develop gan for Introducing age-appropriate sold finds in consultation with child's parenty sandlarn and primary care provider I Introduce presented in striking soldwally in over-fortified foods in sooned than four months of age, and preferably around skin months 2 2 2 IZI Introduce presented in striking soldwally in over-fortified foods in sooned than four months of age, but preferably around skin months 2 2 2 IZI Introduce presented in striking soldwally in over-fortified foods in sooned than four months of age, but preferably around skin months 2 2 2 IZI Introduce presented in striking soldwally in over-fortified foods in sooned than four months of age, but preferably around skin months 2 2 2 IZI INTRODUCTION 3 Serve who the fully, in sold offer younger than 12 months of age NATION INTRODUCTION NATION INTRODUCTION INTRODUCTION NATION INTRODUCTION NATION INTRODUCTION NATION INTRODUCTION INTRODUCTION NATION INTRODUCTION INTRODUCTION NATION INTRODUCTION INTRODUCTION INTRODUCTION NATION INTRODUCTION INTRODUCTION INTRODUCTION INTRODUCTION NATION INTRODUCTION INTRODUCTION INTRODUCTION								
IZZ Introduce age-appropriate solid foods no sooner than An months of age, and preferably around is months of age. In Introduce age state infrast gradually to ron-fortified foods in sooner than An months of age. Introduce age and preferably around somewhise. 2 2 2 2 2 2 2 2 2								
Isa Introduce breasted inflating gradually to inne fortified foods no sooner than four months of age, but preferably around six months 2 2 2 2 2 2 2 2 2								
IDD 2 Serve whele this, mashed or purse, for eithers from the with cert from the without primary care provider's written instruction 2 2 2 2 2 103 Serve in or full place to children younger than 12 months of age 2 2 2 2 103 Serve in or full place to children younger than 12 months of age 3 2 2 2 2 2 103 Serve in or full place to children younger than 12 months of age 3 2 2 2 2 2 2 103 Serve in or full place to children younger than 12 months of age 3 2 2 2 2 2 2 103 Serve in or full place to children younger than 12 months of age 3 2 2 2 2 2 2 103 Serve in or full place to children younger than 12 months of age 3 2 2 2 2 2 2 103 Serve in or full place to children younger than 12 months of age 3 2 2 2 2 2 2 103 Serve in or full place to children younger than 12 months of age 3 2 2 2 2 2 103 Serve in or full place to children younger than 12 months of age 3 2 2 2 1 103 Serve in or full place to children younger than 12 months of age 3 2 1 103 Serve in or full place to children younger than 12 months of age 3 2 1 103 Serve in or full place to children younger than 12 months of age 3 2 1 103 Serve whole pasteurized milk to be whe to be when to week to the when you can not be a 10 serve whole pasteurized milk to children who are not on human milk or prescribed formula, or serve reduced fix (2%) pasteurized milk to the whole not be children who are not on human milk or prescribed formula, or serve reduced fix (2%) pasteurized milk to the whole the children who are not on human milk or prescribed formula, or serve reduced fix (2%) pasteurized milk to children that you can be a 10 serve vegetables, seed and a 12 2 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3								
DECEMBER 1925 Serve wheller fruits, masked or pured, for elants 6 months up to 1 year of age 2 2 2 2								
Multition (p. 2) Nutrition Standards 2010 2020 Nutrition Standards 2010 Nutrition Standards 201								
Nutrition (n = 21) Nutrit								
Nutrition Standards All, Limit oils by choosing monousaturated and polyumsaturated fats and avoiding trans fats, saturated fats and fried foods 2 2 2 ANZ Serve meant and/or beans - chicken, finit, hear meat, and/or legiones (such as dided peas, beand), avoiding fried meants 3 3 3 ANA Serve meant and/or beans - chicken, finit, hear meat, and/or legiones (such as dided peas, beand), avoiding fried meants ANA Serve them time lequilarities frounds: (sugart, contained), and contained finit to broke to being - four month policy low fat varieties for 2 years of age and older ANA Serve them at risk for hypochocidestroomism or contained with them who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the beautiful to chicken the beautiful to chicke			2	2				
NAZ Limit rolls by choosing monoursal turneted and polyunsal turneted fals and avoiding trans fals, saturated fals and fired foots AD Servir means and/or beans - Children The International Children The Internat			2010	2022				
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Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 2	PE1		2	2				
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PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 3 2 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 3 2 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 2	Limi	ts on Screen-Time (n = 4)						
PB2Limit total media time for children 2 years and older to not more than 30 min. weekly32PB3Use screen media with children age two years and older only for educational purposes or physical activity22			2010	2022				
PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 2	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2				
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	2				
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2				
PB4 Do not utilize 1V, video, or DVD viewing during meal or snack time	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2				

Rating Code:

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

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:

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

	Large family nome child care licensing regulations and support of 47 high-impact obesity prevention standards					
Hea	Ithy Infant Feeding (n = 11)					
Brea	refeeding 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	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	3			
IB1	Feed infants on cue	4	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	1	1			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	2			
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	1			
Nuti	rition (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			
	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			
NB3	Serve fruits of several varieties, especially whole fruits	3	3			
NC1	Use only 100% juice with no added sweeteners	4	4			
NC2	Offer juice (100%) only during meal times	2	2			
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	2			
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	2			
ND1	Make water available both inside and outside	3	3			
NG1	Limit salt by avoiding salty foods such as chips and pretzels	3	3			
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3			
Healt	rhy 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			
NES	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	2			
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	3	3			
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			
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	3	3			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2			
	day—indoor or outdoor					
_	Ensure that infants have supervised tummy time every day when they are awake	2	2			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3			
LIM	ts on Screen-Time (n = 4)	2010	2022			
DD 1	Do not utilize media (talevision [TV] video, and DVD) viewing and computers with children volumes than 2 years	2010	2022			
	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, weakly.	3	3			
FDZ	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2			
DD3			,			
_	Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			

Rating Code:

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

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

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

Present Pres		ge family nome child care licensing regulations and support of 47 high-impact obesity prevention standards		
Main Stronge and support beardering or feeding of breast milk by making amengements for nother to relatifie the critishers (colors) Feeding	Hea	Ithy Infant Feeding (n = 11)		
Martin Fedding Practices	Brea	refeeding Support	2010	2022
Mathematic or inflat formals to at least agr 21 moreths, mit cow's mills, unless written exception is provided 3 3 3 3 3 3 3 3 3	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Mile Proceiments and success 3	Infa	nt Feeding Practices		
182 182	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
18.1 16.1 16.1 16.2	IB1	Feed infants on cue	3	3
Col	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
Company Comp	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
Company Comp	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
Institute Inst	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
102 103	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
133 Serve m funity first to children younger than 12 months of age Not Note No	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
Nutrition Standards	ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
No.	ID3	Serve no fruit juice to children younger than 12 months of age	2	2
MAX	Nut	rition (n = 21)		
NAZ Serve ments and/for beans: chicken, fish, lean meat, and/or legumes (such as dired peas, beans), avoiding fined meats 3 3 3 3 3 3 3 3 3	Nuti	ition Standards	2010	2022
NAS Serve where milk equivalent products (regurt, cettage cheese) using low-fat varieties for 2 years of lage and older Serve whole patiented milk to the serve whole to them; for memb did childmen who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to 2 2 2 2 2 3 3 3 3 3	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA Serve whole pasteutrized 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 black who are at risk for hyperchilestroplestrate of bases to a feet whole those who are at risk for hyperchilestrate or design the state. Green, and pastas 2 2 NAS Serve vestine or 1% pasteurized milk to children two years of age and older 3 3 3 NAS Serve vestines, specifically, dark green, carriage, deep yellow vegetables, and not vegetables, such as potatoes and viandas 4 4 4 NAS Serve vestine of several varieties, sepically whole fruits 4 4 4 NCI Use only 200% juice with no added sweeteness 2 2 2 NCI Use only 200% juice with no added sweeteness 2 2 2 NCI Other juice (100%) only during meal times 2 2 2 2 NCI Other juice (200%) only during meal times 4 4 4 NCI Other juice (200%) only during meal times 2 2 2 2 2 NCI Serve no more than 8 to 2 in juice (200%) only during meal times 2 2 2 </td <td>NA2</td> <td>Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats</td> <td>3</td> <td>3</td>	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
No. Serve whole pasteurized milk to theelve 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 2 NAS Serve we skin on 1% pasteurized milk to children two years of age and older 2 2 2 NAS Serve ve skin on 1% pasteurized milk to children two years of age and older 4 2	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
No.			2	2
NBB Serve whole grain breads, cereals, and pastas 3 3 3 3 3 3 3 3 3	NA4	those who are at risk for hypercholesterolemia or obesity	2	2
NB2 Serve regetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and vianidas 4 4 4 4 4 4 4 4 4	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NR3 Serve Futts 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
NCL	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4
NC2 Offer juice (100%) only during meal times	NB3	Serve fruits of several varieties, especially whole fruits	4	4
NC3 Serve no more than 4 to 6 or juice/day for children 1-6 years of age	NC1	Use only 100% juice with no added sweeteners	2	2
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	2
ND1 Make water available both inside and outside NO1 Limit sait by avoiding salty foods such as chips and pretzels O2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
MGI Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 2 2 2 2 2 2 2 2	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk **Realth*** Mealtime Practices** **NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs **RE1 Teach children appropriate portions is best by using plates, bowls & cups that are developmentally suited to their nutritional needs **RE2 Require adults eating meals with children to eat items that meet nutrition standards **RE2 Require adults eating meals with children to eat items that meet nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual flexible in the variety of the nutritions of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual flexible in the variety of the nutrition standards **RE2 Permit client with a dequate space of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual flexible in the variety of the nutrition of the promotion of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual flexible in the variety of the nutrition of the promotion of the nutritions of the nutritions of the nutrition of the	ND1	Make water available both inside and outside	4	4
Healthy Mealtine Practices NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 2 2 Require adults eating meals with children to eat items that meet nutrition standards 2 2 2 NFI Serve small-sized, age-appropriate portions 3 3 RPMI Serve small-sized, age-appropriate portions 4 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 children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children ceptach children who require limited portions about portion size and monitor their portions NFI Portiotic children expectate the caloric needs of the individual children ceptach children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 2 2 PA2 Provide orientation and annual training opportunities for caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so 2 2 PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 2 PCI Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3 3 3 3 4 PA4 A 4 PA 4 A 4 A 4 A 4 A 4 A 4 A 4 A 4 A 4 A 4	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 2 2 2 2 2 2 2 2	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards A 4 4 A NE2 Serve small-sized, age-appropriate portions 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 and provided in the caloric needs of the individual and p	Heal	hy Mealtime Practices		
NF1 Serve small-sized, age-appropriate portions Permit childre to have one or more 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 who require limited portions about portion size and monitor their portions NH1 Do not force or bribe children to eat 2 2 2 NH2 Do not use food as a reward or punishment 2 2 2 Physical Activity (n = 11) Provide children with adequate space for both inside and outside play 2 2022 PA1 Provide children with adequate space for both inside and outside play 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NFZ Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions 2 2 2 2 2 2 2 2 2	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
Child; Teach children who require limited portions about portion size and monitor their portions 2 2 2 2 2 2 2 2 2	NF1		4	4
child; Teach children who require limited portions about portion size and monitor their portions NHI Do not use food as a reward or punishment NHI Do not use food as a reward or punishment NHI Do not use food as a reward or punishment NHI Do not use food as a reward or punishment NHI Do not use food as a reward or punishment NHI DO not use food as a reward or punishment have supervised turning time every day when they are awake NHI DO not use food as a reward or punishment have supervised turning time every day when they are awake NHI DO not use food as a reward or punishment have supervised turning time every day when they are awake NHI DO not use food as a reward or punishment have supervised turning time every	NES	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2
NHZ Do not use food as a reward or punishment 2 2 2 Physical Activity (n = 11) PAI Provide children with adequate space for both inside and outside play 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	INFZ	child; Teach children who require limited portions about portion size and monitor their portions	3	3
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PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PA5 Do not withhold active play from children who misbehave PA6 Invoide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PA6 Invoide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PA6 Invoide daily for all children, birth to six years, two or moderate to vigorous physical activity PA6 Invoide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day indoor or outdoor PA6 Insure that infants have supervised turmmy time every day when they are awake PA6 Insure that infants have supervised turmmy time every day when they are awake PA7 Insure that infants have supervised turmmy time every day when they are awake PA8 In Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PA8 Illimit total media time for children 2 years and older to not more than 30 min. weekly PA8 Use screen media with children age two years and older only for educational purposes or physical activity PA8 ID on ot utilize TV, video, or DVD viewing during meal or snack time	Phys	ical Activity (n = 11)		
PAZ Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 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 PC6 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC7 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow toddlers for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PC9 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all PC9 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PC9 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PC9 Use screen media with children age two years and older only for educational purposes or physical activity PC9 Do not utilize TV, video, or DVD viewing during meal or snack time			2010	2022
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PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2	_			
	PB4		2	2

Rating Code:

	rating code.	
4	Regulation fully meets standard	Pennsylvania Regulation Rating History: 2010 (CTR, LRG, SML); 2020 (CTR, LRG, SML)
3	Regulation partially meets standard	
2	Regulation does not address standard	
1	Regulation contradicts the standard	

0 State does not regulate care type ASHW 2022: Large Family Child Care Homes 43

RHODE ISLAND At A Glance:

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

	Large family nome 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	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	2	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4			
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	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)					
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			
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to					
NA4	those who are at risk for hypercholesterolemia or obesity	3	3			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	3	4			
NB1	Serve whole grain breads, cereals, and pastas	3	3			
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	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	4	4			
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4			
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4			
ND1	Make water available both inside and outside	4	4			
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	4			
	thy Mealtime Practices					
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
	Serve small-sized, age-appropriate portions	4	4			
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual					
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3			
NH1	Do not force or bribe children to eat	2	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			
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2			
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	3			
_	Do not withhold active play from children who misbehave	4	4			
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	3			
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2			
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3			
Limi	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	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

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.

0 State does not regulate care type

ASHW 2022: Large Family Child Care Homes

SOUTH CAROLINA At A Glance:

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

Fleatity Infant Feeding (n = 11)	2010 3 4 4 4 4 3 3 3 2 1 1 2010 2 3 3 2	2022 3 4 4 4 4 3 3 4 4 4 2 3 4
Incurrage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site Infant Feeding Practices	3 4 4 4 3 3 3 3 2 1 1 2010 2 3 3	3 4 4 4 3 3 4 4 2 3 4
Infant Feeding Practices 12 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided 13 Feed infants on cue 13 Do not feed infants beyond satiety: Allow infant to stop the feeding 14 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap 14 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider 15 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age 16 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months 16 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction 17 Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age 18 Serve no finit juice to children younger than 12 months of age 18 Nutrition Standards 18 Nutrition Standards 18 Nutrition Standards 18 Nutrition Standards 18 Jun to let by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods 18 Serve worker milk equivalent products, vigount, cottage cheesely using low-fat varieties for 2 years of age and older 18 Serve worker milk equivalent products, vigount, cottage cheesely using low-fat varieties for 2 years of age and older 18 Serve worker milk equivalent products, vigount, cottage cheesely using low-fat varieties for 2 years of age and older 18 Serve worker milk equivalent products, vigount, cottage cheesely using low-fat varieties for 2 years of age and older 18 Serve worker milk equivalent products, vigount, cottage cheesely using low-fat varieties for 2 years of age and older 18 Serve worker milk equivalent products, vigount, cottage cheesely using low-fat varieties for 2 years of age and older 18 Serve worker milk equivalent products, vigount produced with a for	4 4 4 3 3 3 3 2 1 1 2010 2 3 3	4 4 4 3 3 4 4 2 3 4
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NG1 Limit salt by avoiding salty foods such as chips and pretzels NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Healthy Mealtime Practices NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs NE2 Require adults eating meals with children to eat items that meet nutrition standards NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	4	4
Healthy Mealtime Practices NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs NE2 Require adults eating meals with children to eat items that meet nutrition standards NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
Healthy Mealtime Practices NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs NE2 Require adults eating meals with children to eat items that meet nutrition standards NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	1	3
NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		
NF1 Serve small-sized, age-appropriate portions NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	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 child; Teach children who require limited portions about portion size and monitor their portions NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	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 child; Teach children who require limited portions about portion size and monitor their portions NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	4	4
child; Teach children who require limited portions about portion size and monitor their portions NH1 Do not force or bribe children to eat NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		2
NH2 Do not use food as a reward or punishment Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	3	3
Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	3	3
PA1 Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	3	3
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation		
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2010	2022
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	3	3
	2	2
Land and the state of the state	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PAS Do not withhold active play from children who misbehave	2	2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
Provide daily for all children, 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	
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
Limits on Screen-Time (n = 4)		
	2	2022
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 3 2010	3
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2 3 2010 3	
PB3 Use screen media with children age two years and older only for educational purposes or physical activity	2 3 2010 3 3	3
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2 3 2010 3	2 2

Rating Code:

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

SOUTH DAKOTA At A Glance:

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

	Large family nome child care licensing regulations and support of 47 high-impact obesity prevention standards					
Hea	Ithy Infant Feeding (n = 11)					
Brea	refeeding 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			
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	2	2			
-	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2			
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to					
NA4	those who are at risk for hypercholesterolemia or obesity	2	2			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2			
NB1	Serve whole grain breads, cereals, and pastas	2	2			
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2			
NB3	Serve fruits of several varieties, especially whole fruits	2	2			
NC1	Use only 100% juice with no added sweeteners	2	2			
NC2	Offer juice (100%) only during meal times	2	2			
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2			
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2			
ND1	Make water available both inside and outside	2	2			
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2			
Heal	rhy Mealtime Practices					
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF1	Serve small-sized, age-appropriate portions	2	2			
NES	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2			
NH1	Do not force or bribe children to eat	3	3			
NH2	Do not use food as a reward or punishment	3	3			
Phy:	ical Activity (n = 11)					
		2010	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	2	2			
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2			
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2			
	day—indoor or outdoor					
-	Ensure that infants have supervised tummy time every day when they are awake	2	2			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2			
Lim	ts on Screen-Time (n = 4)					
		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:

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

TENNESSEE At A Glance:

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

	Large family nome child care licensing regulations and support of 47 high-impact obesity prevention standards					
	Ithy 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					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4			
IB1	Feed infants on cue	4	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4			
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	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)					
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	1	3			
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3			
	those who are at risk for hypercholesterolemia or obesity					
_	Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
	Serve whole grain breads, cereals, and pastas	3	3			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3			
	Serve fruits of several varieties, especially whole fruits	4	3			
	Use only 100% juice with no added sweeteners	4	4			
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			
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	4			
Heal	hy Mealtime Practices					
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	4			
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF1	Serve small-sized, age-appropriate portions	4	4			
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3			
	child; Teach children who require limited portions about portion size and monitor their portions					
	Do not force or bribe children to eat	3	3			
	Do not use food as a reward or punishment	3	4			
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	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	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	2	4			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	4			
PD1		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	2	4			
	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	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			

Rating Code:

Regulation contradicts the standard
State does not regulate care type

4 Regulation fully meets standard Tennessee Regulation Rating History: 2010 (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2022 (CTR, LRG, SML)

3 Regulation partially meets standard

2 Regulation does not address standard

ASHW 2022: Large Family Child Care Homes

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TEXAS At A Glance:

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

Large family frome child care licensing regulations and support of 47 high-impact obesity prevention standards					
	Ithy Infant Feeding (n = 11)	1	T		
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		
	t Feeding Practices	1	1		
	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	3	4		
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	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	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		
_	hy Mealtime Practices				
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
-	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
NF1	Serve small-sized, age-appropriate portions	4	4		
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3		
NII1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	3		
	Do not use food as a reward or punishment	4	4		
	ical Activity (n = 11)	4	4		
ыну	ical Activity (II - 11)	2010	2022		
DA1	Provide children with adequate space for both inside and outside play	4	4		
	Provide crimiter 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		
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	4		
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
	Do not withhold active play from children who misbehave	4	4		
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4		
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4		
-	Allow reschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	4		
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the				
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:

Large family home 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			
IB1	Feed infants on cue	4	4			
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4			
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3			
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4			
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4			
_	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2			
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3 4			
	Serve no fruit juice to children younger than 12 months of age ition (n = 21)	1	4			
	ition Standards	2010	2022			
		2010	2022			
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3			
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3			
IVAS	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to					
NA4	those who are at risk for hypercholesterolemia or obesity	2	3			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
	Serve whole grain breads, cereals, and pastas	3	3			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3			
	Serve fruits of several varieties, especially whole fruits	3	3			
NC1	Use only 100% juice with no added sweeteners	4	4			
	Offer juice (100%) only during meal times	3	4			
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	3	4			
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3			
Healt	hy Mealtime Practices					
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF1	Serve small-sized, age-appropriate portions	4	4			
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3			
	child; Teach children who require limited portions about portion size and monitor their portions					
_	Do not force or bribe children to eat	3	3			
	Do not use food as a reward or punishment	3	3			
Phys	ical Activity (n = 11)	l				
		2010	2022			
	Provide children with adequate space for both inside and outside play	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	2	2			
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
	Do not withhold active play from children who misbehave	2	2			
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4			
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	2	3			
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			
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:

Regulation fully meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

Regulation contradicts the standard

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.

O State does not regulate care type

ASHW 2022: Large Family Child Care Homes

VERMONT At A Glance:

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

	Large family nome child care licensing regulations and support of 47 nigh-impact obesity prevention standards					
	Ithy Infant Feeding (n = 11)	,				
Brea	rational Support Suppo	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	3	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			
	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	3			
	Serve no fruit juice to children younger than 12 months of age	2	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	2	3			
NA3		2	3			
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3			
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
		2	3			
	Serve whole grain breads, cereals, and pastas	1				
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3			
	Serve fruits of several varieties, especially whole fruits	3	3			
	Use only 100% juice with no added sweeteners	2	4			
	Offer juice (100%) only during meal times	2	4			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4			
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4			
ND1	Make water available both inside and outside	3	4			
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3			
Heal	thy Mealtime Practices					
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF1	Serve small-sized, age-appropriate portions	2	4			
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	3			
IVITZ	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			
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	2	4			
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2			
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	4	2			
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
	Do not withhold active play from children who misbehave	2	2			
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4			
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3			
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the					
PD1	day—indoor or outdoor	2	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			
	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	4	3			
_	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			
	les not demiss 1.7 mostly of externing defining mean or small mine					

Rating Code:

Regulation fully meets standard Vermont Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (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 0 State does not regulate care type

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

VIRGINIA At A Glance:

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

	Healthy Infant Feeding (n = 11)					
	stfeeding Support	2010	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			
IB1	Feed infants on cue	4	4			
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4			
_	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3			
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	4	4			
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4			
_	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2			
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3 4			
	Serve no fruit juice to children younger than 12 months of age ition (n = 21)	1	4			
	ition Standards	2010	2022			
		2010	2022			
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3			
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3			
	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	4	4			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	4	4			
NB1	Serve whole grain breads, cereals, and pastas	3	3			
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3			
NB3	Serve fruits of several varieties, especially whole fruits	3	3			
NC1	Use only 100% juice with no added sweeteners	4	4			
NC2	Offer juice (100%) only during meal times	2	4			
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4			
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4			
ND1	Make water available both inside and outside	4	4			
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3			
Healt	hy Mealtime Practices					
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF1	Serve small-sized, age-appropriate portions	4	4			
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3			
	child; Teach children who require limited portions about portion size and monitor their portions					
_	Do not force or bribe children to eat	3	3			
	Do not use food as a reward or punishment	3	3			
Phys	ical Activity (n = 11)	2010	2022			
D44	Descride abildean with adaptate cases for both incide and outside along	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			
_	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
		2	2			
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	4	4			
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
	Allow toddlers 00-90 fillinates per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the					
PD1	day—indoor or outdoor	4	4			
PE1	Ensure that infants have supervised tummy time every day when they are awake	3	3			
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	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:

Virginia Regulation Rating History: 2010 (CTR); 2011 (LRG, SML); 2012*(CTR, LRG, SML); 2017*(CTR, LRG, SML) Regulation fully meets standard Regulation partially meets standard Regulation does not address standard documents also were rated for CACFP changes. Regulation contradicts the standard 0 State does not regulate care type

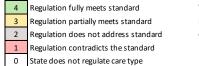
NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised

WASHINGTON At A Glance:

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

	Large family nome child care licensing regulations and support of 47 high-impact obesity prevention standards					
	Ithy 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			
	nt Feeding Practices					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4			
IB1	Feed infants on cue	4	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4			
_	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	1	3			
	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			
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	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			
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3			
Heal	hy Mealtime Practices					
	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	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			
NILIA	child; Teach children who require limited portions about portion size and monitor their portions	2	2			
	Do not force or bribe children to eat	3	3			
	Do not use food as a reward or punishment	3	3			
Phys	ical Activity (n = 11)	2010	2022			
244		2010	2022			
	Provide children with adequate space for both inside and outside play	2	2			
	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	2	4			
	Do not withhold active play from children who misbehave	2	4			
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, 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		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	2	3			
	ts on Screen-Time (n = 4)		3			
		2010	2022			
DR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4			
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3			
	Use screen media with children age two years and older only for educational purposes or physical activity	4	4			
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4			
		_				

Rating Code:



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

documents also were rated for CACFP changes.

WEST VIRGINIA At A Glance:

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

	Large family nome 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	2	2			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2			
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2			
ID2	Serve whole fruits, mashed or pureed, for infants 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	2	2			
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2			
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to					
NA4	those who are at risk for hypercholesterolemia or obesity	2	2			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2			
NB1	Serve whole grain breads, cereals, and pastas	2	2			
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2			
NB3	Serve fruits of several varieties, especially whole fruits	2	2			
NC1	Use only 100% juice with no added sweeteners	2	2			
NC2	Offer juice (100%) only during meal times	2	2			
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2			
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2			
ND1	Make water available both inside and outside	3	3			
NG1	Limit salt by avoiding salty foods such as chips and pretzels	3	3			
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3			
Heal	thy Mealtime Practices					
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF1	Serve small-sized, age-appropriate portions	2	2			
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	_	2			
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			
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
PA5	Do not withhold active play from children who misbehave	4	4			
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3			
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3			
	Provide daily for all children, 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	1	1			
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 partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

WISCONSIN At A Glance: NOTE: Wisconsin does not regulate this care type

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

Resultance Presultance P		ge family nome child care licensing regulations and support of 47 high-impact obesity prevention standards		
Math Security Se		· · · · · · · · · · · · · · · · · · ·		
Mathematics	Brea	stfeeding Support	2010	2022
Main Feed Indian formals to at least age 21 months, met town's mill, unless weltern exception is provided 4 0 0 1 1 1 1 1 1 1 1	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	0
Institute Teach infants on one 2 0 0 0 0 0 0 0 0 0	Infar			
Institution Company	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	0
Institute Development De	IB1	Feed infants on cue	4	0
Complete Description Complete Comple	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	0
Col. Inciducia sea spappopriate solis foods no sooner than or months of age, and preferably around someths of age 0 0 0 0 0 0 0 0 0	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	0
Inc.	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	0
Inc. Down't feed an infant formal mixed with creatify full pale or other foods without primary care provider's written instruction 1	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	0
10.2 Seve note furths, mached or pureet, for infusts 6 months up to 2 per of age 1.0 0.0	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	0
103 Serve no furth pitce to children younger than 12 months of age Nutrition 12 Nutrition 13 N	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	0
Nutrition Standards	ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	0
Nutrition Standards	ID3	Serve no fruit juice to children younger than 12 months of age	1	0
MAX	Nuti	ition (n = 21)		
NAZ Serve meants and/or beans: chicken, fish, learn meat, and/or legimest (such as dired peas, beans), avoiding fired meants 3 0	Nutr	ition Standards	2010	2022
NA3 Serve where mills equivalent products fy organt, cottage cheese) using low-fat varieties for 2 years of age and older 2	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	0
NA Serve whole pasteurized mik 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 who are obesity to those who are a fits for hiropecholesterolesina or obesity 2 0 NAS Serve whole mor 1% pasteurized milk to children who years of age and older 2 0 NAS Serve skim or 1% pasteurized milk to children who years of age and older 3 0 NBS Serve vegetables, specifically, dark green, orange, deep yellow vegetables, and not vegetables, such as potatoes and viandas 3 0 NBS Serve fulls of several vanieties, especially whole futus 3 0 NBS Serve fulls of several vanieties, especially whole futus 3 0 NBS Old Discovering value of the prescribed of word with a company of the prescribed of several value in the original value of the prescribed of several value in the original value of the prescribed of several value in the original value of the prescribed of several value of the original value of the prescribed of several value of the prescribed of value of	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	0
NA Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to thildren how opers of age and older 2 0 NA5 Serve without or 1% pasteurized milk to children how opers of age and older 3 0 NB2 Serve without grain breads, creates, and pastas 3 0 NB2 Serve vergetables, specifically, dark green, crange, deep yellow vegetables; and not vegetables, such as potatoes and viandas 3 0 NB2 Serve fruits of several varieties, especially whole fruits 4 0 NB2 Serve fruits of several varieties, especially whole fruits 2 0 NB2 Old pluce (100%) only during meal times 2 0 NB2 Old pluce (100%) only during meal times 2 0 NB3 Serve no more than 4 to 6 or juic/day for children 7-12 years of age 3 0 NB4 Serve no more than 4 to 6 or juic/day for children 7-12 years of age 2 0 NB4 Every available both Triansled and outside and outside and outside and outside and outside and juic/day for children 7-12 years of age 2 0 NB4 Every available both Triansled and outside and juic/day for children 7-12 years of age 2 0 NB4 Every available both Triansled	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	0
No.				
NBI	IVA4	those who are at risk for hypercholesterolemia or obesity	2	U
NBZ So rev expetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 0 NB3 Serve finitis of several varieties, especially whole finits 4 0 NB3 Serve finitis of several varieties, especially whole finits 4 0 NB2 Olf Total (Use only 100%) join during meal times 4 0 NB3 Serve no more than 4 to 6 oil juic/day for children 1-6 years of age 3 0 NB4 Serve no more than 4 to 6 oil juic/day for children 1-6 years of age 3 0 NB4 Serve no more than 4 to 6 oil juic/day for children 1-6 years of age 3 0 NB4 Serve no more than 4 to 6 oil juic/day for children 1-6 years of age 3 0 NB4 Juicy day was used to be controlled where the call of the controlled we was available both inside and outside 4 0 NB4 Lill statisty avoiding sally floods such as chalps and pretels 4 0 0 NB4 Lill statisty avoiding sally floods such as chalps and pretels 4 0 0 NB4 Lill statisty avoiding sally floods such as chalps and build and such as a chalps and such as a chalps and suc	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	0
NBB 3 Serve funits of several varieties, especially whole fruits 3 0 NCI Use only 100% juice with no added sweeteners 4 0 NCI Offer juice (100%) only during meal times 2 0 NCI Seven on more than 4 to 6 or juice/day for children 1-4 years of age 3 0 NCI Seven on more than 4 to 5 or juice/day for children 7-12 years of age 3 0 NCI I must shall by avoiding sally forbs such as chips and pretzles 2 0 NCI I must shall by avoiding sally forbs such as chips and pretzles 2 0 NCI I must shall by avoiding sally forbs such as chips and pretzles 2 0 NCI I must shall by avoiding sally forbs such as chardy, sodds, sweetened drinks, fruit nectars, and flavored milk 1 0 NCI I sall from appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 0 NCI I Seve small-sized, age-appropriate portions 2 0 0 NCI I Seve small-sized, age-appropriate portions 4 0 0 NCI I Seve small-sized, age-appropriate portions 4 0 0 NCI I Seve small-sized, age-appropriate portions 2 0	NB1	Serve whole grain breads, cereals, and pastas	3	0
MCI See only 100% jolice with no added sweeteners 2	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	0
NC2 Offer juice (100%) only during meal times 2 0 NC3 Serve no more than 8 to 12 guize/day for children 1-6 years of age 3 0 NC4 Serve no more than 8 to 12 guize/day for children 7-12 years of age 3 0 ND1 Make water available both inside and outside 4 0 ND2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 0 ND2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 0 ND2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 0 ND2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 0 NE2 Reguire adults eating meals with children to eat atterns that meet nutrition standards 2 0 NE2 Reguire adults eating meals with children to eat atterns that meet nutrition standards 2 0 NE2 Require adults eating meals with children to eat terms that meet nutrition standards 2 0 NE2 Require can	NB3	Serve fruits of several varieties, especially whole fruits	3	0
NC3 Seve no more than 4 to 6 oz julce/day for children 1-6 years of age	NC1	Use only 100% juice with no added sweeteners	4	0
NCI As even on more than 8 to 12 or juice/day for children 7-12 years of age 0 0 0 0 0 0 0 0 0	NC2	Offer juice (100%) only during meal times	2	0
ND1 Make water available both inside and outside 1 0 0 1 1 Make water available both inside and outside 1 0 0 1 0 1 1 Mist mist by avoiding salty foods such as chips and pretzels 0 0 0 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	0
MGI Milt salt by avoiding salty foods such as chips and pretzels 0 0 0 0 0 0 0 0 0	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	0
NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Network Mealtime Practices	ND1	Make water available both inside and outside	4	0
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 part adults eating meals with children to eat items that meet nutrition standards 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 have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children require limited portions shout portions size and monitor their portions Teach Children Note or equire limited portions shout portion size and monitor their portions Teach Children Note or equire limited portions shout portion size and monitor their portions Teach Children Note or equire limited portions shout portions sizes and monitor their portions Teach Children Note or equire limited portions shout portions sizes and monitor their portions Teach Children Note or equire limited portions shout portions sizes and monitor their portions Teach Children Note State Play to the Play of the portion of the provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Teach Play Teach Play	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	0
NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 0 NEI Require a duths eating meals with children to eat items that meet nutrition standards 2 0 NEI Sever small-sized, age-appropriate portions 4 0 Part Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual of the caloric or bride children who require limited portions about portion size and monitor their portions 3 0 NEI Do not force or bride children to eat 3 0 NEI Do not force or bride children to eat 3 0 NEI Do not use food as a reward or punishment 2010 2022 Pat Provide children with adequate space for both inside and outside play 4 0 Pat Provide children with adequate space for both inside and outside play 4 0 Pat Provide children with adequate space for both inside and outside play 4 0 Pat Provide children with adequate space for both inside and outside play 4 0 Pat Provide children with adequate space for both inside and outside play 4 0 Pat Provide children with adequate space for both inside and outside play 4 0 Pat Provide children with adequate space for both inside and outside play 4 0 Pat Provide children with adequate space for both inside and outside play 4 0 Pat Provide children with adequate space for both inside and outside play 4 0 Pat Provide children with adequate space for both inside and outside play 6 0 Pat Provide children with adequate space for both inside and outside play 6 0 Pat Provide children with adequate space for both inside and outside play 6 0 Pat Provide children with adequate space for both inside and outside play 6 0 Pat Provide children with adequate space for both inside and outside play 6 0 Pat Provide childr	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	0
NEZ Require adults eating meals with children to eat items that meet nutrition standards 2 0 0	Healt	hy Mealtime Practices		
NEI Seve small-sized, age-appropriate portions 2 0	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	0
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children who require limited portions about portion size and monitor their portions 3			2	0
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NHZ Do not use food as a reward or punishment 0.20.0	NFZ		3	U
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PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 0	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		0
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	0
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	0
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	0

Rating Code:

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

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

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

WYOMING At A Glance:

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

	ge family nome child care licensing regulations and support of 47 high-impact obesity prevention standards		
	Ithy Infant Feeding (n = 11)	_	
_	istfeeding 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
	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 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
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3		2	2
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
	those who are at risk for hypercholesterolemia or obesity		
_	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	Serve whole grain breads, cereals, and pastas	2	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
	Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	2	2
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Heal	thy Mealtime Practices		
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	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	2
NILIA	child; Teach children who require limited portions about portion size and monitor their portions	4	2
	Do not force or bribe children to eat	4	3
	Do not use food as a reward or punishment	3	3
Phy	ical Activity (n = 11)	2010	2022
DA4	Don't de abilidade with a decreate area of substitution and a shirth a law	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	3	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	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	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 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
	its 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
	1 · · · · · · · · · · · · · · · · · · ·	_	

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

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													Υ	'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				Х	
Alaska	Χ		Χ					X						Nebraska	Χ		Χ	Χ				Χ					
Arizona	Χ	Χ								Х	Χ			Nevada	Χ		Χ						Χ				
Arkansas	Χ	Χ				Χ		Χ			Χ			New Hampshire	Χ							Χ					Х
California	Χ		Χ					Χ						New Jersey	Χ			Χ				Χ					
Colorado	Χ		Х			Х	Х	Χ				Х		New Mexico	Χ		Χ		Χ			Χ					
Connecticut	Χ		Χ					Х				Х		New York	Χ			Χ	Χ	Х		Χ					
Delaware	Χ		Χ			Х		Х		Х	Х	Х		North Carolina	Χ		Χ	Χ				Χ	Χ				
D.C.	Χ						Х	Х						North Dakota	Χ	Х									Х		
Florida	Χ		Х	Х				Х		Х				Ohio	Χ		Χ				Χ					Х	
Georgia	Χ		Χ		Х			Χ			Х		Х	Oklahoma	Χ						Χ	Χ					Х
Hawaii	Χ		Χ					Χ						Oregon	Χ		Χ					Χ				Х	
Idaho	Χ												Χ	Pennsylvania	Χ										Χ		
Illinois	Х				Х									Rhode Island	Χ		Χ	Χ				Χ				Х	
Indiana	Χ												Χ	South Carolina	Χ		Χ					Χ					
lowa	Χ		Х					Χ						South Dakota	Χ												
Kansas	Χ		Х	Χ										Tennessee	Χ								Χ				Χ
Kentucky	Х			Х					Х			Х		Texas	Χ		Χ		Χ							Х	
Louisiana	Χ		Χ			Х		Χ				Х		Utah	Χ		Χ					Χ					
Maine	Х		Х					Х				Х		Vermont	Х						Х	Χ					
Maryland	Χ		Х			Х		Х						Virginia	Х		Χ					Χ					
Massachusetts	Х													Washington	Х		Χ					Χ		Χ			
Michigan	Х		Х		Х			Х		Х				West Virginia	Х		Х		Х								
Minnesota	X		Х					Х						Wisconsin	Х		Χ							Χ			
Mississippi	Х		Х	Х							Х			Wyoming	Х		Χ	Χ									Х
Missouri	Х						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	Child Care Types				
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	Х		

CTR - Child Care Center, LRG = Large Family Child Care Home, SML = Small Family Child Care Home

	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		

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	Regulation Document Title	Document	ASHW	Chil	d Care T	ypes
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	Χ	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	X
	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	X
GA	Georgia					
	Rules and Regulations for Child Care Learning Centers	1/1/2010	2010	Х		
	Rules and Regulations for Group Day Care Homes	1/1/2010	2010		Х	
	Rules and Regulations for Family Day Care Homes	1/1/2010	2010			Х
	Chapter 591-1-1Rules for Child Care Learning Centers	3/2014	2014	Х		
	Chapter 290-2-1 Rules and Regulations Group Day Care Homes	3/2014	2014		Х	
	Chapter 290-2-3Rules and Regulations Family Day Care Homes	3/2014	2014			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		

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	Regulation Document Title	Document	ASHW	Chil	d Care T	/pes
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		Х	Х
	470 IAC 3-1.3 Rule 1.3 Class II Child Care Homes	8/11/2003	2022		X	

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	Regulation Document Title	Document	ASHW	Chil	d Care T	ypes
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	Χ	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	X	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	Chil	d Care T	ypes
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	Х	Х	
	COMAR 13A. 18 Large Family Child Care Homes	2/6/2012	2012		Х	
	Title 13A State Board of Education Subtitle 15 Family Child Care	7/20/2015	2015			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	Х
	Licensing Rules for Child Care Centers	1/2014	2014	Х		
	Licensing Rules for Child Care Centers	12/17/2019	2019	Х		
MN	Minnesota					
	Chapter 9502 Licensing of Day Care Facilities	10/8/2007	2010		Х	Х
	Chapter 9503 Licensing Requirements for Child Care Centers	10/8/2007	2010	Х		
MS	Mississippi					
	Regulations Governing Licensure of Child Care Facilities	7/1/2009	2010	Х		
	Regulations Governing Licensure of Child Care Facilities for 12 or Fewer Children in the Operators Home	7/1/2009	2010		Х	X
	Regulations Governing Licensure of Child Care Facilities for 12 or Fewer Children in the Operator's Home	8/2013	2013		Х	Х
	Regulations Governing Licensure of Child Care Facilities	8/2013	2013	Х		
	Regulations Governing Licensure of Child Care Facilities	1/1/2020	2020	Х		
	Child Care Regulations: 12 or Fewer Children in the Operator's Home (Complete)	1/1/2020	2020		X	Х

	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	X
	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	Χ	X	Χ
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

	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
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	X		
	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	Χ	Χ	Χ
	Chapter 110- Article 7	8/1/2012	2012	Χ	Χ	X
	Requirements for Family Child Care Homes	12/1/2012	2012		X	X
	Family Child Care Home Requirements	5/2013	2013		Χ	X
	Chapter 9- Child Care Rules	1/2013	2013	Χ	X	X
	Chapter 9- Child Care Rules	10/1/2017	2018	Χ	Χ	Χ

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	Regulation Document Title	Document	ASHW	Chil	d Care T	ypes
State	For links to states' documents, click here	Date	Assessment Year	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	Х
	Licensing Requirements for Child Care Programs	11/1/2016	2016	Х		
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	11/1/2016	2016		Х	Х
	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	ASHW	Child Care Types		
State		Date	Assessment Year	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	ASHW	Child Care Types		
State		Date	Assessment Year	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	X	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	X
	Chapter 746: Minimum Standards for Child-Care Centers	6/2014	2014	Х		
	Chapter 747: Minimum Standards for Child-Care Homes	6/2014	2014		Х	Х
	Chapter 746: Minimum Standards for Child-Care Centers	10/2021	2021	Х		
	Chapter 747: Minimum Standards for Licensed and Registered Child- Care Homes	11/10/2021	2021		Х	Х

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	Regulation Document Title Docum For links to states' documents, click here Date	Document	ASHW	Child Care Types		
State		Date	Assessment Year	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	X
	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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	Regulation Document Title For links to states' documents, click <u>here</u>	Document	ASHW Assessment Year	Child Care Types		
State		Date		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	Х	Х	
	DCF 251 Licensing Rules for Group Child Care Centers and Child Care Programs Established or Contracted for by School Boards	9/20/2019	2019	Х		
	DCF 250 Rule Book for Family Child Care Centers	9/30/2019	2019			Х
WY	Wyoming					
	Administrative Rules For Certification of Child Care Facilities	9/1/2008	2010	Х	Х	Х
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	4/1/2012	2012	Х	Х	Х
	Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers	4/1/2012	2012	Х	Х	Х
	Chapter 8- Administrative Rules for Certification of Child Care facilities Rules relating specifically to Child Care Centers	12/2013	2013	Х		
	Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers	12/2013	2013		Х	
	Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes	12/2013	2013			Х
	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

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ACHIEVING A STATE OF HEALTHY WEIGHT 2022