

2023 SUPPLEMENT

Achieving a State of Healthy Weight

State Profiles: Large Family Child Care Homes



College of Nursing UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

2023 Supplement: Achieving a State of Healthy Weight State Profiles: Large Family Child Care Homes

University of Colorado Anschutz Medical Campus College of Nursing

Program Director Alison M. Pilsner, MPH, BSN, RN, CPH, IBCLC

Assessment Team Nicole R. Patterson, MSACN, NDTR Scott B. Harpin, PhD, MPH, RN, FSAHM, FNAP

Advisor Margaret West, MPA Division of Nutrition, Physical Activity and Obesity Centers for Disease Control and Prevention



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Introduction

The 2023 Achieving a State of Healthy Weight (ASHW) Annual Report¹ marks the thirteenth update of the comprehensive assessment first initiated in 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 releases the Annual Report, accompanied by three three state-specific supplements. These supplements provide detailed data for each state and care type, including Child Care Centers (CTR), Large Family Child Care Homes (LFCCH), and Small Family Child Care Homes (SFCCH). The profiles evaluate how well each state's licensing regulations for early care and education (ECE) programs align with the High-Impact Obesity Prevention Standards (HIOPS).

The ASHW assessment team updates state profiles in collaboration with the Center for Disease Control and Prevention, <u>Division of Nutrition, Physical</u> <u>Activity and Obesity (DNPAO)</u>. Since 2019, the following changes have been made to the state profile pages:

- State profiles are one-page tables that indicate ratings for all 47 ASHW HIOPS.
- The HIOPS are categorized into four sections: Infant Feeding, Nutrition, Physical Activity, and Screen Time Limits.
- For each HIOPS, rating values are provided for 2010 and the current year. The numerical ratings are color-coded (see the Guide page for details).

In instances where a state does not regulate a specific child care type, a rating of "0" is presented for those HIOPS in the state profile table.

History of ASHW

The evolution of ASHW dates back to the standards outlined in Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Ed. (CFOC3).³ These standards were specifically drawn from a special collection within CFOC known as Preventing Childhood Obesity in Early Care and Early Education: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Edition (PCO).⁴ Spearheaded by the University of Colorado ASHW assessment team, the development of HIOPS involved collaborative efforts with representatives from key federal agencies and national stakeholders vested in children's wellbeing and healthy development (refer to Origin of ASHW High-Impact Obesity Prevention Standards for more details).⁵





Helpful Resources

- CDC's <u>Priority Obesity Strategy for Early</u> <u>Care and Education</u> outlines strategies aimed at enhancing nutrition, physical activity, breastfeeding, and screen time for ECE settings, including child care licensing
- <u>High-Impact Obesity Prevention</u> <u>Standards</u> (HIOPS) for Early Care and Education: Learn more about the science-based HIOPS and discover how they can support child care licensing regulations

How To Use the ASHW 2023 State Supplement

Public health practitioners, licensing officials, and child care providers can adopt science-based obesity prevention standards into statewide Early Care and Education (ECE) systems. These standards are known as <u>High-Impact Obesity</u> <u>Prevention Standards (HIOPS)</u>. By implementing HIOPS, states can encourage healthy habits early in life among our youngest children.

In each state profile, the level of support for the 47 High-Impact Obesity Prevention Standards (HIOPS) in child care regulations is depicted by care type. **For example, this state supplement presents the latest ASHW ratings for Large Family Child Care Homes.** This document also includes two appendices: one detailing the assessment years for each state and another listing the documents assessed in each state.

Policy makers and licensing agencies may use the state profile pages to:

- Identify strengths and areas for improvement to guide the implementation of new and revised child care licensing regulations.
- 2. Review other states' profiles to identify those achieving full alignment with the HIOPS, supporting childhood obesity prevention in ECE programs.
- Compare ratings across different licensed child care types in a state, identifying opportunities to strengthen standards across care types.
- 4. Incorporate language for each HIOPS to better align ECE policies and practices with science-based obesity prevention standards.

A Guide to Understanding the ASHW State Supplement Profile Pages

The state profiles below present the ASHW results for each state through 2023. Each profile outlines the level of support for the 47 High-Impact Obesity Prevention Standards (HIOPS) within the state's child care regulations, categorized by care type. If a state regulates a specific care type through multiple documents, the highest rating among these documents is used (refer to <u>ASHW 2010</u>). An annotated illustration is provided to explain the layout and features of each state profile. Please note that the ratings in this supplement reflect child care center regulations effective through December 31, 2023.



References

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- American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. 2012. Preventing Childhood Obesity in Early Care and Education Programs: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd ed. American Academy of Pediatrics; 2011. <u>https://nrckids.org/CFOC/</u> Childhood_Obesity
- 5. National Resource Center for Health and Safety in Child Care and Early Education. Origin of Achieving a State of Healthy Weight High-Impact Obesity Prevention Standards. University of Colorado Anschutz Medical Campus College of Nursing; 2020. <u>https:// nursing.cuanschutz.edu/docs/ librariesprovider2/research/ashw/ hiopsorigin.pdf</u>

ALABAMA At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2023
	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	2
IB1	Feed infants on cue	4	2
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	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	2
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
	Serve no fruit juice to children younger than 12 months of age	1	2
	rition (n = 21)		
	ition Standards	2010	2023
	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	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
NA5	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve regeasies/special varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	2
	Offer juice (100%) only during meal times	2	2
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	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	2
	hy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	3	2
NH1	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)		
		2010	2023
PA1	Provide children with adequate space for both inside and outside play	4	4
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	4
PC1		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	3
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	4
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	4
Limi	ts on Screen-Time (n = 4)		
		2010	2023
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		2	4
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
4	Regulation fully meets standard Alabama Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2019 (CTR); 2021 (CTR)	LRG, SML);	2023
3	Regulation partially meets standard (CTR, LRG, SML)		

2 Regulation does not address standard

Regulation contradicts the standard

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

0 State does not regulate care type

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ALASKA 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)			
Brea	stfeeding Support	2010	2023	
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	
	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	
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4	
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3	
	Serve no fruit juice to children younger than 12 months of age	1	4	
	ition (n = 21)	2010	2022	
	ition Standards	2010	2023	
	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	
NB3	Serve fruits of several varieties, especially whole fruits	3	3	
NC1	Use only 100% juice with no added sweeteners	4	4	
NC2	Offer juice (100%) only during meal times	2	4	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
ND1	Make water available both inside and outside	2	4	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3	
Hoalt	hy Mealtime Practices			
rican			•	
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE1 NE2	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NE1 NE2	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 Serve small-sized, age-appropriate portions			
NE1 NE2	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 Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2	
NE1 NE2 NF1 NF2	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 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 who require limited portions about portion size and monitor their portions	2 4 3	2 4 3	
NE1 NE2 NF1 NF2 NH1	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 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 who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2 4 3 3	2 4 3 3	
NE1 NE2 NF1 NF2 NH1 NH2	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 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 who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment	2 4 3	2 4 3	
NE1 NE2 NF1 NF2 NH1 NH2	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 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 who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2 4 3 3 2	2 4 3 3 2	
NE1 NE2 NF1 NF2 NH1 NH2 Phys	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 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 who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11)	2 4 3 3 2 2010	2 4 3 3	
NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1	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 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 who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment	2 4 3 3 2	2 4 3 2 2023	
NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA2	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 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 who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play	2 4 3 2 2010 4	2 4 3 2 2023 4	
NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA2 PA3	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 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 who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2 4 3 2 2010 4 2	2 4 3 2 2023 4 2023	
NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA2 PA3 PA4	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 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 who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2 4 3 2 2010 4 2 2	2 4 3 2 2023 4 2 2 2	
NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5	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 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 who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2 4 3 2 2010 4 2 2 2 2	2 4 3 2 2 2023 4 2 2 2 2	
NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1	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 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 who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment iccal Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children who misbehave	2 4 3 2 2010 4 2 2 2 2 3	2 4 3 2 2 2023 4 2 2 2 2 3	
NE1 NE2 NF1 NF2 NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1	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 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 who require limited portions about portion size and monitor their portions Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 4 3 2 2010 4 2 2 2 2 3 4	2 4 3 2 2 2023 4 2 2 2 2 3 4 4	
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NE1 NE2 NF1 NF2 NH1 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PD1	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 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 to have one or more 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 eat Do not force or bribe children to eat Do not force or bribe children to eat Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide crientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 4 3 2 2 2010 4 2 2 2 2 3 3 4 3 3 4 3 3 4	2 4 3 2 2 2023 4 2 2 2 2 2 3 3 4 3 3 4 3 3 4	
NE1 NE2 NF1 NF2 NH1 NH2 PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	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 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 to have one or more 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 eat Do not force or bribe children to eat Po not force or bribe children to eat Po not gove or bribe children to eat Po not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver / teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 4 3 2 2 2010 4 2 2 2 2 3 3 4 3 3 4 3 3 4 2 2	2 4 3 2 2 2 2 2 3 4 2 2 2 3 3 4 3 3 4 3 3 4 2 2	
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2 Regulation does not address standard

1 Regulation contradicts the standard

ARIZONA At A Glance:

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

Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2023
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	3
Infar	t Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	3
IB1	Feed infants on cue	2	3
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	3
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	3	2
ID2	Serve whole fruits, mashed or pureed, for infants 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)		
Nutr	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	2
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	4	3
	Serve whole grain breads, cereals, and pastas	3	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	4
	Serve fruits of several varieties, especially whole fruits	4	4
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	2
	Make water available both inside and outside	4	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
Healt	thy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	3	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	1	1
	child; Teach children who require limited portions about portion size and monitor their portions	2	2
	Do not force or bribe children to eat Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)	3	3
		2010	2023
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	4	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	2
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	2
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	2
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	4	2
-	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	2
	ts on Screen-Time (n = 4)		5
		2010	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3		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 Arizona Regulation Rating History: 2010 (CTR, LRG); 2011 (LRG); 2015 (LRG); 2019 (CTR); 2020 (LRG)		

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

1 Regulation contradicts the standard

ARKANSAS At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	istfeeding Support	2010	2023
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infai	t Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
Nutr	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
	those who are at risk for hypercholesterolemia or obesity	2	4
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	3
		3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	hy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
	Do not force or bribe children to eat	3	4
	Do not use food as a reward or punishment	3	3
Phys	sical Activity (n = 11)		
_		2010	2023
	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		-
	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
PC1 PC2		3	3
PC2 PC3	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		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	its on Screen-Time (n = 4)		
		2010	2023
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
-	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
PB3		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 Arkansas Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2017* (CTR, LRG, SML); 201	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

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

CALIFORNIA At A Glance:

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

Неа	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2	
	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2	
IB1	Feed infants on cue	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	
Nuti	ition (n = 21)			
Nutr	ition Standards	2010	2023	
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2	
	those who are at risk for hypercholesterolemia or obesity			
	Serve skim or 1% pasteurized milk to children two years of age and older	2	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	2	2	
	Serve fruits of several varieties, especially whole fruits	2	2	
	Use only 100% juice with no added sweeteners	2	4	
	Offer juice (100%) only during meal times	2	2	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	3	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	3	
	Make water available both inside and outside	2	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk hy Mealtime Practices	Z	3	
-	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
	Serve small-sized, age-appropriate portions	2	2	
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2	
NH1	Do not force or bribe children to eat	3	2	
NH2	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)	·		
		2010	2023	
PA1	Provide children with adequate space for both inside and outside play	2	2	
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	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	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2	
DE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2	
		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	
		2010	2023	
DP 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2023	
	Limit total media (television [1 V], video, and DVD) viewing and computers with children younger than 2 years	2	2	
PB2 PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
4	Rating Code:	2	2	
4	Regulation fully meets standard California Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); *2017 (CTR); 2023 (CTR, LRG, SML)			
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only · r	avised	
2	Regulation does not address standard documents also were rated for CACFP changes.	cito oniy, R	, viscu	
2				

1 Regulation contradicts the standard

COLORADO 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)			
	astfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	3	
	the Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3	
ID3	Serve no fruit juice to children younger than 12 months of age	1	4	
Nut	rition (n = 21)			
Nut	rition Standards	2010	2023	
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	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3	
	those who are at risk for hypercholesterolemia or obesity			
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	3	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
-	Serve fruits of several varieties, especially whole fruits	3	3	
	Use only 100% juice with no added sweeteners	4	4	
	Offer juice (100%) only during meal times	2	4	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	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	
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	
NIL 1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	2	
-	Do not use food as a reward or punishment	3	3	
	sical Activity (n = 11)	3	3	
Pity		2010	2023	
DA1	Provide skilden with a degraph ages for both inside and outside alow	4	4	
	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	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	
		3	3	
PC1	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		5	
PD1	day—indoor or outdoor	2	2	
PE1		2	4	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4	
_	its on Screen-Time (n = 4)			
		2010	2023	
DD 1			-	
PDI	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2	
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	3 2	2	
	Limit total media time for children 2 years and older to not more than 30 min. weekly			
PB2 PB3	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
PB2 PB3	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	2	2 2	
PB2 PB3	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2 2 2	2 2 2	
PB2 PB3 PB4	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	2 2 2	2 2 2	

*) sign ies rating cl nanges assigne noted care type(s) due to C/ nprover e (i.e., documents also were rated for CACFP changes.

Regulation contradicts the standard 0 State does not regulate care type

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CONNECTICUT At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infai	nt Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	4	
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		3	3	
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4	
ID1		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)	2010	2022	
-	ition Standards	2010	2023	
	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			
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3	
NA4	those who are at risk for hypercholesterolemia or obesity	2	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	3	3	
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
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	
	Make water available both inside and outside	4	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3	
	thy Mealtime Practices			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2		2	2	
NFI	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3	
NH1	Do not force or bribe children to eat	2	2	
NH2	Do not use food as a reward or punishment	2	2	
Phys	ical Activity (n = 11)			
		2010	2023	
PA1	Provide children with adequate space for both inside and outside play	4	4	
PA2		2	2	
PA3		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 Provide daily for all children, 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		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	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
PB2		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 Connecticut Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG); 2017* (CTR, LRG); 2021 (SML); 2023 (CTR, LRG, SML); 2023 (CTR, LRG, SML); 2023 (CTR, LRG); 2017* (CTR, LRG); 2017* (CTR, LRG); 2021 (SML); 2023 (CTR, LRG); 2023 (CTR, LRG); 2021 (SML); 2023 (CTR, LRG); 2023 (CTR, LRG); 2021 (SML); 2023 (CTR, LRG); 2023			
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; n	evised	
2	Regulation does not address standard documents also were rated for CACFP changes.			

1 Regulation contradicts the standard

DELAWARE At A Glance:

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

Неа	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4	
Infar	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3	
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	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 ition (n = 21)	3	4	
	ition (t = 21)	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2023	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3	
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to			
NA4	those who are at risk for hypercholesterolemia or obesity	2	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
NB1	Serve whole grain breads, cereals, and pastas	3	3	
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	3	
NB3	Serve fruits of several varieties, especially whole fruits	4	3	
NC1	Use only 100% juice with no added sweeteners	4	4	
	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	2	2	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards	3 2	3	
	Serve small-sized, age-appropriate portions	4	4	
	Permit children to have one or more 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	2023	
	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	4	4	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	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 Provide daily for all children, 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	dav—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	2023	
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	3	
	Use screen media with children age two years and older only for educational purposes or physical activity	4	4	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Delaware Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2015 (CTR); 2017 (LRG, SML); 2019 (CTR, LRG	, SML); 202	0 (CTR);	
3	Regulation partially meets standard 2021 (LRG, SML)			

2 Regulation does not address standard

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

1Regulation contradicts the standard0State does not regulate care type

DISTRICT OF COLUMBIA 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)			
Brea	stfeeding Support	2010	2023	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	0	4	
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	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	
ID2	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	
	ition (n = 21)	[
	ition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	0	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	0	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	0	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	0	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	0	4	
	Serve whole grain breads, cereals, and pastas	0	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	0	3	
	Serve fruits of several varieties, especially whole fruits	0	3	
	Use only 100% juice with no added sweeteners	0	4	
NC2	Offer juice (100%) only during meal times	0	4	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	0	4	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	0	4	
ND1	Make water available both inside and outside	0	4	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	0	2	
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	0	3	
Heal	hy Mealtime Practices	-		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	0	2	
	Require adults eating meals with children to eat items that meet nutrition standards	0	2	
NF1	Serve small-sized, age-appropriate portions	0	4	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	0	3	
NH1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	0	3	
	Do not use food as a reward or punishment	0	3	
	ical Activity (n = 11)			
		2010	2023	
PA1	Provide children with adequate space for both inside and outside play	0	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	0	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	0	2	
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	0	2	
PA5	Do not withhold active play from children who misbehave	0	4	
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	0	3	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	0	3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	0	3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	0	3	
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	0	4	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	0	3	
	ts on Screen-Time (n = 4)			
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	0	3	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	0	3	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	0	4	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	0	2	
	Rating Code:			
4	Regulation fully meets standard District of Columbia Regulation Rating History: 2010 (CTR, SML); 2016 (CTR, LRG, SML); 2017* (CTR, LRG, SML)			
2	Regulation partially meets standard NOTE: A starred date (i.e. 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACEP improvem	onts only · r	hazive	

ion partially meets standard 2

Regulation contradicts the standard 1

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 does not address standard 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)			
	stfeeding Support	2010	2023	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3	
Infar	t Feeding Practices	•		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4	
IB1	Feed infants on cue	2	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3	
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3	
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4	
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	3	
	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) ition Standards	2010	2022	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2023	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3	
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3	
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to			
NA4	those who are at risk for hypercholesterolemia or obesity	2	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
NB1	Serve whole grain breads, cereals, and pastas	2	3	
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3	
NB3	Serve fruits of several varieties, especially whole fruits	2	3	
NC1	Use only 100% juice with no added sweeteners	2	4	
NC2	Offer juice (100%) only during meal times	2	4	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4	
	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 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	4	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3	
NH1	Do not force or bribe children to eat	2	3	
NH2	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)	L		
		2010	2023	
PA1	Provide children with adequate space for both inside and outside play	4	4	
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	2	3	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	2	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	2	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2	
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	3	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3	
_	ts on Screen-Time (n = 4)	2	3	
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	4	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Florida Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR); 2017 (CTR, LRG, SML); 2019 (LRG, SM	1L)		
2	Provide a partially material and and a NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to pated earo type(s) due to CACED improvements	onto only r	ouicod	

- 3 Regulation partially meets standard
- 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 documents also were rated for CACFP changes.

1 Regulation contradicts the standard

GEORGIA At A Glance:

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

Неа	Ithy Infant Feeding (n = 11)		
Brea	istfeeding Support	2010	2023
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	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	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
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	0
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	0
IC3		3	0
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	0
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	1	0
	rition (n = 21)	1	0
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	0
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	0
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	0
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	2	0
	Serve skim or 1% pasteurized milk to children two years of age and older	2	0
	Serve whole grain breads, cereals, and pastas	3	0
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	0
	Serve fruits of several varieties, especially whole fruits	3	0
	Use only 100% juice with no added sweeteners	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 Make water available both inside and outside		0
	Limit salt by avoiding salty foods such as chips and pretzels	3 2	0
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	0
	thy Mealtime Practices	3	Ű
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	0
	Require adults eating meals with children to eat items that meet nutrition standards	2	0
NF1	Serve small-sized, age-appropriate portions	4	0
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	0
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	3	0
	Do not use food as a reward or punishment	4	0
Phys	sical Activity (n = 11)	2010	2022
		2010	2023
	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	4	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		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
	day—indoor or outdoor		
PE1		2	0
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	0
LIM	its on Screen-Time (n = 4)	2010	2022
DP 4		2010	2023
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	0
PB2 PB3	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2	0
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	0
	Rating Code:	2	5
4	Regulation fully meets standard Georgia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017* (CTR); 2020 (SML); 2022 (CTR); 2023 (CT	R. SML)	
2	$ = \frac{1}{2} \frac$		ovicod

ion partially meets standard egu 2

Regulation contradicts the standard 1

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

HAWAII At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2023	
	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	3	
	Serve no fruit juice to children younger than 12 months of age	1	4	
	ition (n = 21)	1		
-	ition Standards	2010	2023	
	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	
NA5	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	3	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
	Serve fruits of several varieties, especially whole fruits	3	3	
	Use only 100% juice with no added sweeteners	4	4	
NC2	Offer juice (100%) only during meal times	2	4	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
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			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions	4	4	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3	
NH1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	3	
	Do not use food as a reward or punishment	4	4	
	ical Activity (n = 11)			
		2010	2023	
PA1	Provide children with adequate space for both inside and outside play	4	4	
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
PA5	Do not withhold active play from children who misbehave	2	2	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	2	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2	
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
	ts on Screen-Time (n = 4)			
		2010	2023	
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 Hawaii Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (CTR, LRG, SML); 2023 (CTR, LRG, SML)			
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvement	ents only · re	hasive	

documents also were rated for CACFP changes.

2 Regulation does not address standard

1 Regulation contradicts the standard

IDAHO At A Glance:

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

Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2023
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2
Infar	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	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
	ition (n = 21)		
Nutr	ition Standards	2010	2023
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
	those who are at risk for hypercholesterolemia or obesity		
	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	Serve whole grain breads, cereals, and pastas	2	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
	Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	2	2
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	hy Mealtime Practices	-	-
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	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	2	2
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1	Enno, recer canada in more care and a second portants about portant size and monitor area portants	2	2
	Do not use food as a reward or punishment	2	3
	ical Activity (n = 11)		
		2010	2023
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
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	3	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		
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 ts on Screen-Time (n = 4)	2	2
LIMI	ts on Screen-Time (n = 4)	2010	2022
DD 1		2010	2023
	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
r64	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
4	Rating Code: Regulation fully meets standard Idaho Regulation Rating History: 2010 (CTR, LRG, SML); 2022 (CTR, LRG, SML); 2023 (CTR, LRG, SML)		

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

1 Regulation contradicts the standard

ILLINOIS At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3	
Infar	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	1	1	
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	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	
	Serve no fruit juice to children younger than 12 months of age	1	1	
	rition (n = 21)	-		
	ition Standards	2010	2023	
	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	2		
	Serve skim or 1% pasteurized milk to children two years of age and older		2	
	Serve whole grain breads, cereals, and pastas Serve whole grain breads, cereals, and pastas Convergetables, specifically, dark graph erange, deep volley, vergetables, and rest vergetables, such as petateos, and viandes,	3	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas			
	Serve fruits of several varieties, especially whole fruits	4	4	
	Use only 100% juice with no added sweeteners	4	4	
	Offer juice (100%) only during meal times	2	2	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4	
	Make water available both inside and outside		4	
		3	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	2	2	
	hy Mealtime Practices	2	2	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
	Serve small-sized, age-appropriate portions	4	4	
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2	
NH1	Do not force or bribe children to eat	3	3	
NH2	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)			
		2010	2023	
	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	
	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	dav—indoor or outdoor	3	2	
PE1		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	
	its on Screen-Time (n = 4)			
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Illinois Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR); 2023 (CTR, LRG, SML)			

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

INDIANA 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	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2	
Infar	t Feeding Practices	•		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2	
IB1	Feed infants on cue	2	3	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2	
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	2	
	rition (n = 21)			
	ition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older 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	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	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	
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	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2	
	hy Mealtime Practices	-		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions	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	
	ical Activity (n = 11)	~	3	
		2010	2023	
PA1	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	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
PA5	Do not withhold active play from children who misbehave	2	2	
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2	
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
	ts on Screen-Time (n = 4)	2	2	
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2023	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
PB3		2	2	
	Do not utilize TV, video, or DVD viewing during meal or snack time	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 3

2 Regulation does not address standard

1 Regulation contradicts the standard

IOWA 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)				
Brea	stfeeding Support	2010	2023		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3		
	t Feeding Practices				
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
IB1	Feed infants on cue	4	4		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	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		
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	4		
	Serve no fruit juice to children younger than 12 months of age	1	4		
	rition (n = 21)	[
	ition Standards	2010	2023		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3		
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3		
N۵۶	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 regeasies/specification for the serve regeasies and receives a	3	3		
	Use only 100% juice with no added sweeteners	4	4		
NC2	Offer juice (100%) only during meal times	2	4		
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4		
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4		
ND1	Make water available both inside and outside	2	4		
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3		
	hy Mealtime Practices				
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
NF1	Serve small-sized, age-appropriate portions	4	4		
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	3	3		
NH1	Do not force or bribe children to eat	2	2		
	Do not use food as a reward or punishment	3	3		
Phys	ical Activity (n = 11)	1			
		2010	2023		
PA1	Provide children with adequate space for both inside and outside play	4	4		
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2		
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
	Do not withhold active play from children who misbehave	2	2		
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2		
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3	3		
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
	ts on Screen-Time (n = 4)				
		2010	2023		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2		
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2		
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				
4	Regulation fully meets standard I lowa Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG)/2012* (SML); 2017* (CTR, LRG, SML)				
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem				

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 CAI d documents also were rated for CACFP changes.

1Regulation contradicts the standard0State does not regulate care type

KANSAS At A Glance:

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

Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
	it Feeding Practices			
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	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	
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2	
	Serve no fruit juice to children younger than 12 months of age	2	2	
	ition (n = 21)	[
	ition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3	
NA4	those who are at risk for hypercholesterolemia or obesity	2	2	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	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	
NB3	Serve fruits of several varieties, especially whole fruits	3	3	
NC1	Use only 100% juice with no added sweeteners	4	4	
NC2	Offer juice (100%) only during meal times	2	2	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2	
	Make water available both inside and outside	2	3	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2	
	hy Mealtime Practices			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2	
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	
	ical Activity (n = 11)			
		2010	2023	
	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	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3	
PD1	day—indoor or outdoor	2	2	
PE1	Ensure that infants have supervised tummy time every day when they are awake	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	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Kansas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (LRG, SML)			
	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	onto only r	avucod	

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

KENTUCKY At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)				
	istfeeding Support	2010	2023		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	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	4		
IB1	Feed infants on cue	2	2		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
	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	4		
	rition (n = 21)				
	rition Standards	2010	2023		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3		
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3		
NAF	those who are at risk for hypercholesterolemia or obesity 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		
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2		
Heal	thy Mealtime Practices				
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3		
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
NF1	Serve small-sized, age-appropriate portions	4	3		
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	1	1		
	child; Teach children who require limited portions about portion size and monitor their portions				
	Do not force or bribe children to eat	2	2		
	Do not use food as a reward or punishment	3	4		
Phys	sical Activity (n = 11)	2010	2022		
DA1	Provide children with adequate space for both inside and outside play	2010	2023		
	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	3		
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
	Do not withhold active play from children who misbehave	2	4		
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3		
PC2		3	4		
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	2	2		
PE1		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	its on Screen-Time (n = 4)				
		2010	2023		
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4		
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3		
PB3		2	4		
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4		
4	Rating Code: Regulation fully meets standard Kentucky Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2018 (CTR, LRG, SML); 2021 (CTR, LRG)				

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

LOUISIANA 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)				
Brea	stfeeding Support	2010	2023		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	0	0		
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	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		
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	0	0		
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	0	0		
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	0	0		
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	0	0		
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	0	0		
	Serve no fruit juice to children younger than 12 months of age	0	0		
	rition (n = 21) ition Standards	2010	2022		
		2010	2023		
	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		
NA5	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	0		
NA4	those who are at risk for hypercholesterolemia or obesity	0	0		
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	0	0		
NB1	Serve whole grain breads, cereals, and pastas	0	0		
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	0	0		
NB3	Serve fruits of several varieties, especially whole fruits	0	0		
NC1	Use only 100% juice with no added sweeteners	0	0		
NC2	Offer juice (100%) only during meal times	0	0		
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	0	0		
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	0	0		
	Make water available both inside and outside	0	0		
	Limit salt by avoiding salty foods such as chips and pretzels	0	0		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	0	0		
	hy Mealtime Practices	0	0		
	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	0	0		
	Serve small-sized, age-appropriate portions	0	0		
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	-	-		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	0	0		
NH1	Do not force or bribe children to eat	0	0		
NH2	Do not use food as a reward or punishment	0	0		
Phys	ical Activity (n = 11)				
		2010	2023		
	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	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		
	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		
	Provide daily for all children, 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		
PD1	day—indoor or outdoor				
PE1		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		
C(11)	ts on Screen-Time (n = 4)	2010	2023		
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	0	0		
	Limit total media time for children 2 years and older to not more than 30 min. weekly	0	0		
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	0	0		
	Do not utilize TV, video, or DVD viewing during meal or snack time	0	0		
	Rating Code:				
4	Regulation fully meets standard Louisiana Regulation Rating History: 2010 (CTR); 2015 (CTR); 2017* (CTR); 2021 (CTR); 2023 (CTR)				
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised		
-	Regulation does not address standard documents also were rated for CACFP changes.	• •			

2 Regulation does not address standard

1 Regulation contradicts the standard

MAINE 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)				
Brea	stfeeding Support	2010	2023		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3		
Infai	t Feeding Practices				
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	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	2023		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3		
NA4	those who are at risk for hypercholesterolemia or obesity	2	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	3		
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3		
	Serve fruits of several varieties, especially whole fruits	2	3		
NC1	Use only 100% juice with no added sweeteners	2	4		
NC2	Offer juice (100%) only during meal times	2	2		
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4		
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4		
ND1	Make water available both inside and outside	2	4		
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	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		
	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		
NH1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	3		
	Do not use food as a reward or punishment	3	3		
	ical Activity (n = 11)	0	J		
		2010	2023		
PA1	Provide children with adequate space for both inside and outside play	4	4		
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2		
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
PA5	Do not withhold active play from children who misbehave	2	4		
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	3		
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4		
PC3			3		
PD1	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3			
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3 2	2		
PF1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2	2		
PE1 PF2	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2		
PE2	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
PE2	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2		
PE2 Limi	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2	2 4 3		
PE2 Limi PB1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2 2 2 2010	2 4 3 2023		
PE2 Limi PB1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 2 2010 3	2 4 3 2023 2		
PE2 Limi PB1 PB2 PB3	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 2 2010 3 2	2 4 3 2023 2 3		
PE2 Limi PB1 PB2 PB3	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2 2 2010 3 2 4	2 4 3 2023 2 3 4		
PE2 Limi PB1 PB2 PB3	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	2 2 2010 3 2 4	2 4 3 2023 2 3 4		
PE2 Limi PB1 PB2 PB3 PB4	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2 2 2 2010 3 2 4 2	2 4 3 2023 2 3 4 4 4		

2 Regulation does not address standard

1 Regulation contradicts the standard

MARYLAND 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)			
Brea	stfeeding Support	2010	2023	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	4	
	It Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	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	
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	4	
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4	
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4	
	Serve whole fruits, mashed or pureed, for infants 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	2023	
	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	
	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		
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	
	Make water available both inside and outside	3	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3	
	hy Mealtime Practices	2	2	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards Serve small-sized, age-appropriate portions	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	2023	
	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 Provide daily for all children, bitth to 6 years, two to three escacions of active play outdoors, weather permitting	2	2	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	4	4	
PC2 PC3	Allow reaches 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the			
PD1	day—indoor or outdoor	3	3	
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
Limi	ts on Screen-Time (n = 4)			
	n suit traiste fan de la basander e la suit bit de s	2010	2023	
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	3	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4	
4	Rating Code: Regulation fully meets standard Maryland Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG)/2012* (CTR, SML); 2015 (CTR, LRG, SML); 2017*	5 SMI)• 20'	23 (CTR	
3	Regulation partially meets standard LRG)	2, 31112, 20.		

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 documents also were rated for CACFP changes.

1Regulation contradicts the standard0State does not regulate care type

MASSACHUSETTS 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)				
Brea	istfeeding Support	2010	2023		
IA1	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	3	3		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
	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)	1			
	ition Standards	2010	2023		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2		
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2		
NA5	Those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	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		
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2		
Heal	thy Mealtime Practices				
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3		
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
NF1	Serve small-sized, age-appropriate portions	2	2		
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2		
	child; Teach children who require limited portions about portion size and monitor their portions				
	Do not force or bribe children to eat Do not use food as a reward or punishment	4	4		
	sical Activity (n = 11)	4	4		
r nys		2010	2023		
ΡΔ1	Provide children with adequate space for both inside and outside play	4	4		
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2		
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
	Do not withhold active play from children who misbehave	3	3		
-	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3		
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2		
	day—indoor or outdoor				
PE1		2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	3	3		
600		2010	2023		
DB 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2023		
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2		
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				
4	Regulation fully meets standard Massachusetts Regulation Rating History: 2010 (CTR, LRG, SML)				

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

MICHIGAN At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	istfeeding Support	2010	2023	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infar	nt Feeding Practices	•		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2	
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
IC3		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	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3	
NA4	those who are at risk for hypercholesterolemia or obesity	2	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	3	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
	Serve fruits of several varieties, especially whole fruits	3	3	
	Use only 100% juice with no added sweeteners	4	4	
NC2	Offer juice (100%) only during meal times	2	4	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
ND1	Make water available both inside and outside	4	4	
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	thy Mealtime Practices			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions	4	4	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3	
	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2	3	
	Do not use food as a reward or punishment	3	3	
	sical Activity (n = 11)	3	5	
r nys		2010	2023	
ΡΔ1	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	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			
PE1		2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
	its on Screen-Time (n = 4)	2010	2022	
DD 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010 3	2023	
	Limit total media (television [1V], video, and DVD) viewing and computers with children younger than 2 years	3	3	
PB2 PB3		3	3	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
+	Rating Code:	2	2	
4	Regulation fully meets standard Michigan Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, SML); 2014 (CTR); 2017*(CTR, LRG, SML); 2019 (CTI	र)		
		-		

3 Regulation partially meets standard NOTE:

2 Regulation does not address standard

1 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 documents also were rated for CACFP changes.

MINNESOTA At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infar	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3	
	Serve no fruit juice to children younger than 12 months of age	1	4	
	ition (n = 21)			
Nutr	ition Standards	2010	2023	
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3	
NAF	those who are at risk for hypercholesterolemia or obesity 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	3	3	
Phys	ical Activity (n = 11)			
		2010	2023	
	Provide children with adequate space for both inside and outside play Provide orientation and appual training opportunities for caregivers (teachers to learn age, appropriate gross motor activities and games that promote physical activity	4	4	
PA2 PA3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
-		2	2	
ΡΑ4 ΡΔ5	Do not withhold active play from children who misbehave	3	3	
PA5 PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC1 PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PC3	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	3	3	
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2	
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
Limi	ts on Screen-Time (n = 4)			
		2010	2023	
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			2	
	Use screen media with children age two years and older only for educational purposes or physical activity	2	Z	
PB4	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	
	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:			
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code: Regulation fully meets standard Minnesota Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, SML); 2017*(CTR, LRG, SML)	2	2	
	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	2	

- 2 Regulation does not address standard

1 Regulation contradicts the standard

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)			
	stfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4	
Infa	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	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)			
Nuti	ition Standards	2010	2023	
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	3	
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	4	4	
NA3		3	3	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3	
NAE	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	4	4	
	Serve whole grain breads, cereals, and pastas	4	4	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4	
	Serve regetables, specifically, data green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas	4	4	
	Use only 100% juice with no added sweeteners	1	1	
	Offer juice (100%) only during meal times	2	2	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3	
	Make water available both inside and outside	3	4	
	Limit salt by avoiding salty foods such as chips and pretzels	4	4	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3	
-	hy Mealtime Practices			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	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	3	3	
	Do not force or bribe children to eat	3	3	
	Do not use food as a reward or punishment	4	4	
Phys	ical Activity (n = 11)			
		2010	2023	
	Provide children with adequate space for both inside and outside play Provide origination and appual training constructions for congrigory (teachers to learn ago appropriate gross meter activities and games that promote physical activity	4	4	
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
PA3	Require caregivers/teachers to promotion or physical activity and the removal or 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	
	Do not withhold active play from children who misbehave	2	2	
PA5 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 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	3	
Lim	ts on Screen-Time (n = 4)			
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3	
PB2		3	3	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	4	4	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Mississippi Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2020 (CTR, LRG, SML)			
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised	
2	Regulation does not address standard documents also were rated for CACFP changes.			

Regulation does not address standard 1 Regulation contradicts the standard

MISSOURI At A Glance:

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

Неа	Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2023		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2		
Infar	t Feeding Practices				
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2		
IB1	Feed infants on cue	3	4		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	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		
	rition (n = 21)				
Nutr	ition Standards	2010	2023		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3		
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3		
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2		
	those who are at risk for hypercholesterolemia or obesity				
	Serve skim or 1% pasteurized milk to children two years of age and older	2	2		
	Serve whole grain breads, cereals, and pastas	2	2		
	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	4	3		
	Use only 100% juice with no added sweeteners	4	4		
	Offer juice (100%) only during meal times	2	2		
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3		
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4		
	Make water available both inside and outside	3	3		
	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2		
	thy Mealtime Practices				
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
NF1	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2		
NH1	Do not force or bribe children to eat	3	3		
	Do not use food as a reward or punishment	3	3		
	ical Activity (n = 11)				
		2010	2023		
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	4	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		
	day—indoor or outdoor				
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3		
Limi	ts on Screen-Time (n = 4)	1			
		2010	2023		
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2		
PB2		2	2		
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				
4	Regulation fully meets standard Missouri Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML); 2023 (CTR, LRG, SML)				

- Regulation partially meets standard 3
- 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

Hea	Healthy Infant Feeding (n = 11)			
	istfeeding Support	2010	2023	
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infai	T Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	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	
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
IC3		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	
		2010	2023	
	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 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	
NB3	Serve fruits of several varieties, especially whole fruits	3	3	
NC1	Use only 100% juice with no added sweeteners	4	4	
NC2	Offer juice (100%) only during meal times	2	4	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
ND1	Make water available both inside and outside	3	4	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3	
	thy Mealtime Practices			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3	
NH1	Do not force or bribe children to eat	2	2	
	Do not use food as a reward or punishment	2	2	
Phys	ical Activity (n = 11)	1		
		2010	2023	
PA1	Provide children with adequate space for both inside and outside play	4	4	
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	2	2	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2		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		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)	1		
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Montana Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (CTR, LRG, SML); 2021 (CTR)			
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACEP improvem	ents only; r	evised	
2	Regulation does not address standard documents also were rated for CACEP changes			

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

1 Regulation contradicts the standard

NEBRASKA 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)				
	Breastfeeding Support 2010 2023				
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3		
Infai	t Feeding Practices				
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4		
IB1	Feed infants on cue	2	4		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
IC2		2	4		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
	Serve whole fruits, mashed or pureed, for infants 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)	2010	2022		
-	ition Standards	2010	2023		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to				
NA4	those who are at risk for hypercholesterolemia or obesity	2	3		
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4		
NB1	Serve whole grain breads, cereals, and pastas	2	3		
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3		
NB3	Serve fruits of several varieties, especially whole fruits	3	3		
NC1	Use only 100% juice with no added sweeteners	2	4		
NC2	Offer juice (100%) only during meal times	2	4		
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4		
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4		
	Make water available both inside and outside	3	4		
	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3		
	hy Mealtime Practices	-			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
NE2	Require adults eating meals with children to eat items that meet nutrition standards		4		
NFI	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	4		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	3		
NH1	Do not force or bribe children to eat	2	2		
NH2	Do not use food as a reward or punishment	3	3		
Phys	ical Activity (n = 11)	•			
		2010	2023		
PA1	Provide children with adequate space for both inside and outside play	4	4		
PA2		2	2		
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
	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	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		
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	2023		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2		
PB2		2	2		
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				
4	Regulation fully meets standard Nebraska Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR); 2013 (LRG, SML); 2017* (CTR, LRG, SML)				
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised		
2	Regulation does not address standard documents also were rated for CACFP changes.				

2 Regulation does not address standard

1 Regulation contradicts the standard

NEVADA At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2023	
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3	
Infai	nt Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	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	
	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	
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3	
	Serve no fruit juice to children younger than 12 months of age	2	4	
	rition (n = 21)	204.0	2022	
	ition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3	
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3	
NA4	those who are at risk for hypercholesterolemia or obesity	2	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	2	3	
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3	
NB3	Serve fruits of several varieties, especially whole fruits	2	3	
NC1	Use only 100% juice with no added sweeteners	2	4	
NC2	Offer juice (100%) only during meal times	2	4	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4	
ND1	Make water available both inside and outside	4	4	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3	
-	thy Mealtime Practices	-	-	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions Permit children to have one or more 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	
NH2	Do not use food as a reward or punishment	4	4	
Phys	ical Activity (n = 11)			
		2010	2023	
	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	3	3	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, 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		2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	2	
Limi	ts on Screen-Time (n = 4)			
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Nevada Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2018 (CTR, LRG, SML)			
4 3 2		ents only; r	evised	

Regulation does not address standard

1 Regulation contradicts the standard
NEW HAMPSHIRE At A Glance:

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

Неа	Healthy Infant Feeding (n = 11)			
	istfeeding Support	2010	2023	
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3	
Infai	t Feeding Practices	-	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
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	2023	
	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	
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	3	
NA4	those who are at risk for hypercholesterolemia or obesity	3	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	2	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
	Serve fruits of several varieties, especially whole fruits	3	3	
NC1	Use only 100% juice with no added sweeteners	4	4	
NC2	Offer juice (100%) only during meal times	4	4	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
ND1	Make water available both inside and outside	3	4	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3	
-	thy Mealtime Practices			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	3	
NH1	Do not force or bribe children to eat	3	3	
NH2	Do not use food as a reward or punishment	3	3	
Phys	sical Activity (n = 11)			
		2010	2023	
PA1	Provide children with adequate space for both inside and outside play	4	4	
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	3	3	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2		2	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	3	
PD1	day—indoor or outdoor	2	3	
PE1		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	its on Screen-Time (n = 4)			
		2010	2023	
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		2	2	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard New Hampshire Regulation Rating History: 2010 (CTR, LRG, SML); 2017 (CTR, LRG, SML); 2022 (CTR, LRG, SML)			
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	onts only · r	hazive	

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

Regulation contradicts the standard 1

0 State does not regulate care type

documents also were rated for CACFP changes.

NEW JERSEY At A Glance:

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

H <u>ea</u>	Healthy Infant Feeding (n = 11)			
-	stfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	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	2	0	
IB1	Feed infants on cue	2	0	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	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	2	0	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	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	
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	0	
	Serve no fruit juice to children younger than 12 months of age	2	0	
	ition (n = 21)	1		
	ition Standards	2010	2023	
	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	2	0	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	0	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	0	
	Serve whole grain breads, cereals, and pastas	3	0	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	0	
	Serve fruits of several varieties, especially whole fruits	3	0	
NC1	Use only 100% juice with no added sweeteners	3	0	
NC2	Offer juice (100%) only during meal times	2	0	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	0	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	0	
ND1	Make water available both inside and outside	3	0	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	0	
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	0	
-	hy Mealtime Practices		1	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	0	
	Require adults eating meals with children to eat items that meet nutrition standards	2	0	
NF1	Serve small-sized, age-appropriate portions	3	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 child; Teach children who require limited portions about portion size and monitor their portions	3	0	
NH1	Do not force or bribe children to eat	3	0	
	Do not use food as a reward or punishment	3	0	
	ical Activity (n = 11)			
		2010	2023	
PA1	Provide children with adequate space for both inside and outside play	4	0	
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	0	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	0	
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	0	
PA5	Do not withhold active play from children who misbehave	3	0	
PC1		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 dav-indoor or outdoor	2	0	
PE1	day—Indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	0	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	0	
_	ts on Screen-Time (n = 4)		<u> </u>	
		2010	2023	
PB1	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	2	0	
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 New Jersey Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2017 (CTR, LRG, SML)			
3	Regulation partially meets standard NOTES: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improver	nonts only.	rovicod	

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2023	
	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		4	4	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3	
ID3	Serve no fruit juice to children younger than 12 months of age	1	4	
Nuti	ition (n = 21)			
Nutr	ition Standards	2010	2023	
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% partnuined milk to children two years of are and older	3	4	
	Serve skim or 1% pasteurized milk to children two years of age and older 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 4	
	Serve regetables, specifically, dark green, orange, deep yellow vegetables, and root vegetables, such as polatoes and viandas Serve fruits of several varieties, especially whole fruits	4	4	
	Use only 100% juice with no added sweeteners	3	3	
	Offer juice (100%) only during meal times	2	4	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
ND1		3	4	
-	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3	
	hy Mealtime Practices			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
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	
DA1	Dravida childran with adaguate snace for both inside and outside aby	2010 4	2023 4	
	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	4	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	
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	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	
Limi	ts on Screen-Time (n = 4)			
	an early leader front of lower the second of	2010	2023	
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4	
PB2		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	
4	Rating Code: Regulation fully meets standard New Mexico Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017*(CTR, LRG, SM)		
4		-/		
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ants only "	avised	

documents also were rated for CACFP changes.

Regulation partially meets standard

2 Regulation does not address standard

Regulation contradicts the standard 1

NEW YORK At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2023	
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3	
Infai	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2	
IB1	Feed infants on cue	2	2	
	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	
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3	
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2	
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	
	ition (n = 21) ition Standards	2010	2022	
		2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2	
		2	2	
	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	2	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	3	
NB1	Serve whole grain breads, cereals, and pastas	2	2	
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2	
NB3	Serve fruits of several varieties, especially whole fruits	2	2	
	Use only 100% juice with no added sweeteners	2	3	
NC2	Offer juice (100%) only during meal times	2	2	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3	
	Make water available both inside and outside	4	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2	
	hy Mealtime Practices	2	2	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards	2	2	
	Serve small-sized, age-appropriate portions	4	4	
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	4	4	
NH1	Do not force or bribe children to eat	3	4	
NH2	Do not use food as a reward or punishment	3	4	
Phys	ical Activity (n = 11)			
		2010	2023	
	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	_		
	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	
PC1 PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	3	
PC3	Allow reschoolers 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	3	
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3	
Limi	ts on Screen-Time (n = 4)		0.000	
DP 4	Denot utilize media (televicion [TV]) video and DVD) videoing and encoder with shifting responses that 2 years	2010	2023	
	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	
	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2		
PB3	ose screen media with children age two years and older only for educational purposes of physical activity		4	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2		
PD4	Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	4	
	Rating Code:	2	4	
4				

- 2 Regulation does not address standard

1 Regulation contradicts the standard

NORTH CAROLINA 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)				
Brea	stfeeding Support	2010	2023		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4		
Infai	t Feeding Practices	-			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	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		
	Serve no fruit juice to children younger than 12 months of age	1	4		
	rition (n = 21)	1			
	ition Standards	2010	2023		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
-	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3		
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3		
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4		
	Serve 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		
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3		
Healt	hy Mealtime Practices				
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	4		
NF1	Serve small-sized, age-appropriate portions	4	4		
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3		
	child; Teach children who require limited portions about portion size and monitor their portions				
	Do not force or bribe children to eat	2	3		
	Do not use food as a reward or punishment ical Activity (n = 11)	3	4		
Filys		2010	2023		
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		
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	4	4		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
	ts on Screen-Time (n = 4)	2	2		
		2010	2023		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4		
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3		
	Use screen media with children age two years and older only for educational purposes or physical activity	2	4		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				
4	Regulation fully meets standard North Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2017* (CTR, LRG, S	ML); 2018 (CTR, LRG,		
3	Regulation partially meets standard SML); 2023 (CTR, LRG, SML)				

Regulation does not address standard 2

Regulation contradicts the standard 1

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 documents also were rated for CACFP changes.

NORTH DAKOTA 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	2023	
	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	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	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	2	2	
	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	2	2	
	Serve no fruit juice to children younger than 12 months of age	2	2	
	ition (n = 21)			
	ition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older 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	
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	
Healt	hy Mealtime Practices			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions	4	4	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2	
NH1	Do not force or bribe children to eat	3	3	
	Do not use food as a reward or punishment	3	3	
	ical Activity (n = 11)			
		2010	2023	
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	4	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2	2	
PE1	loay—Indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
	ts on Screen-Time (n = 4)			
		2010	2023	
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 North Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2020 (CTR, LRG, SM	L); 2023 (CT	R, LRG,	
3	Regulation partially meets standard SML)			

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

1 Regulation contradicts the standard

OHIO At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infai	nt Feeding Practices	-		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	2	
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	
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3	
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	
		2010	2023	
	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	
	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	2	
NA4	those who are at risk for hypercholesterolemia or obesity	3	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	4	2	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	4	
	Serve fruits of several varieties, especially whole fruits	3	3	
NC1	Use only 100% juice with no added sweeteners	4	3	
	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	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	2	
	hy Mealtime Practices			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions	4	4	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	2	
	child; Teach children who require limited portions about portion size and monitor their portions			
	Do not force or bribe children to eat Do not use food as a reward or punishment	2	2	
	ical Activity (n = 11)	3	3	
Phys		2010	2023	
DA1	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	2	3	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2	
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the			
PD1	day—indoor or outdoor	2	2	
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
Limi	ts on Screen-Time (n = 4)			
		2010	2023	
	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	4	
	Rating Code:			
4	Regulation fully meets standard Ohio Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, SML); 2016 (CTR, LRG, SML); 2021 (CTR, LRG, SML)			
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; n	evised	
2	Regulation does not address standard documents also were rated for CACFP changes.			

2 Regulation does not address standard

1 Regulation contradicts the standard

OKLAHOMA At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)				
	stfeeding Support	2010	2023		
-	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				
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	3		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	3		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2		
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)				
Nutr	ition Standards	2010	2023		
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3		
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3		
	those who are at risk for hypercholesterolemia or obesity				
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4		
	Serve whole grain breads, cereals, and pastas	3	3		
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3		
	Serve fruits of several varieties, especially whole fruits	3	3		
	Use only 100% juice with no added sweeteners	2	4		
	Offer juice (100%) only during meal times	2	4		
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4		
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4		
	Make water available both inside and outside	3	3		
	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3		
-	hy Mealtime Practices	2	2		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
	Require adults eating meals with children to eat items that meet nutrition standards	2	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 bride children to eat	3	3		
	Do not use food as a reward or punishment	3	3		
	ical Activity (n = 11)				
		2010	2023		
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	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	2	2		
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2		
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2		
	day—indoor or outdoor				
	Ensure that infants have supervised tummy time every day when they are awake	2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3		
Lim	ts on Screen-Time (n = 4)				
		2010	2023		
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2		
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	2		
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 Oklahoma Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR); 2017 (CTR, LRG, SML); 2022 (CTR, LRG, SML)				
2					
3 2	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem documents also were rated for CACFP changes.	ents only; re	evised		

1 Regulation contradicts the standard

OREGON 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)			
Brea	stfeeding Support	2010	2023	
IA1	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	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	
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	2	
	Serve no fruit juice to children younger than 12 months of age	1	1	
	ition (n = 21)			
	ition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3	
NA4	those who are at risk for hypercholesterolemia or obesity	2	2	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2	
	Serve whole grain breads, cereals, and pastas	3	2	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
	Serve fruits of several varieties, especially whole fruits	3	3	
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	
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	4	4	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	2	
NH1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	3	
	Do not use food as a reward or punishment	3	3	
	ical Activity (n = 11)		J	
		2010	2023	
PA1	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
PA5	Do not withhold active play from children who misbehave	2	2	
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2	
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
	ts on Screen-Time (n = 4)	2	5	
GIU		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4				
	Regulation fully meets standard Oregon Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (SML); 2021 (CTR, LRG, SML)			
3		ents only; r	evised	

- 2 Regulation does not address standard

1 Regulation contradicts the standard

PENNSYLVANIA At A Glance:

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

Healthy Infant Feeding (n = 11)				
	istfeeding Support	2010	2023	
-	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			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2	
IB1	Feed infants on cue	3	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)			
Nutr	ition Standards	2010	2023	
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 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 Serve fruits of several varieties, especially whole fruits	4	4	
	Use only 100% juice with no added sweeteners	2	2	
	Offer juice (100%) only during meal times	2	2	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4	
	Make water available both inside and outside Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2	
	thy Mealtime Practices	2	2	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	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	2	3	
Phys	sical Activity (n = 11)			
		2010	2023	
	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	2	2	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2		2	3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3	
PD1	dav—indoor or outdoor	2	2	
PE1		2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
_	its on Screen-Time (n = 4)			
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Pennsylvania Regulation Rating History: 2010 (CTR, LRG, SML); 2020 (CTR, LRG, SML); 2023 (CTR, LRG, SML)			

Regulation partially meets standard 3

2 Regulation does not address standard

1 Regulation contradicts the standard

RHODE ISLAND 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)			
Brea	stfeeding Support	2010	2023	
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infai	t Feeding Practices		•	
	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	4	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3	
ID3	Serve no fruit juice to children younger than 12 months of age	1	4	
	rition (n = 21)			
Nutr	ition Standards	2010	2023	
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3	
	those who are at risk for hypercholesterolemia or obesity			
	Serve skim or 1% pasteurized milk to children two years of age and older	3	4	
	Serve whole grain breads, cereals, and pastas	3	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
	Serve fruits of several varieties, especially whole fruits	3	3	
	Use only 100% juice with no added sweeteners Offer juice (100%) only during meal times		4	
		4	4	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age Make water available both inside and outside			
	Limit salt by avoiding salty foods such as chips and pretzels	4	4	
		3	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk the mathematical sector is the mathemati	5	4	
	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	
INF1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual			
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	
	ical Activity (n = 11)			
		2010	2023	
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	3	
PA5	Do not withhold active play from children who misbehave	4	4	
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3	
	day—indoor or outdoor			
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 ts on Screen-Time (n = 4)	2	3	
LIM	ts on Screen-Time (n = 4)	2010	2022	
004		2010	2023	
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3	
PB3		2	2	
РВ 4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4	
	Detine Codes			
Δ	Rating Code: Peopulation Pating History: 2010 (CTP PG SML): 2012* (LPG SML): 2012 (CTP): 2017 (CTP)/2017*(LPG SML): 202		SMI).	
4	Regulation fully meets standard Rhode Island Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (LRG, SML); 2013 (CTR); 2017 (CTR)/2017* (LRG, SML); 202 Regulation partially meets standard 2023 (CTR, LRG, SML)	1 (CTR, LRG	,SML);	

Regulation partially meets standard

2

Regulation contradicts the standard 1

0 State does not regulate care type

Regulation partially meets standard 2023 (CTR, LKG, SML) 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 documents also were rated for CACFP changes. documents also were rated for CACFP changes.

SOUTH CAROLINA At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2023
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infar	t Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2		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
	ition (n = 21)	2010	2022
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3		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
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
	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 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
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)	2010	2022
DA1	Provide children with adequate space for both inside and outside play	2010	2023 3
PA1 PA2		2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
	day—indoor or outdoor		
PE1	Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	ts on Screen-Time (n = 4)	3	3
		2010	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3
PB2		3	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard South Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG); 2017 (SML)/2017* (CTR, LRG)		
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised
2	Regulation does not address standard documents also were rated for CACEP changes		

2

Regulation does not address standard documents also were rated for CACFP changes. 1 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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2023
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	t Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	4	3
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
-	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)		
Nutr	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
	those who are at risk for hypercholesterolemia or obesity Sonyo skim or 1% partourized milk to children two years of are and older	2	2
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	2
		2	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
-		2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	2	2
-	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	hy Mealtime Practices	Z	2
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2		2	2
	Serve small-sized, age-appropriate portions	2	2
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2023
	Provide children with adequate space for both inside and outside play	4	4
PA2		2	2
PA3		2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	4
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
-	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	ts on Screen-Time (n = 4)		
		2010	2023
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 South Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2023 (CTR, LRG, SML)		

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

TENNESSEE At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2023
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	t Feeding Practices	•	•
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1	Feed infants on cue	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
	Serve no fruit juice to children younger than 12 months of age	2	4
	ition (n = 21)		
	ition Standards	2010	2023
	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	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 skill or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve regetables, specifically, data green, orange, deep yellow vegetables, and foor vegetables, such as potatoes and viandas	4	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	4
	hy Mealtime Practices	J	7
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	4
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	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
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	4
Phys	ical Activity (n = 11)	2010	2022
DA1	Provide children with adequate space for both inside and outside play	2010	2023
	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
	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
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	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	3
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	4
Limi	ts on Screen-Time (n = 4)		
		2010	2023
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	3	4
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
4	Rating Code:		
4	Regulation fully meets standard Tennessee Regulation Rating History: 2010 (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2022 (CTR, LRG, SML)		

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

TEXAS At A Glance:

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

Неа	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2023
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1	Feed infants on cue	3	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 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)		
	ition Standards	2010	2023
	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	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
	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	4
	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
	s rve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	4	4
Phys	ical Activity (n = 11)		
		2010	2023
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	4
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	4	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	4
PD1	day—indoor or outdoor	2	4
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4
_	ts on Screen-Time (n = 4)		
		2010	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	4
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
	Rating Code:		
4	Regulation fully meets standard Texas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2021 (CTR, LRG, SML); 2023	(CTR, LRG,	SML)
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised

3 Regulation partially meets standard

2 Regulation does not address standard

Regulation contradicts the standard 1

0 State does not regulate care type

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2023
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infar	t Feeding Practices	-	•
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
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)		
	ition Standards	2010	2023
	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
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 regetables, specially, dank green, ounget, deep relieve regetables, and roce regetables, such as polations and variates	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
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	3	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	hy Mealtime Practices		
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 Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)	3	5
Filys		2010	2023
PA1	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
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
	day—indoor or outdoor		
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 ts on Screen-Time (n = 4)	2	3
-E1111		2010	2022
DP 1	Do not utilize media (televicion [TV] video and DVD) viewing and computers with children vounger than 2 voars	2010	2023
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
	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
	De not dance i tij tracoj ol dit di treving danng mear or dhadk and	2	2
4	Regulation fully meets standard Utah Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG); 2017 (CTR, LRG, SML)		

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

1 Regulation contradicts the standard

VERMONT At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2023
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
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	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)	2010	2022
	ition Standards	2010	2023
	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
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	3
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	2	4
NC2	Offer juice (100%) only during meal times	2	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
ND1	Make water available both inside and outside	3	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
-	thy Mealtime Practices	1	1
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	4
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	3
NH1	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)		
		2010	2023
PA1	Provide children with adequate space for both inside and outside play	2	4
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	4	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4
PC3		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
PE1	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
_	its on Screen-Time (n = 4)		
		2010	2023
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		4	3
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4			
	Regulation fully meets standard Vermont Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML); 2017* (CTR, LRG, SML)		
3		ents only; r	evised

2 Regulation does not address standard

1 Regulation contradicts the standard

VIRGINIA At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2023
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	4	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 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	2023
	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 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
	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	4	4
NC2	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	thy Mealtime Practices	2	2
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		4
NF2			
	child; Teach children who require limited portions about portion size and monitor their portions	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
NH1		3	
NH1 NH2	Do not force or bribe children to eat	3 3 3	3 3
NH1 NH2 Phys	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11)	3 3 3 2010	3 3 2023
NH1 NH2 Phys PA1	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play	3 3 3 2010 4	3 3 2023 4
NH1 NH2 Phys PA1 PA2	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	3 3 2010 4 2	3 3 2023 4 2
NH1 NH2 Phys PA1 PA2 PA3	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	3 3 2010 4 2 2	3 3 2023 4 2 2 2
NH1 NH2 Phys PA1 PA2 PA3 PA4	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	3 3 2010 4 2 2 2 2	3 3 2023 4 2 2 2 2
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	3 3 2010 4 2 2 2 2 4	3 3 2023 4 2 2 2 2 2 4
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 3 2010 4 2 2 2 2 4 4 4	3 3 2023 4 2 2 2 2 2 4 4 4
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3 3 2010 4 2 2 2 2 4 4 4 3	3 3 2023 4 2 2 2 2 2 4 4 4 3
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3 3 2010 4 2 2 2 2 4 4 3 3	3 3 2023 4 2 2 2 2 4 4 4 3 3 3 3
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2	Do not force or bribe children to eat Do not use food as a reward or punishment icical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3 3 2010 4 2 2 2 2 4 4 4 3	3 3 2023 4 2 2 2 2 2 4 4 4 3
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 3 2010 4 2 2 2 2 4 4 3 3	3 3 2023 4 2 2 2 2 4 4 3 3 3
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 2010 4 2 2 2 2 4 4 4 3 3 3 4	3 3 2023 4 2 2 2 2 2 4 4 3 3 3 3
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Do not force or bribe children to eat Do not use food as a reward or punishment icical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	3 3 2010 4 2 2 2 4 4 3 3 3 4 3 3 3	3 3 2023 4 2 2 2 2 4 4 3 3 3 3 3
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PC1 PC2 PC3 PD1 PE1 PE2 Limi	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not witthhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	3 3 2010 4 2 2 2 4 4 3 3 3 4 3 3 2010	3 2023 4 2 2 2 2 4 4 3 3 4 3 3 4 2 2 2 2 4 4 3 3 3 4 3 3 3 4 3 3 3 4 3 3 3 4 4 4 5 5 6 6 6 6 6 6 6 6 6 6 6 6 6
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PC1 PC1 PC1 PE1 PE1 PE1 PE1 PB1	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 1) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to 6 years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2010 4 2 2 2 4 4 3 3 3 4 3 3 2010 3	3 2023 4 2 2 2 2 2 4 4 3 3 4 3 3 2023 3
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Envoide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	3 3 2010 4 2 2 2 4 4 3 3 3 4 3 3 2010 3 3 3	3 3 2023 4 2 2 2 2 2 4 4 3 3 3 3 3 2023 3 3 3
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limit PB1 PB2 PB3	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to 5 years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older on to more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	3 3 2010 4 2 2 2 4 4 3 3 3 4 3 3 2 2010 3 3 2 2	3 3 2023 4 2 2 2 4 4 3 3 3 4 3 3 3 3 3 2023 3 3 3 2
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limit PB1 PB2 PB3	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor outdoor Ensure that infants have supervised turmmy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	3 3 2010 4 2 2 2 4 4 3 3 3 4 3 3 2010 3 3 3	3 3 2023 4 2 2 2 2 2 4 4 3 3 3 3 3 2023 3 3 3
NH1 NH2 Phys PA1 PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limit PB1 PB2 PB3	Do not force or bribe children to eat Do not use food as a reward or punishment ical Activity (n = 11) Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to 5 years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older on to more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	3 3 2010 4 2 2 2 4 4 3 3 3 4 3 3 2 2010 3 3 2 2	3 3 2023 4 2 2 2 2 2 2 4 4 3 3 3 4 3 3 3 2 2 2 2

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

Regulation contradicts the standard 1

0 State does not regulate care type

documents also were rated for CACFP changes.

WASHINGTON At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
	istfeeding Support	2010	2023
-	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	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	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
	rition (n = 21)		
-	ition Standards	2010	2023
	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	3	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	4	4
NC2	Offer juice (100%) only during meal times	2	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1	Make water available both inside and outside	4	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	2	3
NH2	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2023
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	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 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC2		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		4
PD1	day—indoor or outdoor	2	2
PE1		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
Limi	its on Screen-Time (n = 4)		
		2010	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
PB2		3	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	4	4
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
4	Regulation fully meets standard Washington Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG, SML); 2017* (LRG, SML); 2019 (CTR, LRG, SML)		
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised
2	Regulation does not address standard documents also were rated for CACFP changes.		

2 Regulation does not address standard

1 Regulation contradicts the standard

WEST VIRGINIA At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
	astfeeding Support	2010	2023
-	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		
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	3
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)		
Nuti	rition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	Serve skill or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
	Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	3	3
-	Limit salt by avoiding salty foods such as chips and pretzels	3	4
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
	thy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	2	2
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Phys	sical Activity (n = 11)	2010	2022
		2010	2023
	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	4	4
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	4	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2		3	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, 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		2	2
	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	2023
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	2
PB3		2	2
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
4	Rating Code: Regulation fully meets standard West Virginia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR); 2017 (LRG, SML); 2023 (CTR, LRG, SML)		

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

Regulation contradicts the standard 1

WISCONSIN At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2023
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	0
Infa	it Feeding Practices	•	•
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	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
-	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	0
	Serve whole fruits, mashed or pureed, for infants 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) ition Standards	2010	2022
		2010	2023
	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
	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	0
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	0
NB1	Serve whole grain breads, cereals, and pastas	3	0
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	0
NB3	Serve fruits of several varieties, especially whole fruits	3	0
	Use only 100% juice with no added sweeteners	4	0
NC2	Offer juice (100%) only during meal times	2	0
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	0
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	0
-	Make water available both inside and outside	4	0
	Limit salt by avoiding salty foods such as chips and pretzels	2	0
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	0
	hy Mealtime Practices Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	0
	Require adults eating meals with children to eat items that meet nutrition standards	2	0
-	Serve small-sized, age-appropriate portions	4	0
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		-
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	0
NH1	Do not force or bribe children to eat	3	0
NH2	Do not use food as a reward or punishment	3	0
Phys	ical Activity (n = 11)		
		2010	2023
	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 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	4	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
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	0
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	0
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	0
Lim	ts on Screen-Time (n = 4)	2010	2022
004	Denot utilize medic (televicion [TV]) video and DVD) viewing and encoder with shifting respective 2.	2010	2023
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	0
	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2	0
PB3 PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	0
. 04		2	5
	Rating Code:		
4	Rating Code: Regulation fully meets standard Wisconsin Regulation Rating History: 2010 (CTR, LRG, SML): 2012* (LRG, SML): 2019 (CTR, SML)		
4	Regulation fully meets standard Wisconsin Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (LRG, SML); 2019 (CTR, SML) Regulation partially meets standard NOTES: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improver	nents only.	revised

1 Regulation contradicts the standard

WYOMING At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
-	stfeeding Support	2010	2023
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infa	nt Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	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
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
-	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)	2010	2022
	ition Standards	2010	2023
	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
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
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
-	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		4
NFI	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	4
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1	Do not force or bribe children to eat	4	3
NH2	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2023
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	3	2
-	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	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		2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Lim	ts on Screen-Time (n = 4)	•	
		2010	2023
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
4	Regulation fully meets standard Wyoming Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2022 (CTR, LRG, SML); 2023 (CTR, LRG, SML); 2023 (CTR, LRG, SML); 2024 (CTR, LRG, SML);		
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised
2	Regulation does not address standard documents also were rated for CACFP changes.		

2 Regulation does not address standard

1 Regulation contradicts the standard

State Assessment Years: 2010 to 2023

This table shows years in which states were assessed based on child care licensing regulation changes. The assessment period for the 2023 report is from January 1, 2023 to December 31, 2023.

					Ye	ars Rat	ed							
State	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Alabama	Х		Х						Х	Х		Х		Х
Alaska	Х		Х					Х						
Arizona	Х	Х								Х	Х			
Arkansas	Х	Х				Х		Х			Х			
California	Х		Х					Х						Х
Colorado	Х		Х			Х	Х	Х				Х		
Connecticut	Х		Х					Х				Х		Х
Delaware	Х		Х			Х		Х		Х	Х	Х		
D.C.	Х						Х	Х						
Florida	Х		Х	Х				Х		Х				
Georgia	Х		Х		Х			Х			Х		Х	Х
Hawaii	Х		Х					Х						Х
Idaho	Х												Х	Х
Illinois	Х				Х									Х
Indiana	Х												Х	
lowa	Х		Х					Х						
Kansas	Х		Х	Х										
Kentucky	Х			Х					Х			Х		
Louisiana	Х		Х			Х		Х				Х		Х
Maine	Х		Х					Х				Х		
Maryland	Х		Х			Х		Х						Х
Massachusetts	Х													
Michigan	Х		Х		Х			Х		Х				
Minnesota	Х		Х					Х						
Mississippi	Х		Х	Х							Х			
Missouri	Х						Х							Х

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

State assessed due to new or revised licensing regulations

State assessed due to national CACFP updates

State Assessment Years: 2010 to 2023 (continued)

					Ye	ars Rat	ed							
State	2010	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023
Montana	Х		Х					Х				Х		
Nebraska	Х		Х	Х				Х						
Nevada	Х		Х						Х					
New Hampshire	Х							Х					Х	
New Jersey	Х			Х				Х						
New Mexico	Х		Х		Х			Х						
New York	Х			Х	Х	Х		Х						
North Carolina	Х		Х	Х				Х	Х					Х
North Dakota	Х	Х									Х			Х
Ohio	Х		Х				Х					Х		
Oklahoma	Х						Х	Х					Х	
Oregon	Х		Х					Х				Х		
Pennsylvania	Х										Х			Х
Rhode Island	Х		Х	Х				Х				Х		Х
South Carolina	Х		Х					Х						
South Dakota	Х													Х
Tennessee	Х								Х				Х	
Texas	Х		Х		Х							Х		Х
Utah	Х		Х					Х						
Vermont	Х						Х	Х						
Virginia	Х		Х					Х						
Washington	Х		Х					Х		Х				
West Virginia	Х		Х		Х									Х
Wisconsin	Х		Х							Х				
Wyoming	Х		Х	Х									Х	

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

State assessed due to new or revised licensing regulations

State assessed due to national CACFP updates

State Documents Rated in 2023 for Achieving a State of Healthy Weight (ASHW)

Documents rated in 2023 are presented below, with a comprehensive list of all documents rated since 2010 available <u>here</u>.³⁸ The ASHW assessment team works diligently to identify new and revised documents through website searches, emails, and calls to state licensing agencies. However, some regulations may go undiscovered in their effective year. In such cases, the study team will screen and rate these documents for inclusion in the ASHW report for the year they are discovered. If state licensing personnel are aware of any missed documents, please inform the assessment team at <u>healthyweight@cuanschutz.edu</u>.

Child Care Types **Regulation Document Title** Document ASHW State S С L For links to states' documents, click here Date Year Т R Μ R G L AL Alabama Child Care Licensing and Performance Standards for Day Care 9/13/2021 2023 Х Centers and Nighttime Centers Regulations and Procedures Child Care Licensing and Performance Standards for Family Day Care Homes/Family Nighttime Homes and Group Day Care 9/13/2021 2023 Х Х Homes/Group Nighttime Homes Regulations and Procedures CA California Chapter 3.4 California Child Day Care Act Х Х 7/10/2023 2023 Х Title 22, Division 12, Chapter 1, Articles 1-2 - Child Care Centers 11/3/2023 2023 Х Title 22, Division 12, Chapter 1, Article 3 - Child Care Centers 11/3/2023 2023 Х Х Title 22, Division 12, Chapter 1, Articles 4-5 - Child Care Centers 9/27/06 2023 Title 22, Division 12, Chapter 1, Article 6 - Child Care Centers 11/3/2023 2023 Х Title 22, Division 12, Chapter 1, Article 7 - Child Care Centers 9/18/2020 Х 2023 Title 22, Division 12, Chapter 1 Subchapter 2 - Child Care Centers 11/3/2023 2023 Х - Infant Centers Title 22, Division 12, Chapter 3 - Family Child Care Homes Х Х 4/1/2022 2023 Connecticut CT Statutes and Regulations for Licensing Centers & Group Day Care 5/2023 2023 Х Х Statutes and Regulations for Family Child Care Homes 5/2023 2023 Х GA Georgia Rules and Regulations Learning Centers: Chapter 591-1-1 10/1/2023 2023 Х Rules and Regulations Family Learning Homes: Chapter 290-2-3 2023 Х 10/1/2023 HI Hawaii Title 17, Chapter 896 Licensing of Before and After School 12/19/2002 2023 Х HAR_17-895 Infant and Toddler Child Care Center Rules 11/3/2023 2023 Х Title 17, Chapter 891.1 Registration of Family Child Care Homes 9/22/2023 2023 Х Х ID Idaho 16.06.02 Rules Governing Standards for Child Care Licensing 3/28/2023 2023 Х Х Х

CTR=Child Care Centers, LRG=Large Family Child Care Homes, SML=Small Family Child Care Homes

State Documents Rated in 2023 (continued)

State	Regulation Document Title For links to states' documents, click <u>here</u>	Document Date	ASHW Year	Child Care Types		
				C T R	L R G	S M L
IL	Illinois			I.		-
	Part 407: Licensing Standards for Day Care Centers	10/30/2023	2023	Х		
	Part 408: Licensing Standards for Group Day Care Homes	10/18/2023	2023		Х	
	Part 406: Licensing Standards for Day Care Homes	10/25/2020	2023			Х
LA	Louisiana					
	Bulletin 137 - Early Learning Site Licensing Regulations	10/2023	2023	Х		
MD	Maryland		·			
	Title 13A State Board of Education Subtitle 16 Child Care Centers	11/2023	2023	Х		
	Title 13A State Board of Education Subtitle 18 Large Family Homes	11/2023	2023		Х	
MO	Missouri		·			
	Chapter 500 Licensing Rules for Group Homes and Child Care Centers	12/31/2023	2023	Х		
	Chapter 400 Licensing Rules for Family Child Care Homes		2023		Х	Х
NC	North Carolina					
	Chapter 9- Child Care Rules	7/1/2023	2023	Х	Х	Х
ND	North Dakota		·			
	Chapter 75-03-10 Child Care Center Early Childhood Services	1/1/2023	2023	Х		
	Chapter 75-03-09 Group Child Care Early Childhood Services	1/1/2023	2023		Х	
	Chapter 75-03-08 Family Child Care Early Childhood Services	1/1/2023	2023			Х
PA	Pennsylvania					
	Chapter 3270 - Child Day Care Centers	3/2023	2023	Х		
	Chapter 3280 - Group Child Day Care Homes	3/2023	2023		Х	
	Chapter 3290 - Family Child Day Care Homes	3/2023	2023			Х
RI	Rhode Island					
	218-RICR-70-00-1 Child Care Center and School Age Regulations	11/29/2023	2023	Х		
	218-RICR-70-00-7 Group Family Child Care Home Regulations	1/1/2023	2023		Х	
	218-RICR-70-00-2 Family Child Care Home Regulations	1/1/2023	2023			Х
SD	South Dakota					
	Chapter 67:42:17 Child Care Licensing	7/3/2023	2023	Х	Х	Х
ТΧ	Texas					
	Chapter 746: Minimum Standards for Child-Care Centers	5/3/2023	2023	Х		
	Chapter 747: Minimum Standards for Licensed and Registered Child-Care Homes	5/3/2023	2023		Х	Х
WV	West Virginia					
	Title 78, Legislative Rules, DHHR, Series 1 Child Care Center Licensing Regulations	4/1/2023	2023	Х		
	Title 78, Legislative Rules, DHHR, Series 18, Family Child Care Facility Licensing Requirements	4/1/2023	2023		Х	
	Title 78, Legislative Rules, DHHR, Series 19, Family Child Care Home Registration Requirements	4/1/2023	2023			Х



For more information please contact

College of Nursing, ASHW Assessment Team University of Colorado Anschutz Medical Campus <u>https://nursing.cuanschutz.edu/research/healthy-weight</u> <u>healthyweight@cuanschutz.edu</u> Publication date: September 2024

