



2024 SUPPLEMENT

Achieving a State of Healthy Weight

State Profiles: Child Care Centers



College of Nursing

UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

2024 Supplement: Achieving a State of Healthy Weight

State Profiles: Child Care Centers

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

Advisor

Margaret West, MPA

Division of Nutrition, Physical Activity and Obesity
Centers for Disease Control and Prevention

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Introduction

The 2024 Achieving a State of Healthy Weight (ASHW) Annual Report¹ marks the fifteenth year of this comprehensive assessment, first initiated in 2010 with *Achieving a Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations*.² Each year, the University of Colorado College of Nursing releases the **Annual Report**, accompanied by 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, **Division of Nutrition, Physical Activity and Obesity (DNPAO)**. 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 [Priority Obesity Strategy for Early Care and Education](#) outlines strategies aimed at enhancing nutrition, physical activity, breastfeeding, and screen time for ECE settings, including child care licensing
- [High-Impact Obesity Prevention Standards \(HIOPS\)](#) 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 2024 State Supplement

Public health practitioners, licensing officials, and child care providers can use this supplement to support the adoption of science-based obesity prevention standards within statewide Early Care and Education (ECE) systems. These standards—known as [High-Impact Obesity Prevention Standards \(HIOPS\)](#)—promote the development of healthy habits early in life among young children.

Each state profile shows the level of support for the 47 HIOPS within **Child Care Center** regulations. This supplement presents center ratings and includes two appendices: 1) a list of state documents rated in 2024 and 2) a table showing the years each state was assessed.

Policymakers and licensing agencies may use the state profile pages to:

1. Identify strengths and areas for improvement to guide the implementation of new or revised child care licensing regulations.
2. Review other states' profiles to identify examples of full alignment with the HIOPS and inform ongoing childhood obesity prevention efforts.
3. Compare ratings across licensed child care types within a state to identify 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 in this supplement present ASHW ratings for each state through 2024. Each profile outlines the level of support for the 47 High-Impact Obesity Prevention Standards (HIOPS) within a state's child care regulation, organized by child care type. For states that regulate a given care type across multiple documents, the highest rating is reported, following the [ASHW 2010](#) methodology. To help interpret the layout and features of the state profiles, an annotated example is provided below. Please note: Ratings in this supplement reflect regulations for child care centers that were in effect through December 31, 2024.

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

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

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

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

[State] At A Glance
Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards

| Healthy Infant Feeding (n = 11) | 2010 | 2024 |
|---|------|------|
| Breastfeeding Support | | |
| IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children onsite | 2 | 3 |
| Infant Feeding Practices | | |
| IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 Upright 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 mix with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 3 |
| ID2 Serve whole fruits, mashed or puréed, for infants 6 months up to 1 year of age | 2 | 3 |
| ID3 Serve no fruit juice to children younger than 12 months of age | 2 | 4 |
| Nutrition (n = 21) | | |
| Nutrition Standards | | |
| 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 poultry, chicken, fish, lean meats, 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 those 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 sweet potatoes | 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 | 2 | 4 |
| ND2 Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| ND3 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nektars, and flavored milk | 2 | 3 |
| Healthy 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 child. Teach children who require limited portions about portion size and maintain their options | 2 | 3 |
| NH1 Do not force or bribe children to eat | 3 | 3 |
| NH2 Do not use food as a reward or punishment | 3 | 4 |
| Physical Activity (n = 13) | | |
| PA1 Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 Do not withhold active play from children who misbehave | 3 | 4 |
| 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 day, either indoors or outdoors | 2 | 2 |
| PE1 Ensure that infants have supervised tummy time every day when they are awake | 2 | 4 |
| PE2 Use infant equipment such as swings, stationary activity centers, infant seats, strollers, etc. only for short periods if at all | 3 | 4 |
| Limit on Screen Time (n = 4) | | |
| SB1 Do not allow media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 4 | 4 |
| SB2 Limit total media time for children 2 years and older to not more than 90 min, weekly | 2 | 3 |
| SB3 Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 2 |
| SB4 Do not allow TV, video, or DVD viewing during meal or snack time | 2 | 4 |

Rating Code:

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

Colorado Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2016 (CTR); 2017* (CTR, LRG, SML); 2021 (CTR, LRG, SML); 2024 (LRG, SML)

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

The two right-hand columns display the level of support for HIOPS for both 2010 and current year.

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

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

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

References

1. University of Colorado College of Nursing. *2024 Annual Report: Achieving a State of Healthy Weight*. University of Colorado Anschutz Medical Campus; 2025. <https://nursing.cuanschutz.edu/docs/librariesprovider2/research/ashw/ashw-2024-report.pdf>
2. National Resource Center for Health and Safety in Child Care and Early Education. *Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010*. University of Colorado Anschutz Medical Campus College of Nursing; 2011. https://nursing.cuanschutz.edu/docs/librariesprovider2/research/ashw/regulations_report_2010.pdf
3. American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. *Caring for our children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs*. 3rd ed. American Academy of Pediatrics; 2011. <https://publications.aap.org/aapbooks/book/415/Caring-for-Our-ChildrenNational-Health-and-Safety>
4. 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. https://nrckids.org/CFOC/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. <https://nursing.cuanschutz.edu/docs/librariesprovider2/research/ashw/hiopsorigin.pdf>

STATE PROFILES

ALABAMA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 | 2 |
| 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 | 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 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 1 | 2 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 | 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 |
| 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 | 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 | 3 | 2 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 2 |
| ND1 | Make water available both inside and outside | 3 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 | 2 |
| Healthy 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 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| 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 |
| 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 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 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 | 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 | 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 4 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 2 |

Rating Code:

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

Alabama Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2019 (CTR); 2021 (CTR, LRG, SML); 2023 (CTR, LRG, SML)

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

STATE PROFILES

ALASKA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 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 |
| Healthy 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 child; Teach children who require limited portions about portion size and monitor their portions | 3 | 3 |
| NH1 | Do not force or bribe children to eat | 3 | 3 |
| NH2 | Do not use food as a reward or punishment | 2 | 3 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 3 | 2 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 4 | 4 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 4 | 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 | 4 | 4 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 |
| 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Alaska Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (CTR, LRG, SML); 2024 (CTR, LRG, SML)

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

STATE PROFILES

ARIZONA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 4 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 3 | 3 |
| IB1 | Feed infants on cue | 2 | 2 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 | 2 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 | 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 4 | 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 | 2 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 | 2 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 3 | 3 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 2 | 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 | 2 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 | 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 | 4 | 3 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 2 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 4 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 2 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 4 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 4 | 4 |
| ND1 | Make water available both inside and outside | 4 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 3 | 3 |
| Healthy 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 child; Teach children who require limited portions about portion size and monitor their portions | 1 | 1 |
| NH1 | Do not force or bribe children to eat | 3 | 3 |
| NH2 | Do not use food as a reward or punishment | 3 | 3 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 3 | 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 day—indoor or outdoor | 3 | 3 |
| 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 | 3 | 3 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 | 3 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 | 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Arizona Regulation Rating History: 2010 (CTR, LRG); 2011 (LRG); 2015 (LRG); 2019 (CTR); 2020 (LRG)

STATE PROFILES

ARKANSAS At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 3 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 | 3 |
| Healthy 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 | 3 |
| 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 | 4 |
| NH2 | Do not use food as a reward or punishment | 3 | 3 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 3 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 3 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 4 |
| PA5 | Do not withhold active play from children who misbehave | 4 | 4 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 2 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 | 3 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 | 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 4 |
| 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); 2020 (CTR, LRG, SML); |
| 3 | Regulation partially meets standard | 2024 (CTR, LRG, SML) |
| 2 | Regulation does not address standard | NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised |
| 1 | Regulation contradicts the standard | documents also were rated for CACFP changes. |
| 0 | State does not regulate care type | |

STATE PROFILES

CALIFORNIA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 4 | 4 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 | 4 |
| IB1 | Feed infants on cue | 4 | 4 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 4 | 4 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 | 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 | 4 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 | 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 3 | 4 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 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 | 4 | 4 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 4 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 | 4 |
| Healthy 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 child; Teach children who require limited portions about portion size and monitor their portions | 3 | 3 |
| NH1 | Do not force or bribe children to eat | 2 | 2 |
| NH2 | Do not use food as a reward or punishment | 3 | 3 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 2 | 2 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 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 day—indoor or outdoor | 3 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 2 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

California Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); *2017 (CTR); 2023 (CTR, LRG, SML)

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

STATE PROFILES

COLORADO At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2 | 4 |
| IB1 | Feed infants on cue | 4 | 4 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 | 4 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 | 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 2 | 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 | 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 | 4 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 3 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 2 | 3 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 | 4 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 | 2 |
| NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 2 | 3 |
| NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 2 | 3 |
| NA4 | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 2 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 2 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 2 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 2 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 | 4 |
| ND1 | Make water available both inside and outside | 2 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 | 3 |
| Healthy 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 child; Teach children who require limited portions about portion size and monitor their portions | 2 | 3 |
| NH1 | Do not force or bribe children to eat | 3 | 3 |
| NH2 | Do not use food as a reward or punishment | 3 | 4 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 3 | 4 |
| 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 day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 4 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 | 4 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 | 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 | 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 2 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 4 |

Rating Code:

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

Colorado Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2016 (CTR); 2017* (CTR, LRG, SML); 2021 (CTR, LRG, SML); 2024 (LRG; SML)

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

STATE PROFILES

CONNECTICUT At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 | 4 |
| IB1 | Feed infants on cue | 4 | 4 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 4 | 4 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 4 | 4 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 | 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 | 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 3 | 4 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 2 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 1 | 3 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 1 | 4 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 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 |
| Healthy 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 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 2 | 2 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 3 | 3 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 2 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 | 2 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 4 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 2 |

Rating Code:

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

Connecticut Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG); 2017* (CTR, LRG); 2021 (SML); 2023 (CTR, LRG, SML); 2024 (CTR, LRG)

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

STATE PROFILES

DELAWARE At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 4 | 4 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 | 4 |
| IB1 | Feed infants on cue | 4 | 4 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 4 | 4 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 4 | 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 | 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 4 | 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 3 | 4 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 4 | 4 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 1 | 3 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 3 | 4 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 3 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 4 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 4 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 4 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 | 3 |
| Healthy Mealtime Practices | | | |
| NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 3 | 3 |
| NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 | 4 |
| NF1 | Serve small-sized, age-appropriate portions | 4 | 4 |
| NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 3 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 3 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 4 | 4 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 4 | 4 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 4 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 4 | 3 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 3 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 | 3 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 4 | 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 | 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 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); 2020 (CTR); 2021 (LRG, SML) |
| 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 | |
| 0 | State does not regulate care type | |

STATE PROFILES

DISTRICT OF COLUMBIA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | |
|---|------|------|
| Breastfeeding Support | | |
| | 2010 | 2024 |
| IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 | 4 |
| Infant Feeding Practices | | |
| IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2 | 4 |
| IB1 Feed infants on cue | 2 | 4 |
| IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 | 4 |
| IB3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 2 | 3 |
| IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 2 | 3 |
| IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 | 4 |
| IC3 Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 | 4 |
| ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 2 |
| ID2 Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 2 | 3 |
| ID3 Serve no fruit juice to children younger than 12 months of age | 2 | 4 |
| Nutrition (n = 21) | | |
| Nutrition Standards | | |
| | 2010 | 2024 |
| NA1 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 | 2 |
| NA2 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 2 | 3 |
| NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 2 | 3 |
| NA4 Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 Serve whole grain breads, cereals, and pastas | 2 | 3 |
| NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 2 | 3 |
| NB3 Serve fruits of several varieties, especially whole fruits | 2 | 3 |
| NC1 Use only 100% juice with no added sweeteners | 2 | 4 |
| NC2 Offer juice (100%) only during meal times | 2 | 4 |
| NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 | 4 |
| NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 | 4 |
| ND1 Make water available both inside and outside | 2 | 4 |
| NG1 Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 | 3 |
| Healthy Mealtime Practices | | |
| NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 | 2 |
| NE2 Require adults eating meals with children to eat items that meet nutrition standards | 2 | 2 |
| NF1 Serve small-sized, age-appropriate portions | 2 | 4 |
| NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | 2 | 3 |
| NH1 Do not force or bribe children to eat | 2 | 3 |
| NH2 Do not use food as a reward or punishment | 2 | 3 |
| Physical Activity (n = 11) | | |
| | 2010 | 2024 |
| 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 |
| PC1 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 | 3 |
| PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PD1 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 3 |
| PE1 Ensure that infants have supervised tummy time every day when they are awake | 2 | 4 |
| PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 3 |
| Limits on Screen-Time (n = 4) | | |
| | 2010 | 2024 |
| PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 | 3 |
| PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 | 3 |
| PB3 Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 4 |
| PB4 Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 2 |

Rating Code:

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

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

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

STATE PROFILES

FLORIDA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | |
|---------------------------------|---|-----------|
| Breastfeeding Support | | |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2010 2024 |
| | | 2 3 |
| Infant Feeding Practices | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2 4 |
| IB1 | Feed infants on cue | 2 4 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 4 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 2 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 2 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 4 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 2 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 2 3 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 4 |
| Nutrition (n = 21) | | |
| Nutrition Standards | | |
| NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 2 |
| NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 2 3 |
| NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 2 3 |
| NA4 | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | 2 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 2 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 2 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 2 3 |
| NC1 | Use only 100% juice with no added sweeteners | 2 4 |
| NC2 | Offer juice (100%) only during meal times | 2 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 4 |
| ND1 | Make water available both inside and outside | 4 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 3 |
| Healthy Mealtime Practices | | |
| NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 2 |
| NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 2 |
| NF1 | Serve small-sized, age-appropriate portions | 2 4 |
| NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 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 |
| Physical Activity (n = 11) | | |
| | | |
| 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 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 4 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 2 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 2 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 3 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 3 |
| Limits on Screen-Time (n = 4) | | |
| | | |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 4 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 2 |

Rating Code:

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

Florida Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR); 2017 (CTR, LRG, SML); 2019 (LRG, SML)

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

STATE PROFILES

GEORGIA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | |
|---------------------------------|---|------------------------|
| Breastfeeding Support | | |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2010 4 2024 4 |
| Infant Feeding Practices | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 4 |
| IB1 | Feed infants on cue | 4 4 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 4 4 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 4 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 3 4 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 2 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 1 3 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 1 4 |
| Nutrition (n = 21) | | |
| Nutrition Standards | | |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 4 |
| NC2 | Offer juice (100%) only during meal times | 2 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 4 |
| ND1 | Make water available both inside and outside | 3 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 3 3 |
| Healthy 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 child; Teach children who require limited portions about portion size and monitor their portions | 3 4 |
| NH1 | Do not force or bribe children to eat | 3 3 |
| NH2 | Do not use food as a reward or punishment | 4 4 |
| Physical Activity (n = 11) | | |
| | | |
| PA1 | Provide children with adequate space for both inside and outside play | 4 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 2 |
| PA5 | Do not withhold active play from children who misbehave | 2 2 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 3 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 4 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 3 |
| Limits on Screen-Time (n = 4) | | |
| | | |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 2 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Georgia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017* (CTR); 2020 (SML); 2022 (CTR); 2023 (CTR, SML)

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

STATE PROFILES

HAWAII At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 | 4 |
| IB1 | Feed infants on cue | 4 | 4 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 4 | 4 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 4 | 4 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 | 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 | 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 3 | 4 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 2 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 1 | 3 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 1 | 4 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 3 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 | 3 |
| Healthy 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 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 3 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 2 | 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 | 3 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 2 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Hawaii Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (CTR, LRG, SML); 2023 (CTR, LRG, SML); 2024 (CTR, LRG)
 NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised documents also were rated for CACFP changes.

STATE PROFILES

IDAHO At A Glance:

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

| Healthy Infant Feeding (n = 11) | | |
|---|------|------|
| Breastfeeding Support | | |
| | 2010 | 2024 |
| IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 | 2 |
| Infant Feeding Practices | | |
| IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 |
| Nutrition (n = 21) | | |
| Nutrition Standards | | |
| | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 2 |
| NA5 Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 2 |
| NB1 Serve whole grain breads, cereals, and pastas | 2 | 2 |
| NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 2 | 2 |
| NB3 Serve fruits of several varieties, especially whole fruits | 2 | 2 |
| NC1 Use only 100% juice with no added sweeteners | 2 | 2 |
| NC2 Offer juice (100%) only during meal times | 2 | 2 |
| NC3 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 | 2 |
| NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 | 2 |
| ND1 Make water available both inside and outside | 2 | 2 |
| NG1 Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 | 2 |
| Healthy 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 child; Teach children who require limited portions about portion size and monitor their portions | 2 | 2 |
| NH1 Do not force or bribe children to eat | 2 | 2 |
| NH2 Do not use food as a reward or punishment | 2 | 3 |
| Physical Activity (n = 11) | | |
| | 2010 | 2024 |
| PA1 Provide children with adequate space for both inside and outside play | 2 | 3 |
| PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 Do not withhold active play from children who misbehave | 2 | 2 |
| PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 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 day—indoor or outdoor | 2 | 2 |
| PE1 Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 2 |
| Limits on Screen-Time (n = 4) | | |
| | 2010 | 2024 |
| 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Idaho Regulation Rating History: 2010 (CTR, LRG, SML); 2022 (CTR, LRG, SML); 2023 (CTR, LRG, SML)

STATE PROFILES

ILLINOIS At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 | 4 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 1 | 4 |
| 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 | 4 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 | 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 4 | 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 3 | 3 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 4 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 1 | 1 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 1 | 4 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 | 4 |
| NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 | 4 |
| NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 | 3 |
| NA4 | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | 3 | 4 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 3 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 4 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 4 | 4 |
| ND1 | Make water available both inside and outside | 3 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 4 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 3 | 4 |
| Healthy Mealtime Practices | | | |
| NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 3 | 3 |
| NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 | 2 |
| NF1 | Serve small-sized, age-appropriate portions | 4 | 4 |
| NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | 3 | 3 |
| NH1 | Do not force or bribe children to eat | 4 | 4 |
| NH2 | Do not use food as a reward or punishment | 4 | 4 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 3 | 4 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 4 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 3 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 4 | 4 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 2 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 | 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 | 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 4 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 4 |

Rating Code:

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

Illinois Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR); 2023 (CTR, LRG, SML)

STATE PROFILES

INDIANA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 | 4 | 4 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 2 | 4 |
| 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 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 | 1 | 1 |
| 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 | 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 |
| ND1 | Make water available both inside and outside | 3 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 3 | 3 |
| Healthy Mealtime Practices | | | |
| NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 3 | 3 |
| NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 | 4 |
| NF1 | Serve small-sized, age-appropriate portions | 2 | 2 |
| NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | 1 | 1 |
| NH1 | Do not force or bribe children to eat | 2 | 2 |
| NH2 | Do not use food as a reward or punishment | 4 | 4 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 3 | 4 |
| 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 | 2 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 2 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 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 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 | 2 | 2 |
| 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Indiana Regulation Rating History: 2010 (CTR, LRG, SML); 2022 (CTR, LRG, SML)

STATE PROFILES

IOWA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 3 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 3 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 | 3 |
| Healthy 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 child; Teach children who require limited portions about portion size and monitor their portions | 3 | 3 |
| NH1 | Do not force or bribe children to eat | 2 | 2 |
| NH2 | Do not use food as a reward or punishment | 3 | 3 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 2 | 2 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 3 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 2 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Iowa Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG)/2012* (SML); 2017* (CTR, LRG, SML); 2024 (CTR, LRG, SML)

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

STATE PROFILES

KANSAS At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 4 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2 | 2 |
| IB1 | Feed infants on cue | 2 | 2 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 | 2 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 | 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 | 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 | 2 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 | 2 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 2 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 2 | 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 | 2 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 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 | 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 |
| ND1 | Make water available both inside and outside | 4 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 | 2 |
| Healthy 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 child; Teach children who require limited portions about portion size and monitor their portions | 1 | 1 |
| NH1 | Do not force or bribe children to eat | 3 | 3 |
| NH2 | Do not use food as a reward or punishment | 3 | 3 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 2 | 2 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 3 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 | 2 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 | 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Kansas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (LRG, SML); 2024 (CTR, LRG, SML)

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

STATE PROFILES

KENTUCKY At A Glance:

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

| Healthy Infant Feeding (n = 11) | | |
|---------------------------------|---|-----------|
| Breastfeeding Support | | |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2010 2 |
| | | 2024 3 |
| Infant Feeding Practices | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2010 2 |
| | | 2024 4 |
| IB1 | Feed infants on cue | 2010 2 |
| | | 2024 2 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2010 3 |
| | | 2024 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 | 2010 4 |
| | | 2024 4 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 2010 2 |
| | | 2024 2 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2010 2 |
| | | 2024 2 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2010 2 |
| | | 2024 2 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2010 2 |
| | | 2024 2 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 2010 2 |
| | | 2024 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2010 2 |
| | | 2024 4 |
| Nutrition (n = 21) | | |
| Nutrition Standards | | |
| NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2010 2 |
| | | 2024 2 |
| NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 2010 2 |
| | | 2024 3 |
| NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 2010 2 |
| | | 2024 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 | 2010 2 |
| | | 2024 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2010 2 |
| | | 2024 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 2010 2 |
| | | 2024 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 2010 3 |
| | | 2024 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 2010 3 |
| | | 2024 3 |
| NC1 | Use only 100% juice with no added sweeteners | 2010 4 |
| | | 2024 4 |
| NC2 | Offer juice (100%) only during meal times | 2010 2 |
| | | 2024 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2010 2 |
| | | 2024 2 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2010 2 |
| | | 2024 2 |
| ND1 | Make water available both inside and outside | 2010 3 |
| | | 2024 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2010 2 |
| | | 2024 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2010 2 |
| | | 2024 2 |
| Healthy Mealtime Practices | | |
| NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2010 2 |
| | | 2024 3 |
| NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2010 2 |
| | | 2024 2 |
| NF1 | Serve small-sized, age-appropriate portions | 2010 4 |
| | | 2024 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 child; Teach children who require limited portions about portion size and monitor their portions | 2010 1 |
| | | 2024 1 |
| NH1 | Do not force or bribe children to eat | 2010 2 |
| | | 2024 2 |
| NH2 | Do not use food as a reward or punishment | 2010 3 |
| | | 2024 4 |
| Physical Activity (n = 11) | | |
| | | |
| | | 2010 |
| | | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 2010 4 |
| | | 2024 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2010 2 |
| | | 2024 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2010 2 |
| | | 2024 3 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2010 2 |
| | | 2024 2 |
| PA5 | Do not withhold active play from children who misbehave | 2010 2 |
| | | 2024 4 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 2010 3 |
| | | 2024 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 2010 3 |
| | | 2024 4 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 2010 3 |
| | | 2024 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 | 2010 2 |
| | | 2024 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2010 2 |
| | | 2024 4 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2010 2 |
| | | 2024 2 |
| Limits on Screen-Time (n = 4) | | |
| | | |
| | | 2010 |
| | | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2010 2 |
| | | 2024 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2010 2 |
| | | 2024 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2010 2 |
| | | 2024 4 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2010 2 |
| | | 2024 4 |

Rating Code:

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

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

STATE PROFILES

LOUISIANA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 4 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 1 | 4 |
| IB1 | Feed infants on cue | 4 | 4 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 4 | 4 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 4 | 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 | 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 | 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 3 | 4 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 2 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 1 | 3 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 1 | 4 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 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 | 4 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 4 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 | 3 |
| Healthy 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 child; Teach children who require limited portions about portion size and monitor their portions | 1 | 3 |
| NH1 | Do not force or bribe children to eat | 2 | 3 |
| NH2 | Do not use food as a reward or punishment | 3 | 3 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 3 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 3 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 3 | 4 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 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 day—indoor or outdoor | 2 | 3 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 | 3 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 | 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 | 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 2 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 2 |

Rating Code:

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

Louisiana Regulation Rating History: 2010 (CTR); 2015 (CTR); 2017* (CTR); 2021 (CTR); 2023 (CTR)

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

STATE PROFILES

MAINE At A Glance:

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

| Healthy Infant Feeding (n = 11) | | |
|---------------------------------|---|--------------|
| Breastfeeding Support | | |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2010 2024 |
| | | 23 |
| Infant Feeding Practices | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 22 |
| IB1 | Feed infants on cue | 44 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 22 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 43 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 22 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 22 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 22 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 22 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 22 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 24 |
| Nutrition (n = 21) | | |
| Nutrition Standards | | |
| NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 22 |
| NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 33 |
| NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 33 |
| 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 | 22 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 22 |
| NB1 | Serve whole grain breads, cereals, and pastas | 23 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 33 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 33 |
| NC1 | Use only 100% juice with no added sweeteners | 24 |
| NC2 | Offer juice (100%) only during meal times | 22 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 24 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 24 |
| ND1 | Make water available both inside and outside | 34 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 23 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 23 |
| Healthy Mealtime Practices | | |
| NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 22 |
| NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 22 |
| NF1 | Serve small-sized, age-appropriate portions | 33 |
| 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 | 22 |
| NH1 | Do not force or bribe children to eat | 33 |
| NH2 | Do not use food as a reward or punishment | 33 |
| Physical Activity (n = 11) | | |
| | | |
| PA1 | Provide children with adequate space for both inside and outside play | 44 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 22 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 22 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 22 |
| PA5 | Do not withhold active play from children who misbehave | 24 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 43 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 34 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 33 |
| 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 | 22 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 24 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 23 |
| Limits on Screen-Time (n = 4) | | |
| | | |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 32 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 33 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 44 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 24 |

Rating Code:

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

Maine Regulation Rating History: 2010 (CTR, LRG, SML); 2017 (LRG, SML); 2021 (CTR, LRG, SML)

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

STATE PROFILES

MARYLAND At A Glance:

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

| Healthy Infant Feeding (n = 11) | | |
|---------------------------------|---|------------------------|
| Breastfeeding Support | | |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2010 3 2024 4 |
| Infant Feeding Practices | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 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 |
| Nutrition (n = 21) | | |
| Nutrition Standards | | |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 3 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 4 |
| NC2 | Offer juice (100%) only during meal times | 2 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 4 |
| ND1 | Make water available both inside and outside | 3 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 3 |
| Healthy 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 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 |
| Physical Activity (n = 11) | | |
| | | |
| PA1 | Provide children with adequate space for both inside and outside play | 4 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 2 |
| PA5 | Do not withhold active play from children who misbehave | 2 2 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 4 4 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 3 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 3 3 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 2 |
| Limits on Screen-Time (n = 4) | | |
| | | |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 3 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 4 |

Rating Code:

| | | |
|---|--------------------------------------|--|
| 4 | Regulation fully meets standard | Maryland Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG)/2012* (CTR, SML); 2015 (CTR, LRG, SML); 2017*(CTR, LRG, SML); 2023 (CTR, LRG) |
| 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 | |
| 0 | State does not regulate care type | |

STATE PROFILES

MASSACHUSETTS At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 | 4 | 4 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 2 | 2 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 | 2 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 | 2 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 2 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 2 | 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 | 2 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 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 | 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 |
| Healthy 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 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 | 4 | 3 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 3 | 4 |
| 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 day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 | 3 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Massachusetts Regulation Rating History: 2010 (CTR, LRG, SML); 2024 (CTR, LRG, SML)

STATE PROFILES

MICHIGAN At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 4 | 4 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 | 4 | 3 |
| 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 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 |
| Healthy 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 child; Teach children who require limited portions about portion size and monitor their portions | 3 | 3 |
| NH1 | Do not force or bribe children to eat | 2 | 2 |
| NH2 | Do not use food as a reward or punishment | 3 | 3 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| 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 |
| 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 day—indoor or outdoor | 2 | 4 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 4 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 3 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 | 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 | 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 3 | 4 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 2 |

Rating Code:

| | | |
|---|--------------------------------------|--|
| 4 | Regulation fully meets standard | Michigan Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, SML); 2014 (CTR); 2017*(CTR, LRG, SML); 2019 (CTR); 2024 (CTR, LRG, SML) |
| 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 | |
| 0 | State does not regulate care type | |

STATE PROFILES

MINNESOTA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 3 | 4 |
| IB1 | Feed infants on cue | 3 | 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 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 1 | 4 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 3 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 | 3 |
| Healthy 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 child; Teach children who require limited portions about portion size and monitor their portions | 3 | 3 |
| NH1 | Do not force or bribe children to eat | 2 | 2 |
| NH2 | Do not use food as a reward or punishment | 3 | 3 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 3 | 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 day—indoor or outdoor | 3 | 3 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 | 3 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Minnesota Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, SML); 2017*(CTR, LRG, SML); 2024 (CTR, LRG, SML)

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

STATE PROFILES

MISSISSIPPI At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 4 | 4 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 3 | 3 |
| NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 4 | 4 |
| NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 | 3 |
| NA4 | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to 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 | 4 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 4 | 4 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 4 | 4 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 4 | 4 |
| NC1 | Use only 100% juice with no added sweeteners | 1 | 1 |
| NC2 | Offer juice (100%) only during meal times | 2 | 2 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 3 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 3 |
| ND1 | Make water available both inside and outside | 3 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 4 | 4 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 3 | 3 |
| Healthy Mealtime Practices | | | |
| NE1 | 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 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 3 | 3 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 4 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 3 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 | 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

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

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

STATE PROFILES

MISSOURI At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 | 2 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 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 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 4 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 2 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 3 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 3 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 | 2 |
| Healthy 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 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 4 | 2 |
| PC1 | 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 day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 4 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 | 3 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Missouri Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML); 2023 (CTR, LRG, SML)

STATE PROFILES

MONTANA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 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 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 | 3 |
| Healthy 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 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 2 | 2 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 2 | 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 | 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 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Montana Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR,LRG, SML); 2017* (CTR,LRG, SML); 2021 (CTR); 2024 (CTR, LRG, SML)

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

STATE PROFILES

NEBRASKA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 | 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 | 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 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 1 | 2 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 | 2 |
| NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 | 2 |
| NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 | 2 |
| 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 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 2 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 2 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 2 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 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 | 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 | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 | 2 |
| Healthy 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 child; Teach children who require limited portions about portion size and monitor their portions | 3 | 2 |
| NH1 | Do not force or bribe children to eat | 2 | 2 |
| NH2 | Do not use food as a reward or punishment | 3 | 3 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 2 | 2 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 2 | 2 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 2 | 2 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 2 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Nebraska Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR); 2013 (LRG, SML); 2017* (CTR, LRG, SML); 2024 (CTR, LRG, SML)

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

STATE PROFILES

NEVADA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 | 4 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2 | 4 |
| IB1 | Feed infants on cue | 2 | 4 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 | 4 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 | 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 | 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 | 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 | 4 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 2 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 2 | 3 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 | 4 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 | 2 |
| NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 2 | 3 |
| NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 2 | 3 |
| NA4 | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 2 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 2 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 2 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 2 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 | 4 |
| ND1 | Make water available both inside and outside | 4 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 | 3 |
| Healthy Mealtime Practices | | | |
| NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 | 2 |
| NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 | 2 |
| NF1 | Serve small-sized, age-appropriate portions | 3 | 4 |
| NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 3 | 3 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 2 | 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 | 2 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Nevada Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2024 (CTR, LRG, SML)

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

STATE PROFILES

NEW HAMPSHIRE At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 | 2 |
| NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 | 3 |
| NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 2 | 3 |
| NA4 | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | 3 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 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 | 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 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 | 3 |
| Healthy 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 | 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 | 3 |
| NH1 | Do not force or bribe children to eat | 3 | 3 |
| NH2 | Do not use food as a reward or punishment | 3 | 3 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 3 | 3 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 2 | 4 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 2 | 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 3 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 | 4 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

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

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

STATE PROFILES

NEW JERSEY At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2 | 4 |
| IB1 | Feed infants on cue | 2 | 2 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 | 4 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 | 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 | 4 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 | 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 | 4 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 2 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 2 | 3 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 | 4 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 | 3 |
| NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 | 3 |
| NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 2 | 3 |
| NA4 | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | 2 | 4 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 4 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 4 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 4 |
| NC1 | Use only 100% juice with no added sweeteners | 3 | 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 | 4 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 | 3 |
| Healthy Mealtime Practices | | | |
| NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 | 2 |
| NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 | 2 |
| NF1 | Serve small-sized, age-appropriate portions | 3 | 4 |
| NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 3 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 3 | 4 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 4 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 3 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 4 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 3 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 | 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 | 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 4 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 2 |

Rating Code:

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

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

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

STATE PROFILES

NEW MEXICO At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 3 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 3 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 4 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 4 | 4 |
| NC1 | Use only 100% juice with no added sweeteners | 3 | 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 |
| Healthy Mealtime Practices | | | |
| NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 3 | 3 |
| NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 | 2 |
| NF1 | Serve small-sized, age-appropriate portions | 4 | 4 |
| NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 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 | 2 | 2 |
| NH2 | Do not use food as a reward or punishment | 3 | 3 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| 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 |
| 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 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 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 | 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 | 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 2 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 2 |

Rating Code:

| | | |
|---|--------------------------------------|--|
| 4 | Regulation fully meets standard | New Mexico Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017*(CTR, LRG, SML); 2024 (CTR, LRG, SML) |
| 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 | |
| 0 | State does not regulate care type | |

STATE PROFILES

NEW YORK At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2 | 4 |
| IB1 | Feed infants on cue | 2 | 4 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 | 4 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 4 | 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 2 | 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 | 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 | 4 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 2 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 2 | 3 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 | 4 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 | 2 |
| NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 2 | 3 |
| NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 2 | 3 |
| NA4 | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to 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 | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 4 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 | 3 |
| Healthy 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 child; Teach children who require limited portions about portion size and monitor their portions | 4 | 4 |
| NH1 | Do not force or bribe children to eat | 3 | 3 |
| NH2 | Do not use food as a reward or punishment | 3 | 3 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 3 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 3 | 3 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 2 | 3 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 2 | 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 4 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 | 3 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 | 3 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 | 2 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 4 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 4 |

Rating Code:

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

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

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

STATE PROFILES

NORTH CAROLINA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 4 | 4 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 3 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 3 | 3 |
| Healthy 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 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| 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 |
| 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 day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 4 | 4 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 2 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 4 | 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 | 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 4 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 2 |

Rating Code:

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

North Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2017* (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2023 (CTR, LRG, SML)

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

STATE PROFILES

NORTH DAKOTA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 3 | 3 |
| IB1 | Feed infants on cue | 2 | 4 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 | 2 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 4 | 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 | 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 |
| 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 | 2 | 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 | 2 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 2 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 2 |
| NB1 | Serve whole grain breads, cereals, and pastas | 2 | 2 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 2 | 2 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 2 | 2 |
| NC1 | Use only 100% juice with no added sweeteners | 2 | 2 |
| NC2 | Offer juice (100%) only during meal times | 2 | 2 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 | 2 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 | 2 |
| ND1 | Make water available both inside and outside | 3 | 3 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 | 2 |
| Healthy Mealtime Practices | | | |
| NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 3 | 3 |
| NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 | 2 |
| NF1 | Serve small-sized, age-appropriate portions | 4 | 4 |
| NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 3 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 3 | 4 |
| 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 | 3 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 2 | 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 2 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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, SML); 2023 (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 | |

STATE PROFILES

OHIO At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 | 4 |
| IB1 | Feed infants on cue | 4 | 2 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 4 | 2 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 | 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 4 | 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 | 3 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 3 | 2 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 2 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 1 | 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 1 | 2 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 | 2 |
| NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 | 2 |
| NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 | 2 |
| 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 | 3 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 4 | 2 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 4 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 3 |
| NC2 | Offer juice (100%) only during meal times | 2 | 2 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 2 |
| 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 |
| Healthy 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 child; Teach children who require limited portions about portion size and monitor their portions | 3 | 2 |
| NH1 | Do not force or bribe children to eat | 2 | 2 |
| NH2 | Do not use food as a reward or punishment | 3 | 3 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 3 | 3 |
| PC1 | 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 day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 4 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 2 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 | 2 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 | 2 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 2 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 4 |

Rating Code:

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

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

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

STATE PROFILES

OKLAHOMA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 | 4 |
| IB1 | Feed infants on cue | 4 | 4 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 | 4 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 | 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 | 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 2 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 4 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 | 3 |
| Healthy 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 | 3 | 4 |
| NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | 3 | 3 |
| NH1 | Do not force or bribe children to eat | 2 | 4 |
| NH2 | Do not use food as a reward or punishment | 3 | 4 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 4 |
| PA5 | Do not withhold active play from children who misbehave | 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 | 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 | 3 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 4 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 | 3 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 | 3 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 | 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 2 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 4 |

Rating Code:

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

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

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

STATE PROFILES

OREGON At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 | 1 | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 3 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 3 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 3 | 3 |
| Healthy 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 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 | 4 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| 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 |
| 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 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 | 4 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 | 3 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 | 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Oregon Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (SML); 2021 (CTR, LRG, SML); 2024 (CTR, LRG, SML)

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

STATE PROFILES

PENNSYLVANIA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 2 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 2 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 4 | 4 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 4 | 4 |
| NC1 | Use only 100% juice with no added sweeteners | 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 | 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 |
| Healthy 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 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 2 | 2 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 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 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 2 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Pennsylvania Regulation Rating History: 2010 (CTR, LRG, SML); 2020 (CTR, LRG, SML); 2023 (CTR, LRG, SML)

STATE PROFILES

RHODE ISLAND At A Glance:

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

| Healthy Infant Feeding (n = 11) | | |
|---------------------------------|---|-----------|
| Breastfeeding Support | | |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2010 2024 |
| | | 2 3 |
| Infant Feeding Practices | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 3 4 |
| IB1 | Feed infants on cue | 3 4 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 4 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 4 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 4 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 2 3 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 4 |
| Nutrition (n = 21) | | |
| Nutrition Standards | | |
| NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 2 |
| NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 2 3 |
| NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 2 3 |
| NA4 | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | 2 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 2 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 2 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 2 3 |
| NC1 | Use only 100% juice with no added sweeteners | 2 4 |
| NC2 | Offer juice (100%) only during meal times | 2 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 4 |
| ND1 | Make water available both inside and outside | 4 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 3 |
| Healthy Mealtime Practices | | |
| NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 2 |
| NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 2 |
| NF1 | Serve small-sized, age-appropriate portions | 2 4 |
| NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | 2 3 |
| NH1 | Do not force or bribe children to eat | 2 4 |
| NH2 | Do not use food as a reward or punishment | 3 4 |
| Physical Activity (n = 11) | | |
| | | |
| 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 |
| 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 | 3 4 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 3 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 4 |
| Limits on Screen-Time (n = 4) | | |
| | | |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 3 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 2 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 4 |

Rating Code:

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

Rhode Island Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (LRG, SML); 2013 (CTR); 2017 (CTR)/2017*(LRG, SML); 2021 (CTR, LRG, SML); 2023 (CTR, LRG, SML); 2024 (LRG, SML)

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

STATE PROFILES

SOUTH CAROLINA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 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 |
| Healthy 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 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 2 | 2 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 2 | 2 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 2 | 2 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 | 3 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 | 2 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 | 2 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 2 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 2 |

Rating Code:

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

South Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG); 2017 (SML)/2017* (CTR, LRG); 2024 (CTR, LRG, SML)

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

STATE PROFILES

SOUTH DAKOTA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | |
|---------------------------------|---|----------|
| Breastfeeding Support | | |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 20102024 |
| | | 23 |
| Infant Feeding Practices | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 22 |
| IB1 | Feed infants on cue | 43 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 22 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 44 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 22 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 22 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 22 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 22 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 22 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 22 |
| Nutrition (n = 21) | | |
| Nutrition Standards | | |
| NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 22 |
| NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 22 |
| NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 22 |
| 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 | 22 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 22 |
| NB1 | Serve whole grain breads, cereals, and pastas | 22 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 22 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 22 |
| NC1 | Use only 100% juice with no added sweeteners | 22 |
| NC2 | Offer juice (100%) only during meal times | 22 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 22 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 22 |
| ND1 | Make water available both inside and outside | 22 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 22 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 22 |
| Healthy Mealtime Practices | | |
| NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 22 |
| NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 22 |
| NF1 | Serve small-sized, age-appropriate portions | 22 |
| 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 | 22 |
| NH1 | Do not force or bribe children to eat | 33 |
| NH2 | Do not use food as a reward or punishment | 33 |
| Physical Activity (n = 11) | | |
| | | |
| | | 20102024 |
| PA1 | Provide children with adequate space for both inside and outside play | 44 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 22 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 22 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 22 |
| PA5 | Do not withhold active play from children who misbehave | 24 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 32 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 32 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 32 |
| 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 | 22 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 22 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 22 |
| Limits on Screen-Time (n = 4) | | |
| | | |
| | | 20102024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 22 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 22 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 22 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 22 |

Rating Code:

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

South Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2023 (CTR, LRG, SML)

STATE PROFILES

TENNESSEE At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2 | 4 |
| IB1 | Feed infants on cue | 4 | 4 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 | 4 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 | 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 | 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 | 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 | 4 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 2 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 2 | 3 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 | 4 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 | 2 | 3 |
| NA4 | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 2 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 2 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 | 4 |
| ND1 | Make water available both inside and outside | 3 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 4 | 4 |
| Healthy Mealtime Practices | | | |
| NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 | 4 |
| NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 | 2 |
| NF1 | Serve small-sized, age-appropriate portions | 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 child; Teach children who require limited portions about portion size and monitor their portions | 2 | 3 |
| NH1 | Do not force or bribe children to eat | 4 | 3 |
| NH2 | Do not use food as a reward or punishment | 4 | 4 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 3 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 4 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 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 | 4 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 3 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 4 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 | 4 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 | 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 | 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 3 | 4 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 4 |

Rating Code:

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

Tennessee Regulation Rating History: 2010 (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2022 (CTR, LRG, SML)

STATE PROFILES

TEXAS At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 | 4 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 2 | 3 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 | 4 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 | 2 |
| NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 | 3 |
| NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 2 | 3 |
| NA4 | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 3 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 4 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 | 3 |
| Healthy 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 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| 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 | 4 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 4 | 4 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 4 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 4 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 4 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 4 |
| 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 | 3 | 4 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 | 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 | 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 4 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 4 |

Rating Code:

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

Texas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2021 (CTR, LRG, SML); 2023 (CTR, LRG, SML); 2024 (CTR, LRG, SML)

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

STATE PROFILES

UTAH At A Glance:

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

| Healthy Infant Feeding (n = 11) | | |
|---------------------------------|---|------------------------|
| Breastfeeding Support | | |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2010 3 2024 3 |
| Infant Feeding Practices | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 |
| Nutrition (n = 21) | | |
| Nutrition Standards | | |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 4 |
| NC2 | Offer juice (100%) only during meal times | 3 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 4 |
| ND1 | Make water available both inside and outside | 3 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 3 |
| Healthy 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 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 |
| Physical Activity (n = 11) | | |
| | | |
| PA1 | Provide children with adequate space for both inside and outside play | 4 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 2 |
| PA5 | Do not withhold active play from children who misbehave | 2 2 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 2 4 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 2 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 4 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 3 |
| Limits on Screen-Time (n = 4) | | |
| | | |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 3 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 2 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 2 |

Rating Code:

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

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

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

STATE PROFILES

VERMONT At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 4 | 4 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 3 | 4 |
| IB1 | Feed infants on cue | 4 | 4 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 | 4 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 | 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 2 | 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 | 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 | 4 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 4 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 2 | 3 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 3 | 4 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 | 2 |
| NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 2 | 3 |
| NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 2 | 3 |
| NA4 | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to 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 | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 2 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 | 4 |
| ND1 | Make water available both inside and outside | 3 | 4 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 | 3 |
| Healthy Mealtime Practices | | | |
| NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 | 2 |
| NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 | 2 |
| NF1 | Serve small-sized, age-appropriate portions | 2 | 4 |
| NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| 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 | 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 |
| 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 | 4 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 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 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 | 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 | 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

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

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

STATE PROFILES

VIRGINIA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 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 |
| Healthy 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 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 2 | 2 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 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 | 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 | 3 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

Virginia Regulation Rating History: 2010 (CTR); 2011 (LRG, SML); 2012*(CTR, LRG, SML); 2017*(CTR, LRG, SML); 2024 (CTR, LRG, SML)

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

STATE PROFILES

WASHINGTON At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 | 4 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 | 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 | 4 | 4 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 4 | 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 | 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 4 | 4 |
| ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 | 4 |
| ID2 | Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age | 1 | 3 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 1 | 4 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 3 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 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 | 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 | 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 | 3 | 3 |
| Healthy 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 | 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 child; Teach children who require limited portions about portion size and monitor their portions | 2 | 3 |
| NH1 | Do not force or bribe children to eat | 2 | 3 |
| NH2 | Do not use food as a reward or punishment | 3 | 3 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 4 |
| PA5 | Do not withhold active play from children who misbehave | 2 | 4 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 3 |
| 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 | 4 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the 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 | 3 | 3 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 | 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 | 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 4 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 4 |

Rating Code:

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

Washington Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG, SML); 2017*(LRG, SML); 2019 (CTR, LRG, SML); 2024 (CTR, LRG, SML)

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

STATE PROFILES

WEST VIRGINIA At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 3 | 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 | 4 | 3 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 | 4 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 3 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 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 | 4 |
| Healthy 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 | 4 | 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 child; Teach children who require limited portions about portion size and monitor their portions | 3 | 3 |
| NH1 | Do not force or bribe children to eat | 3 | 4 |
| NH2 | Do not use food as a reward or punishment | 3 | 4 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 4 |
| PA5 | Do not withhold active play from children who misbehave | 4 | 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 | 4 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 4 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 4 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 4 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 4 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 | 4 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 | 3 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 4 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 2 |

Rating Code:

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

West Virginia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR); 2017 (LRG, SML); 2023 (CTR, LRG, SML)

STATE PROFILES

WISCONSIN At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 3 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 4 |
| NB1 | Serve whole grain breads, cereals, and pastas | 3 | 3 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 | 3 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 3 | 3 |
| NC1 | Use only 100% juice with no added sweeteners | 4 | 4 |
| NC2 | Offer juice (100%) only during meal times | 2 | 4 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 | 4 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 | 4 |
| ND1 | Make water available both inside and outside | 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 |
| Healthy 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 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| PA1 | Provide children with adequate space for both inside and outside play | 4 | 4 |
| PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 | 3 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 4 | 4 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 | 3 |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 | 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 4 | 4 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 | 2 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 | 2 |
| PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 | 2 |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 | 2 |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 | 2 |

Rating Code:

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

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

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

STATE PROFILES

WYOMING At A Glance:

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

| Healthy Infant Feeding (n = 11) | | | |
|---------------------------------|---|------|------|
| Breastfeeding Support | | 2010 | 2024 |
| IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 | 3 |
| Infant Feeding Practices | | | |
| IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2 | 2 |
| IB1 | Feed infants on cue | 4 | 4 |
| IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 | 2 |
| IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 2 | 3 |
| IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 | 2 |
| IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 | 2 |
| IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 | 2 |
| 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 |
| Nutrition (n = 21) | | | |
| Nutrition Standards | | 2010 | 2024 |
| 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 those who are at risk for hypercholesterolemia or obesity | 2 | 2 |
| NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 | 2 |
| NB1 | Serve whole grain breads, cereals, and pastas | 2 | 2 |
| NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 2 | 2 |
| NB3 | Serve fruits of several varieties, especially whole fruits | 2 | 2 |
| NC1 | Use only 100% juice with no added sweeteners | 2 | 2 |
| NC2 | Offer juice (100%) only during meal times | 2 | 2 |
| NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 | 2 |
| NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 | 2 |
| ND1 | Make water available both inside and outside | 2 | 2 |
| NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 | 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 | 2 |
| Healthy Mealtime Practices | | | |
| NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 | 2 |
| NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 | 2 |
| NF1 | Serve small-sized, age-appropriate portions | 2 | 4 |
| NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 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 |
| Physical Activity (n = 11) | | | |
| | | 2010 | 2024 |
| 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 | 3 | 2 |
| PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 | 2 |
| PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 | 2 |
| PA5 | Do not withhold active play from children who misbehave | 3 | 4 |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 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 day—indoor or outdoor | 2 | 2 |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 | 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 | 3 |
| Limits on Screen-Time (n = 4) | | | |
| | | 2010 | 2024 |
| 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 |
| 3 | Regulation partially meets standard |
| 2 | Regulation does not address standard |
| 1 | Regulation contradicts the standard |
| 0 | State does not regulate care type |

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

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

State Assessment Years: 2010 to 2024

This table shows the years states were assessed based on changes to child care licensing regulations. The assessment period for this report is January 1 to December 31, 2024. States with outdated ratings were also reassessed to align with current methodology. For a full list of documents rated in 2024, see Appendix B.

| Years Rated | | | | | | | | | | | | | | | |
|---------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| State | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 | 2024 |
| Alabama | X | | X | | | | | | X | X | | X | | X | |
| Alaska | X | | X | | | | | X | | | | | | | X |
| Arizona | X | X | | | | | | | | X | X | | | | |
| Arkansas | X | X | | | | X | | X | | | X | | | | |
| California | X | | X | | | | | X | | | | | | X | |
| Colorado | X | | X | | | X | X | X | | | | X | | | X |
| Connecticut | X | | X | | | | | X | | | | X | | X | X |
| Delaware | X | | X | | | X | | X | | X | X | X | | | |
| D.C. | X | | | | | | X | X | | | | | | | |
| Florida | X | | X | X | | | | X | | X | | | | | |
| Georgia | X | | X | | X | | | X | | | X | | X | X | |
| Hawaii | X | | X | | | | | X | | | | | | X | X |
| Idaho | X | | | | | | | | | | | | X | X | |
| Illinois | X | | | | X | | | | | | | | | X | |
| Indiana | X | | | | | | | | | | | | X | | |
| Iowa | X | | X | | | | | X | | | | | | | X |
| Kansas | X | | X | X | | | | | | | | | | | X |
| Kentucky | X | | | X | | | | | X | | | X | | | |
| Louisiana | X | | X | | | X | | X | | | | X | | X | |
| Maine | X | | X | | | | | X | | | | X | | | |
| Maryland | X | | X | | | X | | X | | | | | | X | |
| Massachusetts | X | | | | | | | | | | | | | | X |
| Michigan | X | | X | | X | | | X | | X | | | | | X |
| Minnesota | X | | X | | | | | X | | | | | | | X |
| Mississippi | X | | X | X | | | | | | | X | | | | |
| Missouri | X | | | | | | X | | | | | | | X | |

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 2024 (continued)

| Years Rated | | | | | | | | | | | | | | | |
|----------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| State | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | 2017 | 2018 | 2019 | 2020 | 2021 | 2022 | 2023 | 2024 |
| Montana | X | | X | | | | | X | | | | X | | | X |
| Nebraska | X | | X | X | | | | X | | | | | | | X |
| Nevada | X | | X | | | | | | X | | | | | | X |
| New Hampshire | X | | | | | | | X | | | | | X | | |
| New Jersey | X | | | X | | | | X | | | | | | | |
| New Mexico | X | | X | | X | | | X | | | | | | | X |
| New York | X | | | X | X | X | | X | | | | | | | |
| North Carolina | X | | X | X | | | | X | X | | | | | X | |
| North Dakota | X | X | | | | | | | | | X | | | X | |
| Ohio | X | | X | | | | X | | | | | X | | | |
| Oklahoma | X | | | | | | X | X | | | | | X | | |
| Oregon | X | | X | | | | | X | | | | X | | | X |
| Pennsylvania | X | | | | | | | | | | X | | | X | |
| Rhode Island | X | | X | X | | | | X | | | | X | | X | X |
| South Carolina | X | | X | | | | | X | | | | | | | X |
| South Dakota | X | | | | | | | | | | | | | X | |
| Tennessee | X | | | | | | | | X | | | | X | | |
| Texas | X | | X | | X | | | | | | | X | | X | X |
| Utah | X | | X | | | | | X | | | | | | | |
| Vermont | X | | | | | | X | X | | | | | | | |
| Virginia | X | | X | | | | | X | | | | | | | X |
| Washington | X | | X | | | | | X | | X | | | | | X |
| West Virginia | X | | X | | X | | | | | | | | | X | |
| Wisconsin | X | | X | | | | | | | X | | | | | |
| Wyoming | X | | X | X | | | | | | | | | X | | |

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 2024 for Achieving a State of Healthy Weight (ASHW)

The list below shows the documents rated in 2024. You can view the full list of all documents rated since 2010 [here](#).³⁸ The ASHW assessment team actively identifies new and revised documents through website searches, email outreach, and direct communication with state licensing agencies. Occasionally, the team may miss regulations during the year they take effect. When that happens, the team screens and rates those documents for inclusion in the ASHW report for the year they are discovered. If state licensing personnel know of any missed documents, please contact the assessment team at healthyweight@cuanschutz.edu.

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

| State | Regulation Document Title For links to states' documents, click here | Document Date | ASHW Year | Child Care Types | | |
|-------|---|---------------|-----------|------------------|-------------|-------------|
| | | | | C T R | L R G | S M L |
| AK | Alaska | | | | | |
| | Title 7 Health and Social Services. Chapter 57. Child Care Facilities Licensing | 7/1/2022 | 2024 | X | X | X |
| CO | Colorado | | | | | |
| | 2.300 - Rules Regulating Family Child Care Homes | 3/16/2024 | 2024 | | X | X |
| CT | Connecticut | | | | | |
| | Statutes and Regulations for Child Care Centers and Group Child Care Homes | 10/16/2024 | 2024 | X | X | |
| HI | Hawaii | | | | | |
| | Title 17, Chapter 892.2 Licensing of Group Child Care Centers and Group Child Care Homes | 6/16/2024 | 2024 | X | X | |
| IA | Iowa | | | | | |
| | Chapter 109 Child Care Centers | 11/2/2022 | 2024 | X | | |
| | Chapter 110: Child Development Homes | 11/3/2021 | 2024 | | X | X |
| KS | Kansas | | | | | |
| | Kansas Laws & Regulations for Licensing Preschools and Child Care Centers | 8/2024 | 2024 | X | | |
| | Kansas Laws & Regulations for Licensing Family Child Care Homes | 8/2024 | 2024 | | X | X |
| MA | Massachusetts | | | | | |
| | 606 CMR 7.00: Standards for the licensure or approval of family child care; small group and school age and large group and school age child care programs | 2010 | 2024 | X | X | X |
| MI | Michigan | | | | | |
| | Licensing Rules for Child Care Centers | 2/22/2022 | 2024 | X | | |
| | Licensing Rules for Family and Group Child Care Homes | 12/13/2019 | 2024 | | X | X |
| MN | Minnesota | | | | | |
| | Chapter 9503 Child Care Center Licensing | 10/13/2021 | 2024 | X | | |
| | Chapter 9502 Licensing of Day Care Facilities (Family Day Care and Group Family Day) | 9/20/2024 | 2024 | | X | X |

State Documents Rated in 2024 (continued)

| State | Regulation Document Title For links to states' documents, click here | Document Date | ASHW Year | Child Care Types | | |
|-------|---|---------------|-----------|------------------|-------------|-------------|
| | | | | C T R | L R G | S M L |
| MT | Montana | | | | | |
| | Licensing Requirements for Child Day Care Centers | 12/2021 | 2024 | X | | |
| | Requirements for Registration of Family & Group Day Care Homes | 12/2021 | 2024 | | X | X |
| NE | Nebraska | | | | | |
| | 606 CMR 7.00: Standards for the licensure or approval of family child care; small group and school age and large group and school age child care programs | 2/19/2013 | 2024 | X | | |
| | Title 391 - Children's Services Licensing; Chapter 2 - Family Child Care Home II | 2/19/2013 | 2024 | | X | |
| | Title 391 - Children's Services Licensing; Chapter 1 - Family Child Care Home I | 2/19/2013 | 2024 | | | X |
| NV | Nevada | | | | | |
| | Chapter 432A - Services and Facilities for Care of Children (REGULATIONS/CODES) NAC | 1/31/2018 | 2024 | X | X | X |
| NM | New Mexico | | | | | |
| | Title 8 Social Services Chapter 9 Early Childhood Education and Care Part 4 Child Care Licensing; Child Care Centers, Out of School Time Programs, Family Child Care Homes, and other Early Care and Education Programs | 7/3/2023 | 2024 | X | X | X |
| OR | Oregon | | | | | |
| | Rules For Certified Child Care Centers (OCC-0084) | 5/7/2024 | 2024 | X | | |
| | Rules For Certified Family Child Care Homes | 5/7/2024 | 2024 | | X | |
| | Rules for Registered Family Child Care Homes | 5/7/2024 | 2024 | | | X |
| RI | Rhode Island | | | | | |
| | 218-RICR-70-00-7 Group Family Child Care Home Regulations | 6/20/2024 | 2024 | | X | |
| | 218-RICR-70-00-2 Family Child Care Home Regulations | 6/20/2024 | 2024 | | | X |
| SC | South Carolina | | | | | |
| | Regulations for the Licensing of Child Care Centers | 6/22/2018 | 2024 | X | | |
| | Licensed Group Child Care Homes | 5/19/2005 | 2024 | | X | |
| | Family Child Care Home Regulations | 5/25/2024 | 2024 | | | X |
| TX | Texas | | | | | |
| | Chapter 746: Minimum Standards for Child-Care Centers | 5/3/2023 | 2024 | X | | |
| | Chapter 747: Minimum Standards for Licensed and Registered Child-Care Homes | 5/3/2023 | 2024 | | X | X |
| VA | Virginia | | | | | |
| | Standards for Licensed Child Day Centers | 10/13/2021 | 2024 | X | | |
| | Chapter 800. Standards for Licensed Family Day Homes | 7/1/2021 | 2024 | | X | X |
| WA | Washington | | | | | |
| | Chapter 110-300 WAC Foundational Quality Standards for Early Learning Programs (Formerly: Chapter 170-300 WAC) | 12/20/2024 | 2024 | X | X | X |



For more information please contact
College of Nursing, ASHW Assessment Team
University of Colorado Anschutz Medical Campus
<https://nursing.cuanschutz.edu/research/healthy-weight>
healthyweight@cuanschutz.edu
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