

2024 SUPPLEMENT

Achieving a State of Healthy Weight

State Profiles: Child Care Centers



2024 Supplement: Achieving a State of Healthy Weight

State Profiles: Child Care Centers

University of Colorado Anschutz Medical Campus College of Nursing

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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 statespecific supplements. These supplements provide detailed data for each state and care type, including Child Care Centers (CTR), Large Family Child Care Homes (LFCCH), and Small Family Child Care Homes (SFCCH). The profiles evaluate how well each state's licensing regulations for early care and education (ECE) programs align with the High-Impact Obesity Prevention Standards (HIOPS).

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

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

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

History of ASHW

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





Helpful Resources

- CDC's 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.

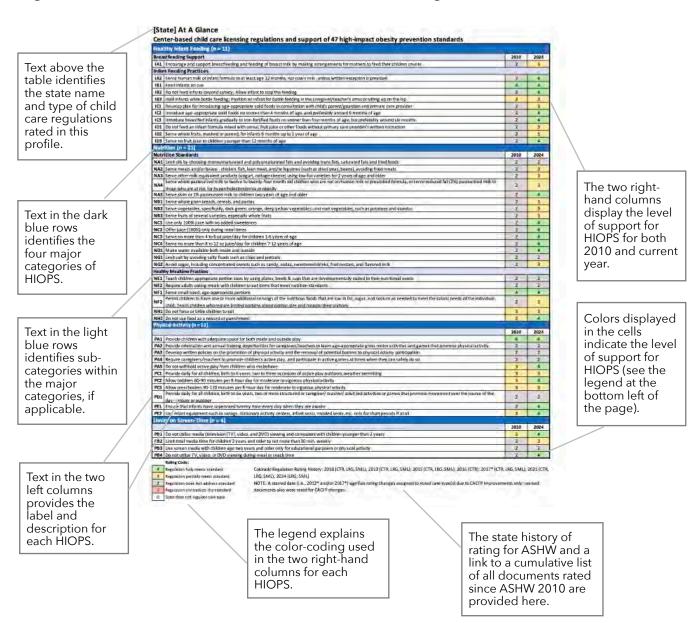
Each state profile shows the level of support for the 47 HIOPS within Child Care Center regulations. This supplement presents center ratings and includes two appendices: 1) a list of state documents rated in 2024 and 2) a table showing the years each state was assessed.

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 <u>ASHW 2010</u> 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.



References

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- 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

ALABAMA At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding 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
Infa	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	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
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	2
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	2
	Serve no fruit juice to children younger than 12 months of age	1	2
	rition (n = 21)		
	ition Standards	2010	2024
		2010	2
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods		
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	2
NA4	those who are at risk for hypercholesterolemia or obesity	2	2
NAS	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	2
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	2
ND1	Make water available both inside and outside	3	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
Heal	thy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
IVITZ	child; Teach children who require limited portions about portion size and monitor their portions	3	3
	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	4	4
Phys	ical 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
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	4
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	4
	ts on Screen-Time (n = 4)		
		2010	2024
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
	Use screen media with children age two years and older only for educational purposes or physical activity	2	4
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
r04	POUNDE MAINE 1 19, VINCO, OF DAD ALEMHIR MINING MICHAEL MINING	Z	Z
	Rating Code:		

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

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.

ALASKA At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	astfeeding 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
Infa	nt Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
_	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	ition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
INAS	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
_	Make water available both inside and outside	2	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	thy Mealtime Practices		
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
NILIA	child; Teach children who require limited portions about portion size and monitor their portions	2	2
_	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	2	3
Phy:	ical Activity (n = 11)	2212	
		2010	2024
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4
_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	4	2
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4	4
Lim	its 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
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

Rating Code

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

0 State does not regulate care type

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.

ARIZONA At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	thy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2024
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	3
Infar	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	3
IB1	Feed infants on cue	2	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
	Serve no fruit juice to children younger than 12 months of age	2	2
	ition (n = 21)		
_	ition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	2
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NΔ5	Inose who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	4	3
	Serve whole grain breads, cereals, and pastas	3	2
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	4	3
_	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4
ND1	Make water available both inside and outside	4	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
Healt	hy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	3	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	1	1
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2024
_	Provide children with adequate space for both inside and outside play	4	4
_	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	3	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
Limi	ts 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:		

Rating Code

Regulation fully meets standard
Regulation partially meets standard

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

2 Regulation does not address standard
1 Regulation contradicts the standard
0 State does not regulate care type

ARKANSAS At A Glance:

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

Resultance Teach		ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Main Standard St	Hea	Ithy Infant Feeding (n = 11)		
Internst Teaching Practices	Brea	astfeeding Support	2010	2024
AB Fine Infant formula to at least age 21 months, not ton's mills, unless written exception is provided 4 4 4 4 4 4 4 4 4	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Mil.	Infa	t Feeding Practices	•	
182 Donn freet finiths beyond safety. Allow infant to stop the feeding. 183 Said infants, she will be a trace free feeding. 184 Said infants, she will be a trace feeding. 185 Said infants, she will be a trace feeding. 185 Said infants, she will be a trace feeding. 185 Said infants. Said infants. 185 Said infants. Said infants. 185 Said infants. Said infants. 185 Said infants. 1	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
18.3 18.5	IB1	Feed infants on cue	4	4
Incompany Inco	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
Colin Incidence Passage Pappropriate South S	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
Col. Don't offeed in infert formula mise with creal furth light or other foods without primary care provider's witten instruction 1 3 3 3 3 3 3 3 3 3	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
100 100	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
10.2 10.2	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
103 Seven for furth jutic to children younger than 12 months of age Notifician Standards 102	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
103 Seven for furth jutic to children younger than 12 months of age Notifician Standards 102	ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
Nutrition Standards			1	4
NUMER Standards 2000 2024 2 2 2 2 2 2 2 2 2				
NAI Int all by choosing monumentament and polyumentament fats and availing trans fats, saturated fiss and freed froots 2 3 3 3 3 3 3 3 3 3			2010	2024
NAZ Serve ments and/for beans - chicken, fish, kean meat, and/for legumes (such as dried peas, beams), avoiding fried meats 3 3 3 3 3 3 3 3 3				
Nat Serve where mile equivalent products (yogunt, cottage cheese) using low-fat varieties for 2 years of age and older				
No. Serve whole pasteurized milk to tweely not weethy-four month old children who are not on human milk or prescribed formula, or serve reduced fail (2%) pasteurized milk to thildren two years of age and older 4 4 NAS Serve vestion on 1% pasteurized milk to children two years of age and older 4 4 3 3 3 NAS Serve vesting pain breads, creating, and gastas 3<				
Name Name Name Name Amount Name				
NBI 2 Server whoting grain breads, cereals, and pastas 3 3 NBI 2 Server vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 3 NBI 3 Server trits of several varieties, especially, whole fruits 4 4 4 NBI 3 Server trits of several varieties, especially whole fruits 4 4 4 NBI 2 Device of 100% juice with no added sweeteners 4 4 4 NBI 2 Device of 100% juice with no added sweeteners 2 4 NBI 3 Server no more than 4 to 6 or juice/day for children 1-6 years of age 3 4 NBI 3 Server no more than 4 to 6 or juice/day for children 1-7 years of age 3 4 NBI 4 NBI 3 Juice/day for children 1-6 years of age 3 4 NBI 3 Juice/day for children 1-6 years of age 3 4 NBI 4 Juice/day for children 1-6 years of age 3 4 NBI 5 Juice year than 10 year year day for dos such as chips and prices 3 4 NBI 6 Juice year day for a lide of year year day	NA4		2	3
NBZ 2 Serve regetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and visindas 3 4	NA5		2	4
NB3 Serve Fruits of several varieties, especially whole fruits 3 3 3 3 3 3 3 3 3	NB1	Serve whole grain breads, cereals, and pastas	3	3
NB3 Seve fruits of several varieties, especially whole fruits 3 3 4 KIC Use only 100% juice with no added sweeteners 4 4 NC2 Offer juice (100%) only during meal times 2 4 NC3 Seven no more than 4 to 16 oz juice/day for children 7-12 years of age 3 4 ND1 Make water available both inside and outside 3 4 ND2 Alse water available both inside and outside 2 2 2 ND2 Alse water available both inside and outside 2 2 2 ND2 Alse water available both inside and outside 2 2 2 ND2 Avoid sugar, including concentrated sweets such as cardy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 3 4 NB-BUT but from the but of the international proportions 2 2 2 NE2 Require adults eating meaks with children to eat terms that meet nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual distriction in have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual distriction in have one or more additional servings of the nu	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
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ND1 Make water available both inside and outside 1 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2				
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NH2 Do not use food as a reward or punishment 33 3 Physical Activity (n = 11) PA1 Provide children with adequate space for both inside and outside play 4 4 4 PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 2 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 dos 0 2 4 PA5 Do not withhold active play from children who misbehave 4 4 4 PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3 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 PC4 PC5 Provide daily for all children, birth to sk years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor 4 2 2 2 PC5 I senure that infants have supervised turmny time every day when they are awake 4 2 2 2 PC6 I senure that infants have supervised turmny time every day when they are awake 4 2 2 2 PC7 I senure that infants have supervised turmny time every day when they are awake 4 2 2 2 PC8 I senure that infants have supervised turmny time every day when they are awake 4 2 2 2 PC8 I senure that infants have supervised turmny time every day when they are awake 4 2 2 2 PC9 I senure that infants have supervised turmny time every day when they are awake 4 2 2 2 PC9 I senure that infants have supervised turmny time every day when they are awake 4 2 2 2 PC9 I senure that infants have supervised turmny time every day when they are awake 4 2 2 2 PC9 I senure that infants have supervised turmny time every day when they are a	NH1		2	4
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PEZ 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 PBI 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	PE1		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				
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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				
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2				
	. 54	Rating Code:		

Rating Code:

4	Regulation fully meets standard	Arkansas Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, L
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 change
1	Regulation contradicts the standard	documents also were rated for CACFP changes.
0	State does not regulate care type	
0	State does not regulate care type	

Arkansas Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2017* (CTR, LRG, SML); 2020 (CTR, LRG, SML); 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.

CALIFORNIA At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding 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
Infar	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	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
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
_	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	ition (n = 21)		
	ition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	4	4
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
_	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
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
Healt	hy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
	Child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Pillys	ical Activity (n = 11)	2010	2024
DA1	Provide children with adequate space for both inside and outside play	4	4
	Provide criminal warrawequate space for both inside and oddside pilay Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	2
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	3	2
	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limi	ts on Screen-Time (n = 4)		
		2010	2024
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

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

COLORADO At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Bre	astfeeding 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
	nt Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
	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
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	3
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)	2	4
	ition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
NIAE	those who are at risk for hypercholesterolemia or obesity	2	4
	Serve skim or 1% pasteurized milk to children two years of age and older	2	
	Serve whole grain breads, cereals, and pastas	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
	Serve fruits of several varieties, especially whole fruits	2	3
	Use only 100% juice with no added sweeteners	2	4
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
Heal	thy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	3
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	3	4
	sical Activity (n = 11)		
		2010	2024
PA1	Provide children with adequate space for both inside and outside play	4	4
PA2		2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	4
		3	3
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3
PD1		2	2
DE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4
LIM	its on Screen-Time (n = 4)	2015	222.5
		2010	2024
_	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
_	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	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.

CONNECTICUT At A Glance:

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
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
1B3 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
	3	3
NA3 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized		3
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
	4	4
NC1 Use only 100% juice with no added sweeteners	2	4
NC2 Offer juice (100%) only during meal times		
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
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the indi	vidual 3	3
child; Teach children who require limited portions about portion size and monitor their portions	2	-
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	2224
	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 activ		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
PAS Do not withhold active play from children who misbehave	2	2
PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	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 day—indoor or outdoor	of the 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	2010	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:		

Rating Code:

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

DELAWARE At A Glance:

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

	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	202
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
fa	t Feeding Practices		
Α2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
B 1	Feed infants on cue	4	4
B 2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
33	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
C1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	(1)
C2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	4	4
:3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
)1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	4
)2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	
)3	Serve no fruit juice to children younger than 12 months of age	3	4
ut	ition (n = 21)		
ιt	ition Standards	2010	20
۹1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
-	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	:
	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		
14	those who are at risk for hypercholesterolemia or obesity	3	
۱5	Serve skim or 1% pasteurized milk to children two years of age and older	2	
1	Serve whole grain breads, cereals, and pastas	3	
2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	
33	Serve fruits of several varieties, especially whole fruits	4	
21	Use only 100% juice with no added sweeteners	4	
:2	Offer juice (100%) only during meal times	2	
23	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	
_	Make water available both inside and outside	4	
31		2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	
	hy Mealtime Practices	_	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	
_	Require adults eating meals with children to eat items that meet nutrition standards	2	
_	Serve small-sized, age-appropriate portions	4	
. 1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	
-2	child; Teach children who require limited portions about portion size and monitor their portions	3	
11	Do not force or bribe children to eat	3	
_	Do not use food as a reward or punishment	3	
	ical Activity (n = 11)		
•		2010	20
۹1	Provide children with adequate space for both inside and outside play	4	
۱2		2	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	
١3		2	
۱5		4	
1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	
2			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	
3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	
)1	day—indoor or outdoor	4	:
1		2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	
	ts on Screen-Time (n = 4)		
-	to on oricen time (II - 1)	2010	20
4	Do not utilize modic (tolouising TM) video and DVD) viewing and computers with shild a view of the Court of t		
31		4	
, -	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
	la de material de la contraction de la contracti		
32 33		2	2

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

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)

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.

DISTRICT OF COLUMBIA At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding 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
-	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1	Feed infants on cue	2	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
	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
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)		
	ition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
IVAS	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
	Serve fruits of several varieties, especially whole fruits	2	3
	Use only 100% juice with no added sweeteners	2	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
	Make water available both inside and outside	2	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
		2	3
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk thy Mealtime Practices		3
		2	2
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards	2	2
NFI	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	4
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	3
NH1	Do not force or bribe children to eat	2	3
	Do not use food as a reward or punishment	2	3
	ical Activity (n = 11)		
шуз	activity (ii-11)	2010	2024
DA1	Provide children with adequate space for both inside and outside play	4	4
PA1		2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Pequire caregivers (teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave		4
		2	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3
PD1		2	3
PF1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
DE3		2	3
	ts on Screen-Time (n = 4)	2010	2024
Limi		2010	2024
Limi PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3
PB1 PB2	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
PB1 PB2 PB3	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3

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

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

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

FLORIDA At A Glance:

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

Center-based child care licensing regulations and support of 47 high-impact obesity pr	evention 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 childre	n 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	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 la	p 2	3
IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care prov	ider 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 m	onths 2	4
ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	1 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 formul	a, or serve reduced fat (2%) pasteurized milk to	3
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 viar	ndas 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 n	eeds 2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	2	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as nee	ded to meet the caloric needs of the individual	3
child; Teach children who require limited portions about portion size and monitor their portions		
NH1 Do not force or bribe children to eat	2	3
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 activitie		2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity parti		2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safe		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 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games the	3	2
I PD1	nat promote movement over the course of the	2
day—indoor or outdoor	2	3
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at		3
Limits on Screen-Time (n = 4)	Z	3
Entites on ourcen Time (ii = 4)	2010	2024
PR1 Do not utilize media /televicion [TV] video and DVD) viewing and computers with children vounger than 3 years	2010	
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
, ,	2	4
PB3 Use screen media with children age two years and older only for educational purposes or physical activity PB4 Depot utilize TV, video or DVD viewing during meal or spack time.	2	2
P84 Do not utilize TV, video, or DVD viewing during meal or snack time	Z	
Rating Code:		

Rating Code:

4 Regulation fully meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

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

GEORGIA At A Glance:

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

Name Processite College 1982		ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Main Main Contage and support treat referency and feeding of breast milk by making arrangements for mothers to effect their children on-site minute referency profestices Main	Hea	Ithy Infant Feeding (n = 11)		
International practices A	Brea	astfeeding Support	2010	2024
Mail See Indianate formation for at least ages 12 moreths, not conv. Mail, unrises written exception is provided 4	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
Institute Inst	Infa	nt Feeding Practices		
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IBB Bild Indicates while bettle feeding; froation an indirent for bottle feeding in the carregiver/freacher's arms or string; so not be lip 3 3 4	IB1	Feed infants on cue	4	4
IBB Bild Indicates while bettle feeding; froation an indirent for bottle feeding in the carregiver/freacher's arms or string; so not be lip 3 3 4	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
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Lican Incode the east-fed infains groundary to ions froutfied foods no scorer than four months of age, but preferably around six months 2 2 2 2 2 2 2 2 2				
101 Donot feed an infant formula mixed with cereal, first justice or other foods without primary care provider's within instruction 1 3 4				
10 Serve whole finits, mached or pureel, for infants 6 months up to 15 year of age 1 3 3 3 3 3 3 3 3 3				
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Nutrition Standards Nutrition				
Nutrition Standards				4
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PCZProvide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting33PCZAllow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity33PCZAllow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity33PDIProvide daily for all children, 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 outdoor22PEIEnsure that infants have supervised tummy time every day when they are awake24PEZUse infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all33Limits on Screen-Time (n = 4)20102024PBIDo not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years22PB2Limit total media time for children 2 years and older to not more than 30 min. weekly33PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time222				2
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2 2 2 2 2 2 2 2 2 3 2 4 2 2 2 3 2 3				
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2 2 2 2 2 2 2 3 2 3 2 4 2 5 2 6 2 7 2 7 2 8 2 9 2 9 2 9 2 9 2 9 2 9 2 9				
PDI day—indoor or outdoor PEI Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PBI Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PBI Use screen media with children age two years and older ton of more than 30 min. weekly PBI Use screen media with children age two years and older only for educational purposes or physical activity PBI Do not utilize TV, video, or DVD viewing during meal or snack time PRI DO not utilize TV, video, or DVD viewing during meal or snack time				
Comparison of Control Contro				
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 Limit s 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 3 3 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 2 PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2	PD1	day—indoor or outdoor	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 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	PE1		2	4
PB1Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years22PB2Limit total media time for children 2 years and older to not more than 30 min. weekly33PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time22	PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
PB1Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years22PB2Limit total media time for children 2 years and older to not more than 30 min. weekly33PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time22	Lim	its 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			2010	2024
PB2Limit total media time for children 2 years and older to not more than 30 min. weekly33PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time22	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children vounger than 2 years		
PB3Use screen media with children age two years and older only for educational purposes or physical activity22PB4Do not utilize TV, video, or DVD viewing during meal or snack time22				
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time				
			_	_

Rating Code:

4 Regulation fully meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

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.

HAWAII At A Glance:

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

	iter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
	Ithy Infant Feeding (n = 11)		
Brea	astfeeding Support	2010	2024
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	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
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	rition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
		3	3
IVAS	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
ΝΔ5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
		4	4
	Use only 100% juice with no added sweeteners	2	
	Offer juice (100%) only during meal times		4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Heal	thy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
	Child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	4	4
Phy:	sical Activity (n = 11)		
		2010	2024
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	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
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Lim	its 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
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
_	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	, ,		

Rating Code:

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

IDAHO At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding 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
Infar	t Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	2	2
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
Nuti	ition (n = 21)		
Nutr	ition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
	those who are at risk for hypercholesterolemia or obesity		
	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	Serve whole grain breads, cereals, and pastas	2	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
	Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	2
_	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
_	Make water available both inside and outside	2	2
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	hy Mealtime Practices	_	_
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	2	2
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2
NH1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	2	3
	ical Activity (n = 11)		3
шус	Activity (ii-11)	2010	2024
D Δ1	Provide children with adequate space for both inside and outside play	2	3
	Provide criminal with adequate space for both inside and oddside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
_	Do not withhold active play from children who misbehave	2	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	ts 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
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

Regulation fully meets standard Regulation partially meets standard Idaho Regulation Rating History: 2010 (CTR, LRG, SML); 2022 (CTR, LRG, SML); 2023 (CTR, LRG, SML)

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

ILLINOIS At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2024
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	4
Infar	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	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
	Serve no fruit juice to children younger than 12 months of age	1	4
	ition (n = 21)		
	ition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	4
_	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
_	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	4	3
	Use only 100% juice with no added sweeteners	4	4
_	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
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
Healt	hy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
	child; Teach children who require limited portions about portion size and monitor their portions		
_	Do not force or bribe children to eat	4	4
	Do not use food as a reward or punishment	4	4
Phys	ical Activity (n = 11)	2010	2024
DA1	Drawide children with adequate space for both inside and outside play	4	
_	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
_	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
_	Do not withhold active play from children who misbehave	3	4
_	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	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
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	ts on Screen-Time (n = 4)		
		2010	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
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
	Rating Code:		

Rating Code

Regulation fully meets standard
Regulation partially meets standard

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

2 Regulation does not address standard1 Regulation contradicts the standard

0 State does not regulate care type

INDIANA At A Glance:

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

	nter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	lthy Infant Feeding (n = 11)		
Brea	astfeeding 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
-	nt Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1		3	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	4
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
		2	2
	Serve no fruit juice to children younger than 12 months of age	Z	2
	rition (n = 21)	2040	2024
	rition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3
	those who are at risk for hypercholesterolemia or obesity		
	Serve skim or 1% pasteurized milk to children two years of age and older	1	1
NB1	Serve whole grain breads, cereals, and pastas	2	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
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
	Make water available both inside and outside	3	4
_	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	4
_		+	
INFT	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2
NF2	child; Teach children who require limited portions about portion size and monitor their portions	1	1
NII1	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	4	4
	sical Activity (n = 11)	-4	4
PHY	sical Activity (ii - 11)	2010	2024
		2010	2024
	Provide children with adequate space for both inside and outside play	4	4
PA2		2	2
_	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	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	3	2
	day—indoor or outdoor		
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Lim	its on Screen-Time (n = 4)		
		2010	2024
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4
PB1			
		2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB2 PB3		2 4 2	2 4 2

Regulation fully meets standard Regulation partially meets standard Indiana Regulation Rating History: 2010 (CTR, LRG, SML); 2022 (CTR, LRG, SML)

Regulation does not address standard Regulation contradicts the standard

O State does not regulate care type

IOWA At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	astfeeding 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
Infar	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	ition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3
NΔ5	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	thy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2024
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
		2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	2	2
		3	3
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	3	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	ts on Screen-Time (n = 4)		
Limi			2024
Limi		2010	2024
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly		
PB1 PB2		2	2
PB1 PB2 PB3	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2

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

KANSAS At A Glance:

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

Real	thy Infant Feeding (n = 11) tfeeding Support Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site to Feeding Practices Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided Feed infants on cue Do not feed infants beyond satiety; Allow infant to stop the feeding Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2010 3 2 2 2 2 2 3 3 3 2 2	2024 4 2 2 2 2 3 3
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site t Feeding Practices Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided Feed infants on cue Do not feed infants beyond satiety; Allow infant to stop the feeding Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 2 2 2 3 3 2	2 2 2 3 3 3
Infant IA2	t Feeding Practices Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided Feed infants on cue Do not feed infants beyond satiety; Allow infant to stop the feeding Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 2 2 2 3 3 2	2 2 2 3 3
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided Feed infants on cue Do not feed infants beyond satiety; Allow infant to stop the feeding Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 2 3 3 2	2 2 3 3
IB1 IB2 IB3 IC1 IC2 IC3 ID1 ID2 S ID3 S Nutri Nutri NA1 INA2 S INA2	Feed infants on cue Do not feed infants beyond satiety; Allow infant to stop the feeding Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 2 3 3 2	2 2 3 3
IB2 IB3 IC1 IC2 IC3 ID1 ID2 S Nutri Nutrit NA1 INA2 S	Do not feed infants beyond satiety; Allow infant to stop the feeding Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2 3 3 2	2 3 3
IB3 IC1 IC2 IC3 ID1 ID2 S Nutri Nutri NA1 INA2 S	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	3 3 2	3
IC1 IC2 IC3 ID1 ID2 S ID3 S Nutrit Nutrit NA1 INA2 S	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	3 2	3
IC2 IC3 ID1 ID2 S ID3 S Nutrit NA1 INA2 S	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	
IC3 ID1 ID2 ID3 Nutri Nutrit NA1 NA2	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction		2
ID1 I ID2 S ID3 S Nutri Nutrit NA1 I NA2 S	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	
ID2 S ID3 S Nutri Nutrit NA1 I NA2 S			2
Nutrit Nutrit Nutrit NA1 I		2	2
Nutrit Nutrit Nutrit NA1 I	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
Nutri Nutrit NA1 NA2	Serve no fruit juice to children younger than 12 months of age	2	2
Nutrit NA1 NA2	tion (n = 21)		
NA1 I	tion Standards	2010	2024
NA2	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NASI	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	2	2
	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
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	ny Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	2	2
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	1	1
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
	cal Activity (n = 11)		
		2010	2024
D Δ1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
		_	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
		3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3
PD1	day—indoor or outdoor	3	2
	day — indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	2
	s on Screen-Time (n = 4)	3	
20000	Solvered Time (ii - 1)	2010	2024
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		
DD 1		3	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB2	USE SCIENT MEDIA WILL CHILDRED ARE TWO VEATS AND OIDER ONLY TOLEDICATIONAL DURDISES OF DIVISICAL ACTIVITY	,	
PB2 I	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

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

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

KENTUCKY At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	astfeeding 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
Infa	nt Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1	Feed infants on cue	2	2
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)		
	ition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
		2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		
_	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy Mealtime Practices		-
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	3
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	1	1
NILI1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2	2
_		3	4
	Do not use food as a reward or punishment	3	4
Phys	ical Activity (n = 11)	2010	2024
		2010	2024
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
_	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Lim	its on Screen-Time (n = 4)		
		2010	2024
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
	Use screen media with children age two years and older only for educational purposes or physical activity	2	4
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
	Rating Code:		

Rating Code

4 Regulation fully meets standard

Regulation partially meets standard

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

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

LOUISIANA At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	astfeeding 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
	nt Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	1	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	rition Standards	2010	2024
		2	2
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
NΔ5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	4	3
		4	4
	Use only 100% juice with no added sweeteners Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	1	3
	child; Teach children who require limited portions about portion size and monitor their portions	2	
	Do not force or bribe children to eat	2	3
	Do not use food as a reward or punishment	3	3
Phys	sical Activity (n = 11)	2212	
		2010	2024
	Provide children with adequate space for both inside and outside play	4	4
PA2		2	3
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	3
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	4
	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	6 · · · · · · · · · · · · · · · · · · ·	3	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Lim	its on Screen-Time (n = 4)		
		2010	2024
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4
			3
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	
PB2 PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB2 PB3			

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

O 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.

MAINE At A Glance:

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

Cen	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2024
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	t Feeding Practices	-	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
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	4
Nuti	ition (n = 21)		
Nutr	ition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
	those who are at risk for hypercholesterolemia or obesity		
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	3
		3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	3	3
		2	4
	Use only 100% juice with no added sweeteners Offer juice (100%) only during meal times	2	2
		2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
	Make water available both inside and outside	3	4
_	Limit salt by avoiding salty foods such as chips and pretzels	2	3
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
	hy Mealtime Practices	2	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
_	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	3	3
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2024
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
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
PF1	Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
	ts on Screen-Time (n = 4)		
		2010	2024
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
_	Use screen media with children age two years and older only for educational purposes or physical activity	4	4
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
	Rating Code:		

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

MARYLAND At A Glance:

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

	based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Healthy I	Infant Feeding (n = 11)		
Breastfee	ding Support	2010	2024
IA1 Encou	urage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	4
Infant Fee	eding Practices		
IA2 Serve	e 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 no	ot feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3 Hold i	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 Deve	lop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2 Introd	duce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3 Introd	duce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	ot feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
ID2 Serve	e whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
-	e no fruit juice to children younger than 12 months of age	1	4
Nutrition			
	Standards	2010	2024
	oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	e meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	e other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
Serve	e 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		
NA4I	who are at risk for hypercholesterolemia or obesity	2	3
	e skim or 1% pasteurized milk to children two years of age and older	2	3
	e whole grain breads, cereals, and pastas	3	3
	e vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	e fruits of several varieties, especially whole fruits	3	3
	only 100% juice with no added sweeteners	4	4
	r juice (100%) only during meal times	2	4
-	e no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	e no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	e water available both inside and outside	3	4
	salt by avoiding salty foods such as chips and pretzels	2	2
	d sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	ealtime Practices	1	
	h children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	ire adults eating meals with children to eat items that meet nutrition standards	2	2
	·	4	4
	e small-sized, age-appropriate portions it children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4
I NF2 I	Teach children who require limited portions about portion size and monitor their portions	3	3
	ot force or bribe children to eat	3	3
	ot use food as a reward or punishment	3	3
	activity (n = 11)		
	,X 1-7	2010	2024
PΔ1 Provid	de children with adequate space for both inside and outside play	4	4
	de orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	lop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	ire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	ot withhold active play from children who misbehave	2	2
	de daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	4
	of addlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	r preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	de daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3
PD1	-indoor or outdoor	3	3
	re that infants have supervised tummy time every day when they are awake	2	2
.	nfant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	Screen-Time (n = 4)		
		2010	2024
PB1 Do no	ot utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4
	total media time for children 2 years and older to not more than 30 min. weekly	2	3
	creen media with children age two years and older only for educational purposes or physical activity	2	3
	ot utilize TV, video, or DVD viewing during meal or snack time	2	4
			-
Kating	g 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,
3	Regulation partially meets standard	LRG)
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

MASSACHUSETTS At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding 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
Infar	t Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	3	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
ID3	Serve no fruit juice to children younger than 12 months of age	2	2
Nuti	ition (n = 21)		
Nutr	ition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
	those who are at risk for hypercholesterolemia or obesity		
	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	Serve whole grain breads, cereals, and pastas	2	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
	Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1	Make water available both inside and outside	4	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	hy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	2	2
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2
NILI1	child; Teach children who require limited portions about portion size and monitor their portions	4	2
	Do not force or bribe children to eat	4	3
	Do not use food as a reward or punishment	4	3
Pnys	ical Activity (n = 11)	2010	2024
DA1	Describe shilden with a decrease for both incide and outside along	4	2024
	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	4
		3	3
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
rus	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
	ts on Screen-Time (n = 4)		
		2010	2024
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
	····g·		

Regulation fully meets standard Regulation partially meets standard

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

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

MICHIGAN At A Glance:

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

Resultance Support S		ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Mail	Hea	Ithy Infant Feeding (n = 11)		
Internst Teaching Practices	Brea	stfeeding Support	2010	2024
Main Final Primary Main Final Primary Main Mai	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
Mil. Section Mil.	Infai	nt Feeding Practices		
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
183 183	IB1	Feed infants on cue	4	4
183 183	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
Col. Introduce age appropriate sold in control rouge, and precisely around from the previous of age, and precisely around from the sold age, and precisely around from the sold age, but prefer by around stamped 3 4 6 1 1 1 1 1 1 1 1 1			3	3
Col Incidence paper paper soulis colos soon soon than amounts of age, and perfensibly around 5 months of age a	IC1		3	3
Col. Don't does the sackfed infants greateally to time forified foods no sooner than four morths of age, but perferably around six morths 1				
10. Do not feed an infant formula mided with cereal, find just on or other foods without primary care provider's winten instruction 1 3 3 3 3 3 3 3 3 3				4
10.2 Serve a note flusty, mached or pureed, for infasts 6 months up to 3 q. year of age 1.0 1.				
103 103				
Note				
NUMER Standards 2000 2024 2 2 2 2 2 2 2 2 2				-
NAI Int all by choosing monumentament and polyumentament afts and avoiding trans first, saturated first and fired floods Sever mental and/or beams - claims, fink an imment, and/or figurenes (busines and avoiding trans first, saturated first and fired floods All Al			2010	2024
NAZ Serve ments and/for beans - chicken, fish, lean meat, and/for legumes (such as dried peas, beans), avoiding fried meats NAS Serve withor in Evenal-leading products (yegum, citatise, beans) using local varieties for 2 years of age and diefer NAS Serve withor pasteurized milk to bewhe to bewhere to wenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to be whe to wenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to the beat to be a serve at this fish phase challestated milk to children two years of age and older 2				
Nat Serve where mile equivalent products (yogant, cottage cheese) using low-fat varieties for 2 years of age and older 2				
No. Serve whole pasteurized milk to throw be to throw by no boesing throw those who are at risk for hyperchesterolemian colesiany to those who are at risk for hyperchesterolemian colesiany of the serve was at risk for hyperchesterolemian colesiany of the serve was at risk for hyperchesterolemian colesiany of the serve was at risk for hyperchesterolemian colesiany of the serve was at risk for hyperchesterolemian colesiany of the serve was at risk for hyperchesterolemian, and pastas at 1900 per part of the serve was at risk for hyperchesterolemian, and pastas at 1900 per part of the serve was at 1900 per pa				
Name Name Name Amount Name Amount Name Nam	NA3		3	3
NAS Serve without 1% passeturized milk to children two years of age and older 2 4 NB Serve without grain breads, creates, and pastase 3 3 NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and not vegetables, such as potatoes and viandas 3 3 NB3 Serve fruits of several varieties, especially whole fruits 4 4 4 NB3 Serve fruits of several varieties, especially whole fruits 4 4 4 NB4 Use on IV Joint going for word than 4 to 6 zu juice/day for children 1-5 years of age 3 4 NB4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age 3 4 NB4 Juice and a variety available both instead and outside 2 4 NB4 Juice and a variety available both instead and outside 2 4 NB4 Juice and a variety available both instead and outside and outside for the part of the part o	NA4		2	3
NBI Serve whote grain breads, cereals, and pastas 3 3 NBI Serve vegetables, specifically, dar, green, orange, deep yellow vegetables; and not vegetables, such as potatoes and viandas 3 3 NBI Serve vegetables, specifically, dar, green, orange, deep yellow vegetables; and not vegetables, such as potatoes and viandas 3 3 NBI Serve Intrins of several varieties, especially whole fruits 4 4 4 VAI Office fruice (100%) only during meal times 2 4 4 NBI Serve no more than 4 to 6 or juice/day for children 1-6 years of age 3 4 NBI Serve no more than 4 to 16 or juice/day for children 1-2 years of age 3 4 NBI Make water available both inside and outside 2 2 4 NBI Mill mill was by avoiding salty foods such as chips and pretzrels 4 4 4 NBI Teach children was the natural to a strip and a strip was a strip and a strip was a strip and a s	NΔ5		2	Δ
NBZ Serve regetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 3 3 3 3 3 3 3 3 3				
NB3 Serve Fruits of several varieties, especially whole fruits 3 3 3 3 3 3 3 3 3				
NCL				
NCZ Offer juice (100%) only during meal times 3 4 NCS Seve no more than 4 to 6 or juice/day for children 1-6 years of age 3 4 NCS Seve no more than 4 to 6 or juice/day for children 1-7 12 years of age 3 4 NCS Seve no more than 4 to 6 or juice/day for children 1-7 12 years of age 3 4 NCS Seve no more than 4 to 10 or juice/day for children 1-7 12 years of age 4 NCS Seve no more than 4 to 10 or juice/day for children 1-7 12 years of age 4 NCS Seve no more than 4 to 10 or juice/day for children 1-7 12 years of age 4 NCS Seve no more than 4 to 6 or juice/day for children 1-7 12 years of age 4 NCS Seve no more than 4 to 6 or juice/day for children 1-7 12 years of age 4 NCS Seve no more than 4 to 6 or juice/day for children 1-7 12 years of age 4 NCS Seve no more than 4 to 6 or juice/day for children 1-7 12 years of age 4 NCS Seve no more than 4 to 6 or juice/day for children 1-7 12 years of age 4 NCS Seve no more than 4 to 6 or juice/day for children 1-7 12 years of age 4 NCS Seve no more than 4 to 6 or juice/day for children 1-7 12 years of age 4 NCS Seve no more than 4 to 6 or juice/day for children 1-7 12 years of age 4 NCS Seve no more than 4 to 10 years of the provision should provide standards 4 NCS Seve no more than 4 to 10 years of the provide children 1-6 years of the provide shows a company that provide shows a company that provide should not need the caloric needs of the individual of the children 1-6 years of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual of the children 1-6 years of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual of the children 1-6 years of the nutritions foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual of the children 1-6 years of the nutritions foods that are low in fa				
NG3 Serve no more than 8 to 6 zo juice/day for children 1-6 years of age 3 4				
NCA Serve no more than 8 to 12 or juice/day for children 7-12 years of age 4				
ND1 Make water available both inside and outside 1 2 2 3 4 1 ND2 Mint sait by avoiding salty foods such as chips and pretzels ND2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 3 3 3 4 ND2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 2 3 2 ND2 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 2 3 2 ND2 Require adults eating meals with children to eat tems that meet nutrition standards 2 2 2 ND2 Require adults eating meals with children to eat tems that meet nutrition standards 2 2 2 ND2 Require adults eating meals with children to eat tems that meet nutrition standards 2 3 2 ND2 Require adults eating meals with children to eat tems that meet nutrition standards 2 4 2 ND2 Require adults eating meals with children to eat tems that meet nutrition standards 3 3 3 ND2 Require adults eating meals with children to eat tems that meet nutrition standards 3 4 2 ND2 Require adults eating meals with children to eat tems that meet nutrition standards 3 4 2 ND2 Require adults eating meals with children to eat tems that meet nutrition standards 4 4 4 ND2 Require for the value one or more additional servings of the nutritious foods that are love in fat, sugar, and sodium as needed to meet the caloric needs of the individual 3 3 3 ND2 Do not one british the children to eat 4 4 4 ND2 Do not force or bribe children to eat 4 4 ND2 Do not force or bribe children to eat 4 4 ND2 Do not with adequate space for both inside and outside play 4 ND2 PO N				
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Relidit Reach children who require limited portions about portions size and monitor their portions 2 2 2 2 2 3 3 3 3 3	NF2		3	3
NH2 Do not use food as a reward or punishment 3 Physical Activity (n = 11) PAI Provide children with adequate space for both inside and outside play 4 4 4 PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 2 2 PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 2 2 PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely dos 0 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 provide daily for all children, birth to sk years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the provide daily for all children, birth to sk years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the provide daily for all children, birth to sk years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the provide daily for all children, birth to sk years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the provide daily for all children, birth to sk years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the provide daily for all children, birth to sk years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the provide daily for all children, birth to sk years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the cou				
Physical Activity (n = 11) For vide children with adequate space for both inside and outside play PAI Provide children with adequate space for both inside and outside play PAI Provide children with adequate space for both inside and outside play PAI Provide children with adequate space for both inside and outside play PAI Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PAI Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PAI Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PAI Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PAI Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PAI Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PAI Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor ro outdoor PAI Care that infants have supervised turmny time every day when they are awake PAI Ensure that infants have supervised turmny time every day when they are awake PAI Ensure that infants have supervised turmny time every day when they are awake PAI Ensure that infants have supervised turmny time every day when they are awake PAI Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PAI Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PAI Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PAI Do not utilize TV, video, or DVD viewi				
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PAI Provide children with adequate space for both inside and outside play PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC4 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Al	Phys	ical Activity (n = 11)		
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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			2	3
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				
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			2010	2024
PB2Limit total media time for children 2 years and older to not more than 30 min. weekly33PB3Use screen media with children age two years and older only for educational purposes or physical activity34PB4Do not utilize TV, video, or DVD viewing during meal or snack time22	PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		
PB3 Use screen media with children age two years and older only for educational purposes or physical activity 3 4 PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2				
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 2				
	. 54	Rating Code:		

Rating Code

0 State does not regulate care type

	nating 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); 2019
3	Regulation partially meets standard	SML)
2	Regulation does not address standard	NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised
1	Regulation contradicts the standard	documents also were rated for CACFP changes.

MINNESOTA At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding 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
	t Feeding Practices		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	4
IB1	Feed infants on cue	3	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
		2	2
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	1	
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age		3
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	ition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
	those who are at risk for hypercholesterolemia or obesity		
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
NB3	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
NC2	Offer juice (100%) only during meal times	2	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1	Make water available both inside and outside	3	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	hy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)		
		2010	2024
DA1	Provide children with adequate space for both inside and outside play	4	4
PA2		2	2
		_	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Populing carraginors (teachers to promote children's active play, and participate in active games at times when they can cafely do co.	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Lim	ts on Screen-Time (n = 4)		
		2010	2024
	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:		

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

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

MISSISSIPPI At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding 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
Infai	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	1
ID3	Serve no fruit juice to children younger than 12 months of age	3	3
Nut	rition (n = 21)		
Nutr	ition Standards	2010	2024
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	3
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	4	4
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	3	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	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
Heal	hy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
INFZ	child; Teach children who require limited portions about portion size and monitor their portions	3	3
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	4	4
Phys	ical Activity (n = 11)		
		2010	2024
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	3
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
LIM	ts on Screen-Time (n = 4)	2015	202
-	December 2011 and 1911 the support of the support o	2010	2024
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
	Use screen media with children age two years and older only for educational purposes or physical activity	4	4
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

Rating Code:

4 Regulation fully meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

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

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

MISSOURI At A Glance:

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

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Name	NA3		3	3
NAS Serve skim or 15k pastwirzed milk to children two years dage and older	NA4		2	2
NB1 Serve whole grain breads, cereals, and pastas	NAS		2	2
NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 2 3 3 3 3 3 3 3 3 3				2
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PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC4 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC7 Provide daily for all children, 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 PC7 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) Limits on Screen-Time (n = 4) PC8 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) Limit total media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PC8 Limit total media time for children 2 years and older to not more than 30 min. weekly PC9 Limit total media with children age two years and older only for educational purposes or physical activity	PA1	Provide children with adequate space for both inside and outside play	4	4
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC5 Insure that infants have supervised tummy time every day when they are awake PC6 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all LIMIT SO Screen-Time (n = 4) PC7 D In ont utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PC8 Usin total media time for children 2 years and older to not more than 30 min. weekly PC8 Use screen media with children age two years and older only for educational purposes or physical activity PC8 D In one with children age two years and older only for educational purposes or physical activity	PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PC5 Insure that infants have supervised tummy time every day when they are awake PC6 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all LIMIT SO Screen-Time (n = 4) PC7 D In ont utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PC8 Usin total media time for children 2 years and older to not more than 30 min. weekly PC8 Use screen media with children age two years and older only for educational purposes or physical activity PC8 D In one with children age two years and older only for educational purposes or physical activity			2	2
PA5 Do not withhold active play from children who misbehave PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 PC3 PC4 PC5 PC7			2	2
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PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2010 2 21 2 22 2 23 3			3	3
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 2 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 2 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2	Limi	ts on Screen-Time (n = 4)		
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 2 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2			2010	2024
PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2	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
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
Rating Code:		Rating Code:		·

Regulation fully meets standard Regulation partially meets standard Missouri Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML); 2023 (CTR, LRG, SML)

Regulation does not address standard Regulation contradicts the standard

O State does not regulate care type

MONTANA At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2024
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	ition (n = 21)		
	ition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	4	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	hy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
_		4	4
INFI	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	2	2
	ical Activity (n = 11)		
1111/2	neur return (ii-11)	2010	2024
DA1	Provide children with adequate space for both inside and outside play	4	4
	Provide criminal with adequate space for both inside and oddside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlors 60.00 minutes per 8 hour day for medicate to vice rous physical activity.	2	3
_	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	3
РСЗ	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3
PD1	day—indoor or outdoor	2	2
PF1	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
	ts on Screen-Time (n = 4)		
	as on selection time (ii = 1)	2010	2024
DD 4	Do not utilize modis (television [TV] video and DVD) viewing and semanters with shildren very got than 2 v		
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 20 min, weakly.	2	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
РВ4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

Rating Code:

4 Regulation fully meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

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

NEBRASKA At A Glance:

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

No. Wood and at risk for hypercholesterolemia or obesity No. Serve skim or 15 ps statutured mit to children to vo pars of age and older No. Serve skim or 15 ps statutured mit to children to vo pars of age and older No. Serve whole grain breads, cereals, and pastas No. Serve truits of several varieties, especially whole fruits No. Cliffer juice (100%) only during meal times No. No. Make water a variable both inside and outside No. Make water a variable both inside and outside No. No. Make water a variable both inside and outside No.		ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Main Standard Feeding Process Standard Standa	Hea	Ithy Infant Feeding (n = 11)		
Infect Feeding Practices	Brea	stfeeding Support	2010	2024
All Second Principal Content on the Content of	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Bit Best Infection Cocce Best Be	Infa	t Feeding Practices		
182 Donot feet efficies beyond safety. Allow infant in stop the feeding in the caregiver/heather's arms or string up on the lap 3 3 3 3 3 3 3 3 3	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	2
139 Incidents white bottle receing; bottle on an infant for bottle feeding in the caragive/header's arms or string up on the lap	IB1	Feed infants on cue	4	2
Lic. Develope lane for introductive aged agoding concess content for a concess for any and the first parent/quarter and graph agoding to introduce the service of a concess for any and agoding the concess for any any and agoding the concess for any and agoding the concess for any	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2
Include the Include age appropriate solid tools no sonore than af months of age 2 2 2 2 2 2 2 2 2	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
Col.	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
Company Comp	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	2
102 Serve whole fluits, mashed or pureed, for Infant's 6 months up to 1 year of age 1 2 2	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	2
IDB Seve no fruit juite to children younger than 12 months of age 2010	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
IDB Seve no fruit juite to children younger than 12 months of age 2010	ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	2
Nutrition facility Multition Standards 200 202 203 204 204 205 205 206 206 207 207 207 208 207 208 208 208 208 208 208 208 208 208 208			1	2
NutritionStandards				
NAL Juri lot is by choosing monoursaturated and polyunsaturated fast and avaiding trans fast, saturated fast and freed froots 2 2 2 NAS Serve meast and/or bears - Chicken, fish, lear metal and/or legumes box has ded pears, bearing, avoiding fride mets 3 2 2 NAS Serve entire milk egivalent products (rygent, cottage cheese) using love fit varieties for 2 years of age and older 5 2 2 2 NAS Serve entire entil egivalent products (rygent, cottage cheese) using love fit varieties for 2 years of age and older 5 2 2 2 NAS Serve short on 15 spatieuted milk to 1 2 8 2 2 2 NAS Serve short on 15 spatieuted milk to 1 2 8 2 2 2 NAS Serve short on 15 spatieuted milk to 1 2 8 2 2 2 NAS Serve short on 15 spatieuted milk to 1 2 8 2 2 2 NAS Serve short on 15 spatieuted milk to 1 2 8 2 2 2 NAS Serve short on 15 spatieuted milk to 1 2 8 2 2 2 NAS Serve short on 15 spatieuted milk to 1 2 8 2 2 2 NAS Serve short on 15 spatieuted milk to 1 2 8 2 2 2 NAS Serve short on 15 spatieuted milk to 1 2 8 2 2 2 NAS Serve short on 15 spatieuted milk to 1 2 8 2 2 2 NAS Serve short of serveral varieties, especially whole fruits 1 3 2 2 1 3 2 2 1 3 2 2 1 3 2 2 1 3 2 2 1 3 2 2 1 3 2 2 1 3 3 2 2 3 3 3 2 2 3 3 3 2 2 3 3 3 2 2 3 3 3 3			2010	2024
NAZ Serve meats and/or beans - chicken, fish, lear meat, and/or legumes (such as dried peas, beans), avoiding fried meats NAS Serve other mits desulvalent products (yogun, Cottage hereal) using low of variates for 2 years of age and older ANA Serve whole pasteurized milk to be whe to twelve to twenty-frour month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to be whe to twenty-frour month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to be when to whole who the week to whole who the whole who the whole who the whole for the children who years of age and older NAS Serve whole as this fich pleacefuls, and pastas NAS Serve serve stain or 15/s pasteurized milk to children two years of age and older NAS Serve whole pasteurized milk to children two years of age and older NAS Serve whole pasteurized milk to children who years of age and root vegetables, such as polatoes and viandas NAS Serve shin or 15/s pasteurized milk to children for the chil				
NAS Serve when rills equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pseturited milk to when the west you went of the filter who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to 2 2 2 NAS Serve whole grain breads, cereals, and pastas NAS Serve whole grain breads of the serve and serve that the cereal pastas serve and serve and serve that the cereal pastas serve and serve the serve that the cereal pastas serve and serve that the cereal pastas serve that serve the serve that the cereal pastas serve the serve th				
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NAM				
NAS Serve which or 1's pasteurized milk to children two years of age and older 2 2 2 NB1 Serve wholeg pain breads, creases, and pastas 3 2 NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas 3 2 NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables, such as potatoes and viandas 3 2 NB2 Serve vegetables, specifically, dark green, orange, deep yellow vegetables, such as potatoes and viandas 3 2 NB3 Serve funds of several varieties, especially whole fruits 3 2 2 NB3 Serve funds of several varieties, especially whole fruits 3 2 2 2 NB4 Serve no more than a 16 oz 2 2 2 2 NB4 Serve no more than 4 to 12 oz 1 2 2 2 2 2 2 2 2 2	NA4		2	2
NBZ Serve regetables, specifically, dark green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas 3 2 NBS Serve fruits of several varieties, especially whole fruits 3 2 NCI Use only, 100% juke with no added sweeteners 4 2 NCI Offer juke (100%) only during meal times 2 2 NCI Offer juke (100%) only during meal times 2 2 NCI Offer juke (100%) only during meal times 3 2 NCI Offer juke (100%) only during meal times 3 2 NCI Serve no more than 4 to 6 zo juke/day for children 7-12 years of age 3 2 NCI Serve no more than 4 to 5 zo juke/day for children 7-12 years of age 3 2 NCI Make water available both inside and outside 3 3 3 NCI Limit salt by avoiding salty foods such as chips and pretzels 2 2 NCI Avoid segar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 2 2 NCI Avoid segar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 2 2 NCI Nectab children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 2 NCI Serve small-sized, age-appropriate portions 2 2 2 NCI Serve small-sized, age-appropriate portions 4 4 NCI Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 3 2 NCI Donot rise food as a reward or punishment 2 2 2 NCI Donot sus food as a neward or punishment 2 2 2 NCI Donot sus food as a neward or punishment 2 2 2 NCI Donot sus food as a neward or punishment 2 2 2 NCI Provide children with a dequate space for both inside and outside play 2 2 2 NCI Provide children with a dequate space for both inside and outside play 2 2 2 NCI Provide children with a dequate space for both inside and outs	NA5		2	2
NBZ Serve regetables, specifically, dink green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas SS Serve fruits of several varieties, especially whole fruits NCZ Offer juice (100%) only during meal times NCZ Offer juice (100%) only during meal times NCZ Offer juice (100%) only during meal times NCZ Serve no more than 4 to 6 zu juice/day for children 1-6 years of age NCZ Serve no more than 4 to 6 zu juice/day for children 7-12 years of age NCZ Serve no more than 4 to 6 zu juice/day for children 7-12 years of age NCZ Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NCZ Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NCZ Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NCZ Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NCZ Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NCZ Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NCZ Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NCZ Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NCZ Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NCZ Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NCZ Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NCZ Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk NCZ Avoid sugar, including nectars,			3	2
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NCL Use only 100% julce with no added sweetners 4				
NCC Offer juice (100%) only during meal times 2 2 2 NCC Serve no more than 4 to 5 or juice/day for children 7-12 years of age 3 2 NCS Serve no more than 8 to 12 or juice/day for children 7-12 years of age 3 2 NCS Serve no more than 8 to 12 or juice/day for children 7-12 years of age 3 2 NCS Serve no more than 8 to 12 or juice/day for children 7-12 years of age 3 2 NCS Avoid Seave no more than 8 to 12 or juice/day for children 7-12 years of age 3 3 3 NCS Make water available both inside and outside 3 3 3 NCS Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 2 NCS Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 2 NCS Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 2 NCS Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 2 NCS Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 2 NCS Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 2 2 NCS Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 2 2 2 NCS Require adults eating meals with children to eat terms that meet nutrition standards 2 2 2 NCS Require adults eating meals with children to eat terms that meet nutritions floods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual children to avoid mail standards 2 2 2 NCS Possible fruits from to have one or more additional servings of the nutritions floods that are low in the sugar, and sodium as needed to meet the caloric needs of the individual children to eat terms tha				
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Mist Salt by avoiding salty foods such as chips and pretzels 2 2 2 2 2 2 2 2 2				
NGC Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 1 2 1 2 1 1 2 1 1 2 1 1				
Healthy Mealtime Practices NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 2 2 2 Require adults eating meals with children to eat items that meet nutrition standards 2 2 2 2 2 2 NFI Serve small-sized, age-appropriate portions 4 4 4 4 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; treach children who require limited portions about portion size and monitor their portions NHI Do not force or bribe children to eat 1 2 2 2 2 NH2 Do not serve small-sized, age-appropriate portions about portion size and monitor their portions NHI Do not serve small-sized, age-appropriate portions about portion size and monitor their portions NHI Do not serve small-sized, age-appropriate portions about portion size and monitor their portions NHI Do not force or bribe children to eat NHI Do not serve food as a reward or punishment 2 2 2 NHI Do not serve food as a reward or punishment 2 2 2 2 3 NHI Do not defined meeting the children with adequate space for both inside and outside play 2 2 2 2 4 Provide children with adequate space for both inside and outside play 3 2 2 2 2 4 Provide criefleten with adequate space for both inside and outside play 4 4 4 4 Part Provide children with adequate space for both inside and outside play 4 4 4 4 Part Provide children with adequate space for both inside and outside play 5 2 2 2 6 Provide children with adequate space for both inside and outside play 6 2 2 2 2 3 2 2 2 2 3 2 2 3 2 2 3 2 3 2				
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PB4 Do not utilize TV, video, or DVD viewing during meal or snack time				
	F D 4	Rating Code:		

Rating Code:

4 Regulation fully meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

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.

NEVADA At A Glance:

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

fant Feeding (n = 11) ing Support age and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site ing Practices numan milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided							
age and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site ing Practices numan milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided							
ing Practices numan milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2010	2024					
numan milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4					
• • • • • • • • • • • • • • • • • • • •	•						
	2	4					
ıfants on cue	2	4					
feed infants beyond satiety; Allow infant to stop the feeding	2	4					
fants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3					
p plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3					
ice age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4					
uce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4					
feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2					
whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3					
no fruit juice to children younger than 12 months of age	2	4					
n = 21)							
tandards	2010	2024					
ils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2					
meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3					
other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3					
whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3					
who are at risk for hypercholesterolemia or obesity	2	3					
skim or 1% pasteurized milk to children two years of age and older	2	4					
whole grain breads, cereals, and pastas	2	3					
regetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3					
ruits of several varieties, especially whole fruits	2	3					
ly 100% juice with no added sweeteners	2	4					
uice (100%) only during meal times	2	4					
no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4					
· · · · · · · · · · · · · · · · · · ·	2	4					
no more than 8 to 12 oz juice/day for children 7-12 years of age							
water available both inside and outside	4	4					
alt by avoiding salty foods such as chips and pretzels	2	2					
sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3					
Itime Practices							
children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2					
e adults eating meals with children to eat items that meet nutrition standards	2	2					
small-sized, age-appropriate portions	3	4					
children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3					
each children who require limited portions about portion size and monitor their portions force or bribe children to eat	3	3					
NH2 Do not use food as a reward or punishment 4 4							
tivity (n = 11)	2010	2024					
tivity (n = 11)	2010	2024					
	4	4					
e children with adequate space for both inside and outside play	2	2					
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4	Regulation fully meets standard
3	Regulation partially meets standard
2	Regulation does not address standard
1	Regulation contradicts the standard

O 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.

NEW HAMPSHIRE At A Glance:

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

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Math				
Infant Seeding Practices Serve Infants in or later of formals to at feet age 12 months, not cow's milk, unless without exception is provided 4				2024
All Sections for the format and its order formals to at least age? 22 months, not care's mills, unless written exception is provided 4.4.4.4.4.4.4.4.4.4.4.4.4.4.4.4.4.4.4.			2	3
Bit February Feb				
182 Do not feed utfaints beyond staffey. Allow wifant to stop the feeding. 183				
Bigs	IB1	Feed infants on cue		4
ICL Develop plan for introducing are-appropriates in folios for consultation with chief's parent/figuration and primary care provider 3 3 4	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
IZE Introduce age-apopropriate solid foods no sooner than of months of age 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
19.0 Door feed an infant formula mixed with cereal, fluid just or or ther foods without primary care provider's written instruction 2 3 4	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
120 200	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
1938 Seve no furth United to children younger than 12 months of age Nutrition (ne 21)	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
Notification (in = 21) Notifi	ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
NutritionStandards NutritionStandards NutritionStandards 2000 320 NutritionStandards 2000 3	ID3	Serve no fruit juice to children younger than 12 months of age	1	4
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PB4 Do not utilize TV, video, or DVD viewing during meal or snack time	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:		

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

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

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

NEW JERSEY At A Glance:

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

Maintain Feeding Practices 2		ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Main Institute Feeding Particles	lea	Ithy Infant Feeding (n = 11)		
Inflate Serve during Practice Serve during Practice Serve during Practice Serve during Practice Serve during Ser	Brea	astfeeding Support	2010	2024
Inflant Seconda Para milities or inclination formula to all least age 12 months, not can's mills, unless written exception is provided 2 18 Seconda Para milities on case 19 On on the end inflants which bettle feeding, Position an inflant to stop the feeding 2 Para Milities of the Committee of	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Accordance Proceed				
18.2 Dans freed refearbs, beyond satiety. Allow infant to stop the feeding in the caregiver/toacher's arms or sitting up on the lap 3 3 15.			2	4
183 Note infrants while bottle feededing; Position an infrant for bottle feeding in the caregiver/heacher's arms or stringing up on the lap 3 152 Introduce age-appropriate solid foods in consumer than 4 months of age, and preferably around 6 months of age 2 152 Introduce age-appropriate solid foods in consumer than 4 months of age, and preferably around 5 months of age 2 153 Introduce age-appropriate solid foods in sooned than 4 months of age, but preferably around 5 months of age 2 154 Introduce age-appropriate solid foods in sooned than 4 months of age, but preferably around 5 months of age 2 155 Introduce age-appropriate solid foods in sooned than 4 months of age 2 156 Introduce age-appropriate solid foods in sooned than 4 months of age 2 157 Introduce age 2 158 Introduce age 2 159 Introduce age 2 150 Introduce age 2 15			2	2
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Lic Develop plant for introducing age appropriate solid foods in consultation with child's parently justed and primary care provider 2				3
Include age, appropriate solid foods no sooner than An months of age, and preferably around 6 months of age Include the work of entires, some for the solid minds of the solid feet in the s			3	4
ICD Donot retear of infants; gradually to inno-fortified foods no sooner than four months of age, but preferably around six months 2 100				4
Description of treat an infant formula mixed with creat, Truit juice or other foods without primary care provider's written instruction 2 2 2 2 2 2 2 2 2				4
102 Serve whole fruits, mashed or pureed, for infams 6 months up to 1 year of age 2 2 2 2 2 2 2 2 2				2
IDI Seven on furth juice to children younger than 12 months of age				3
Nutrition Standards 2000 1 Not I lurn cist by choosing menourus turneted and polyurisaturated fast and svoiding trans fats, saturated fast and freed foods 2 Not I lurn cist by choosing menourus turneted and polyurisaturated fast and svoiding trans fats, saturated fast and freed foods 3 Not I lurn cist by choosing menourus turneted and polyurisaturated fast and svoiding trans fats, saturated fast and freed foods 3 Not I lurn cist by choosing menourus turneted and polyurisaturated fast and svoiding trans fats, so did peace to the cist of the				4
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PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave PC2 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC3 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC4 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC8 Provide daily for all children, 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 PE6 Ensure that infants have supervised tummy time every day when they are awake PE7 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB6 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB7 Limit total media time for children 2 years and older to not more than 30 min. weekly PB8 Use screen media with children age two years and older only for educational purposes or physical activity			_	3
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PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC4 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC7 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC8 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow todlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow todlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC9 Allow todies for all children per 8-hour day for mod				2
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly BB3 Use screen media with children age two years and older only for educational purposes or physical activity				4
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly DS screen media with children age two years and older only for educational purposes or physical activity				3
PD1 day—indoor or outdoor PE1 Ensure that infants have supervised tummy time every day when they are awake 2 DE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly DS screen media with children age two years and older only for educational purposes or physical activity 2 DE3 DE4 DE5 DE6				4
PE1 Ensure that infants have supervised tummy time every day when they are awake PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly Ds screen media with children age two years and older only for educational purposes or physical activity	PC3		3	3
Clay indoor or outdoor Clay indoor of outdoor Clay indoor of outdoor on outdoor Clay indoor of outdoor Clay indoor outdoor Clay indoor of outdoor Clay indoor	PD1		2	3
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 PB3 Use screen media with children age two years and older only for educational purposes or physical activity				
Limits on Screen-Time (n = 4) PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 010 22 PB3 Use screen media with children age two years and older only for educational purposes or physical activity				4
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 2 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 2 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2			2	3
PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years 2 PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 2 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2	.IM	is on screen-time (n = 4)		
PB2 Limit total media time for children 2 years and older to not more than 30 min. weekly 2 PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2				2024
PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2				4
				3
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time				4
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

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

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

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

NEW MEXICO At A Glance:

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

Hea	nter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
	althy Infant Feeding (n = 11)		
Brea	astfeeding 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
	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
	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		3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	rition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
INAS	Serve other milk equivalent products (yogurt, cottage cheese) using low-rat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	3	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	3	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	4
	Serve fruits of several varieties, especially whole fruits	4	4
	Use only 100% juice with no added sweeteners	3	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
		3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		
	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	Ithy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4
B11.14	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2	2
		2	3
	Do not use food as a reward or punishment	3	3
Pny	sical Activity (n = 11)	2040	2024
		2010	2024
	Provide children with adequate space for both inside and outside play	4	4
PA2		2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
_	Do not withhold active play from children who misbehave	2	4
		3	3
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting		
PC1 PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC1	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity		3
PC1 PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	
PC1 PC2 PC3 PD1	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	3 3 2	2
PC1 PC2 PC3 PD1 PE1	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	3 3 2 2	2 2
PC1 PC2 PC3 PD1 PE1 PE2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3 3 2	2
PC1 PC2 PC3 PD1 PE1 PE2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	3 3 2 2 2 2	3 2 2 3
PC1 PC2 PC3 PD1 PE1 PE2 Lim	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	3 3 2 2 2 2	3 2 2 3 2024
PC1 PC2 PC3 PD1 PE1 PE2 Lim	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2 2 2 2 2 2010 3	3 2 2 3
PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	3 3 2 2 2 2 2 2010 3 3	3 2 2 3 2024 4 3
PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 3 2 2 2 2 2 2010 3	3 2 2 3 2024 4 3 2
PC1 PC2 PC3 PD1 PE1 PE2 Lim PB1 PB2 PB3	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	3 3 2 2 2 2 2 2010 3 3	3 2 2 3 2024 4 3

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,
3	Regulation partially meets standard	SML)
2	Regulation does not address standard	NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised

Regulation contradicts the standard documents also were rated for CACFP changes.

0 State does not regulate care type

NEW YORK At A Glance:

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

Has	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
пеа	Ithy Infant Feeding (n = 11)		
Brea	astfeeding 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
-	nt Feeding Practices	•	
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1		2	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)	2	4
	rition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NAS	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	2	3
		2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	2	
			3
	Use only 100% juice with no added sweeteners	2	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4
	child; Teach children who require limited portions about portion size and monitor their portions	_	_
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Phys	sical Activity (n = 11)		1
		2010	2024
	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
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	Do not withhold active play from children who misbehave	3	3
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	3
	6	2	3
PC3			
PC3	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
PC3 PD1	day—indoor or outdoor	2	2
PC3 PD1 PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	4
PC3 PD1 PE1 PE2	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all		
PC3 PD1 PE1 PE2	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	4 3
PC3 PD1 PE1 PE2 Lim	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	2	4
PC3 PD1 PE1 PE2 Lim	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
PC3 PD1 PE1 PE2 Lim	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	2 3 2010	4 3 2024
PC3 PD1 PE1 PE2 Lim PB1 PB2	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 3 2010 2	4 3 2024 3
PC3 PD1 PE1 PE2 Lim PB1 PB2 PB3	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2 3 2010 2 2	2024 3 2

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

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

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

NORTH CAROLINA At A Glance:

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

	nter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	althy Infant Feeding (n = 11)		
Brea	astfeeding 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
	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
	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		3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	rition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
IVAS	Serve other milk equivalent products (yogurt, cottage cheese) using low-rat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	_	
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
		3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		
	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
	Ithy Mealtime Practices		•
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	4
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
B11.14	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	2	2
		2	3
	Do not use food as a reward or punishment	3	4
Pny	sical Activity (n = 11)	2040	2024
		2010	2024
	Provide children with adequate space for both inside and outside play	4	4
PA2		2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA4			
PA4 PA5	Do not withhold active play from children who misbehave	2	4
PA4 PA5 PC1	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 3	3
PA4 PA5 PC1 PC2	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 3 3	3 4
PA4 PA5 PC1	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2 3	3
PA4 PA5 PC1 PC2	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2 3 3	3 4
PA4 PA5 PC1 PC2 PC3	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 3 3 3 2	3 4 3 2
PA4 PA5 PC1 PC2 PC3 PD1 PE1	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 3 3 3 2 4	3 4 3 2 4
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 3 3 3 2	3 4 3 2
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 3 3 3 2 4 2	3 4 3 2 4 2
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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.

NORTH DAKOTA At A Glance:

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

Interest	feeding Support nourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site Feeding Practices erve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided eed infants on cue to not feed infants beyond satiety; Allow infant to stop the feeding lood infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap levelop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider ntroduce age-appropriate solid foods on sooner than 4 months of age, and preferably around 6 months of age ntroduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months to not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction ever whole fruits, mashed or pureed, for infants 6 months up to 1 year of age erve no fruit juice to children younger than 12 months of age iton (n = 21) iton Standards limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods enve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats erve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older erve 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 once who are at risk for hypercholesterolemia or obesity erve skim or 1% pasteurized milk to children two years of age and older erve whole grain breads, cereals, and pastas erve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas erve vegetables, specifically, dark green, orange, de	2010 3 3 2 2 4 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2	2024 3 4 2 3 3 3 2 4 2 2 2 2 2 2 2 2 2 2 2 2 2
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NA1 Lin NA2 Se NA3 Se NA4 th NA5 Se NB1 Se NB2 Se NB3 Se NC1 Us NC2 Of NC3 Se NC4 Se ND1 M NG1 Lin	imit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods erve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats erve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older erve 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 hose who are at risk for hypercholesterolemia or obesity erve skim or 1% pasteurized milk to children two years of age and older erve whole grain breads, cereals, and pastas erve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas erve fruits of several varieties, especially whole fruits lise only 100% juice with no added sweeteners offer juice (100%) only during meal times erve no more than 4 to 6 oz juice/day for children 1-6 years of age	2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2
NA2 S 6 NA3 S 6	erve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats erve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older erve 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 hose who are at risk for hypercholesterolemia or obesity erve skim or 1% pasteurized milk to children two years of age and older erve whole grain breads, cereals, and pastas erve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas erve fruits of several varieties, especially whole fruits lse only 100% juice with no added sweeteners offer juice (100%) only during meal times erve no more than 4 to 6 oz juice/day for children 1-6 years of age	2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2
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NC1 Us NC2 Of NC3 Se NC4 Se ND1 M	lse only 100% juice with no added sweeteners Offer juice (100%) only during meal times erve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	
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NC3 Se NC4 Se ND1 M NG1 Lir	erve no more than 4 to 6 oz juice/day for children 1-6 years of age		2
NC4 Se ND1 M NG1 Lir		2	2
ND1 M		2	2
NG1 Lir	Nake water available both inside and outside	3	3
	imit salt by avoiding salty foods such as chips and pretzels	2	2
NUZIAN		2	2
	void sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk Mealtime Practices		
		3	3
	each children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs equire adults eating meals with children to eat items that meet nutrition standards	2	2
	erve small-sized, age-appropriate portions ermit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4
NF2 I	hild; Teach children who require limited portions about portion size and monitor their portions	2	2
	ional, react children who require infrited portions about portion size and monitor their portions	3	3
	onot use food as a reward or punishment	3	3
	al Activity (n = 11)	3	
пузісс	areamy (ii - 12)	2010	2024
DA1 Dr	rovide children with adequate space for both inside and outside play	4	4
	rovide criminan and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
		_	_
	levelop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	lequire caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so To not withhold active play from children who misbehave		
		3	4
	rovide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
	Illow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	3
	Illow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity rovide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3
PD1		2	2
	ay — indoor or outdoor nsure that infants have supervised tummy time every day when they are awake	2	2
	Ise infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	so n Screen-Time (n = 4)		
-iiiitS	on Street Time (ii = 4)	2010	2024
DD4 2	o not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2024
		2	2
	, , , , , , , , , , , , , , , , , , , ,		2
PB2 Lir	imit total media time for children 2 years and older to not more than 30 min. weekly	2	
PB2 Lir	, , , , , , , , , , , , , , , , , , , ,	2 2	2

Regulation fully meets standard Regulation partially meets standard Regulation does not address standard North Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2020 (CTR, LRG, SML); 2023 (CTR, LRG, SML); 2020 (CTR, LRG, SML); 2020 (CTR, LRG, SML); 2021 (CTR, LRG, SML); 2021

SML)

Regulation contradicts the standard

O State does not regulate care type

OHIO At A Glance:

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

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Main Standards	Healthy Infant Feeding (n = 11)		
Infant Teeding Practices Secretary Se	Breastfeeding Support	2010	2024
All	IA1 Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Main Section Main	Infant Feeding Practices	·	
182 Donn freet infants: Seyond starting. Allow infant to stage the feeding.	IA2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
139 130	IB1 Feed infants on cue	4	2
Lic Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	IB2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2
Include the perspectation of the content must all months of age, and perforably around 6 months of age.	1B3 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
Incompany Inco	IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	3
Incompany Inco	IC2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
10.1 Do not feed an infant formula meaded with cental, final jusce or other foods without primary care provider's written instruction 2 2 2 2 2 2 2 2 2		3	2
102 Serve who famile, manifed or pureed, for infants 6 months up to 1 year of age 1 2 2		2	2
IDB Serve m funit piece to children younger than 12 months of age Nutrition (ne 21) Nutrition Standards 2010 2024 Nutrition		1	
Nutrition Standards 2010 2024 Nat Junio (ab by choosing monounsulturated and polyumsuturated fats and avoiding trans fats, saturated fats and fried foods. 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2			
Nutrition Standards M. Limit oils by toology monournesturated and polyumaturated fats and avoiding trans fats, saturated fats and fried loods 2 2 AUX 2 seve meats and/or bears -chicken, fish, lean meat, and/or legiumes (such as dried peas, beans), avoiding fried meats 3 2 AUX 3 seve or ment is and/or bears -chicken, fish, lean meat, and/or legiumes (such as dried peas, beans), avoiding fried meats 3 3 AUX 3 seve or bear in the courted and polyumaturated fats and avoiding trans fats, saturated fats and fried loods 3 3 AUX 3 seve or bear and its courted fats (2%) pasteurised milk to be whe to beverty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurised milk to human fats and on the saturated and polyumaturated milk to the who have the or and older 4 2 AUX 3 seve vegetables, specifically, dark green, orange, deep yellow vegetables, and not vegetables, such as potatoes and viandas 8 Sever function several varieties, sepecified whole friend 8 Several varieties, sepecified whole friend 8 Several varieties, sepecified whole fats 9 Canada Several varieties, sepecified whole friend 9 Canada S			_
NAL Lind tolls by choosing monoursalutared and polyumsalurated fats and avoiding trans fats, saturated fats and fixed fixeds. 2 2 3 2 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3		2010	2024
NAZ Serve ments and/or bears - chicken, fish, learn meat, and/or legiones (such as dried peas, bearn), avoiding fried meats AS Serve other in the equivalent products (year), critates beens (sing love) at varieties for 2 years of age and otilor ANA Serve whole pasteurized milk to twelve to brewtry-four month od children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to hone who are at risk for hypercollesterodemia or obesity. ANA Serve whole pasteurized milk to children two years of age and obler NAS Serve whole pasteurized milk to children two years of age and obler NAS Serve skinn or 15% pasteurized milk to children two years of age and obler NAS Serve skinn or 15% pasteurized milk to children two years of age and obler NAS Serve skinn or 15% pasteurized milk to children two years of age and obler NAS Serve skinn or 15% pasteurized milk to children two years of age and obler NAS Serve skinn or 15% pasteurized milk to children two years of age and obler server into of several varieties, suspecially whole fauts NAS Serve no more than 50 to 120 pained where the server into of several varieties, suspecially whole fauts NAS Serve no more than 6 to 120 pained where the server into of several varieties, suspecially whole fauts NAS Serve no more than 6 to 120 pained where the server into of several varieties. NAS Serve no more than 6 to 120 pained where the server into of several varieties. NAS Serve no more than 6 to 120 pained where the server into one of the se			
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NEZ Require adults eating meals with children to eat items that meet nutrition standards 2 2 2 2 3 3 3 3 3 3			
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NH2 Do not use food as a reward or punishment 3 Physical Activity (n = 11) Pal Provide children with adequate space for both inside and outside play 4 4 4 PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity 2 2 PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 2 2 PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely dos 0 2 2 PA5 Do not withhold active play from children who misbehave 3 3 3 PC1 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting 3 3 3 PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity 2 2 2 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 2 2 2 PC5 Allow trained and the provide daily for all children, birth to 6 years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor 2 2 2 PC6 Allow trained and provided daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor 2 2 2 PC7 Ele Ensure that infants have supervised tummy time every day when they are awake 2 4 4 PC8 Ele Sur fant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 2 2 2 PC9 Limits to Screen-Time (n = 4) 2 2 2 PC9 Limits to Indiana have supervised tummy time every day when they are awake 2 2 4 PC9 Limits to Indiana have supervised tummy time every day when they are awake 3 2 2 2 PC9 Limits to Indiana have supervised tummy time every day when they are awake 3 2 2 2 PC9 Limits to Indiana have supervised tummy time every		2	
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	Rating Code:	2	-

Rating Code:

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

OKLAHOMA At A Glance:

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

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards					
Healthy Infant Feeding (n = 11)						
Brea	stfeeding Support	2010	2024			
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3			
Infar	t Feeding Practices	•				
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	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			
Nuti	ition (n = 21)					
Nutr	ition 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	2	3			
	those who are at risk for hypercholesterolemia or obesity					
_	Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
_	Serve whole grain breads, cereals, and pastas	3	3			
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3			
_	Serve fruits of several varieties, especially whole fruits	3	3			
_	Use only 100% juice with no added sweeteners	2	4			
	Offer juice (100%) only during meal times	2	4			
_	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4			
_	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4			
_	Make water available both inside and outside	4	4			
	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3			
	hy Mealtime Practices					
_	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	4			
NF1	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	4			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3			
NH1	Do not force or bribe children to eat	2	4			
_	Do not use food as a reward or punishment	3	4			
	ical Activity (n = 11)					
		2010	2024			
PA1	Provide children with adequate space for both inside and outside play	4	4			
_	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2			
_	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	4			
	Do not withhold active play from children who misbehave	4	4			
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3			
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	3			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3			
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3			
	day—indoor or outdoor	2				
_	Ensure that infants have supervised tummy time every day when they are awake	2	4			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3			
Limi	ts on Screen-Time (n = 4)					
		2010	2024			
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3			
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3			
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2			
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4			
	Rating Code:					

Rating Code

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

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

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

documents also were rated for CACFP changes.

OREGON At A Glance:

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

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
1B3 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
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 in the contract of the contrac		3
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
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the indiv	vidual 3	3
child; Teach children who require limited portions about portion size and monitor their portions		
NH1 Do not force or bribe children to eat	3	3
NH2 Do not use food as a reward or punishment	3	4
Physical Activity (n = 11)	2010	
	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 activ		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
PAS 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
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of t	of the 2	2
day—indoor or outdoor	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:		Z
nating code.		

Rating Code:

4 Regulation fully meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

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.

PENNSYLVANIA At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding 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
Infa	t Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	3	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
	ition (n = 21)		
	ition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	2	2
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1	Serve whole grain breads, cereals, and pastas	3	3
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4
	Serve fruits of several varieties, especially whole fruits	4	4
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy Mealtime Practices	2	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
_		4	4
INFI	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	2	3
	Do not use food as a reward or punishment	2	3
	ical Activity (n = 11)		
		2010	2024
D Δ1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC1		2	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	ts on Screen-Time (n = 4)		
		2010	2024
DD 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2024
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		

Rating Code

4 Regulation fully meets standard

Regulation partially meets standard

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

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

RHODE ISLAND At A Glance:

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

Name Present Receiting Support		Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards					
Mail Include	Hea	Ithy Infant Feeding (n = 11)					
Inflate Serve Inflate Se	Brea	stfeeding Support	2010	2024			
Main Feet infants milk or infant formals to at least age 12 moreths, not tow's milk, unless written exception is provided 3 4	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3			
Inst. Secondaries on case 3	Infar	t Feeding Practices					
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	4			
18.3 18.5	IB1	Feed infants on cue	3	4			
ICC Increduce the control from the control page appropriate sole find can in cresult shorts of age. and professing and professing sole find can be considered from the control stage, and professing and professing sole find the control stage. And professing sole find the control stage and professing sole find the control stage. And professing sole find the control stage and professing sole find the control stage. And professing sole find the control stage and professing sole find the control stage. And professing sole find the control stage and professing sole find the control stage. And the control stage and the control stage and the control stage and the control stage. And the control stage and the control stage and the control stage and the control stage and the control stage. And the control stage	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4			
Compute case pagropress to diff noots no sooner than an ements of age, and perfectably around 5 membrs of age. But perfectably 6 membrs of age.	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3			
Company Comp	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
101 100	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4			
101 100	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4			
103 Seve no fruit juice to children younger than 12 months of age Notifician for 23)	ID1		2	4			
103 Seve no fruit juice to children younger than 12 months of age Notifician for 23)	ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3			
Notificing in a 24) Notificing in a 24 of 20 of			2	4			
NUMER Immit ob by cooling monounsuturated and polyumaturated fats and avoiding trans fats, saturated fats and fined notes 2 2 2 2 3 3 3 3 3 3							
NAI Limit oils by choosing monounsaturated and polyunsaturated fast and availating transfars, saturated fast and fried foods 2			2010	2024			
NAZ Sever meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dired peas, beans), avoiding fried meats 2 3 3 3 3 3 3 3 3 3							
NAS Serve where milk equivalent products fyrogunt, cottage cheese) using low-fat varieties for 2 years of age and older 2 3 3 3 3 3 3 3 3 3							
No. Serve whole pasteutrated milk to thewhe to thewher Journation of children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteutrated milk to a hildren two years of age and older 4 4 NAS Serve we skin or 1% pasteurized milk to children two years of age and older 2 4 NAS Serve we skin or 1% pasteurized milk to children two years of age and older 2 3 NAS Serve vestables, specifically, dark green, connage, deep yellow vegetables, and not vegetables, such as potatoes and viandas 2 3 NAS Serve viant of a several varieties, specifically, dark green, connage, deep yellow vegetables, specifically, dark green, connage, deep yellow vegetables, specifically, dark green, connage, deep yellow vegetables, and not viated or several varieties, specifically, dark green, connage, deep yellow vegetables, and not vegetables, specifically, dark green, connage, deep yellow regetables, and not vegetables, and not vegetables, specifically, dark green, connage, deep yellow regetables, pa							
Name Name Name Amount Name Amount Name Nam							
NBI Serve wholeg grain breads, cereals, and pastas 2 3 3	NA4		2	3			
NBZ Serve regetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas 2 3 3 3 3 3 3 3 3 3	NA5		2	4			
NB3 Serve Fruits of Several varieties, especially whole fruits 2	NB1	Serve whole grain breads, cereals, and pastas	2	3			
NB3 Seve futurs of several varieties, especially whole futurs 2 3 NCI Use only 100% juice with no added sweeteners 2 4 NC2 Offer juice (100%) only during meal times 2 4 NC3 Seve no more than 4 to 6 oz juice/day for children 7-12 years of age 2 4 NC3 Seve no more than 6 to 10 zo juice/day for children 7-12 years of age 2 4 ND1 Make water available both inside and outside 4 4 4 ND2 Jack water available both inside and outside 2 2 2 ND2 Jack water available both inside and outside 2 2 2 ND2 Jack water available both inside and outside 2 2 2 ND2 Jack water available both inside and outside 2	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3			
NCL Serv			2	3			
NCI Serve no more than 4 to 6 oz juice/day for children 1-6 years of age 2			2	4			
NG3 Save no more than 4 to 5 oz juice/day for children 7-12 years of age 2 4 NG4 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 2 ND2 Avoid Sugar, including concentrated sweets such as chips and pretzels 2 2 ND2 Avoid Sugar, including concentrated sweets such as chips, sodas, sweetened drinks, fruit nectars, and flavored milk 2 2 ND2 Avoid Sugar, including concentrated sweets such as chips, sodas, sweetened drinks, fruit nectars, and flavored milk 2 2 ND2 Avoid Sugar, including concentrated sweets such as chips and pretzels 2 2 NEE Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 2 NEI Teach children appropriate portions 2 2 NEI Teach children appropriate portions 2 2 NEI Teach children water await with children to attach and the mutritions floods that are low in fat, sugar, and sodium as needed to meet the calonic needs of the individual with a children the value on a child the children water and the children water and the children water and the children wat							
NCAI Serve no more than 8 to 12 or juice/day for children 7-12 years of age NDI Make water available both inside and outside NDI Make water available both inside and outside play NDI Make water available both inside and outside play NDI Make water available both inside and outside play NDI Make water available both inside and outside play NDI Make water available both inside and outside play NDI Make water available both inside and outside play NDI Make water available both inside and outside play NDI Make water available both inside and outside play NDI Make water available both inside and outside play NDI Make water available both inside and outside play NDI Make water available both inside and outside play NDI Make water available both inside and outside play NDI Make water available both inside and outside play NDI Make water available both inside and outside play available both inside and							
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Mist alt by avoiding salty foods such as chips and pretzels Q							
NGC Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk 18							
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NEI Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs 2 2 NEZ Require adults eating meals with children to eat terms that meet nutrition standards 2 4 NEZ Require adults eating meals with children to eat terms that meet nutrition standards 2 4 NEZ Require adults eating meals with children to eat terms that meet nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual richity. Teach children who require limited portions about portion size and monitor their portions 2 4 NH1 Do not tore or bribe children to eat 2 4 NH2 Do not use food as a reward or punishment 2 4 Physical Activity (n = 11) 200 200 2024 PA1 Provide children with adequate space for both inside and outside play 4 4 4 4 PA2 Provide orientation and annual training opportunities for caregivers/leachers to learn age-appropriate gross motor activities and games that promote physical activity 2 2 PA3 Devoled children with adequate space for both inside and outside play 4 4 4 PA3 Pro			_				
NEZ Require adults eating meals with children to eat items that meet nutrition standards 2 2 NET Serve small-sized, age-appropriate portions 2 4 NET Serve small-sized, age-appropriate portions 2 4 NET Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual behalf of the children one or more additional servings of the nutritious foods as a reward or punishment 2 4 NH1 Do not force or bribe children who require limited portions about portion size and monitor their portions 3 4 PNH2 Do not use food as a reward or punishment 3 4 PNH2 Do receive for both inside and outside play 2010 2024 PNH2 Provide children with adequate space for both inside and outside play 4 4 4 PNH2 Provide children with adequate space for both inside and outside play 4 4 4 PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation 2 2 PA3 Develop written policies on the promotion of physical activity and participate in act			2	2			
NF1 Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child. Teach children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child. Teach children who require limited portions about portion size and monitor their portions 2							
Next Note Continuit Note	_						
NF2 billid; 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) To vide children with adequate space for both inside and outside play 2010 2024 PA1 Provide children with adequate space for both inside and outside play 4 4 A2 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's active play, and participate in active games at times when they can safely do so 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 3 3 <t< td=""><td>INLI</td><td></td><td></td><td></td></t<>	INLI						
NH1 Do not force or bribe children to eat 2 4 NH2 Do not use food as a reward or punishment 2 3 4 NH2 Do not use food as a reward or punishment 2 4 NH2 Povide children with adequate space for both inside and outside play 2 PA1 Provide children with adequate space for both inside and outside play 4 4 PA2 Provide crientation 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 4 PC4 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor 2 3 PC5 Surper Hait infants have supervised turmy time every day when they are awake 2 4 PC5 Eurore that infants have supervised turmy time every day when they are awake 2 4 PC6 Eurore that infants have supervised turmy time every day when they are awake 2 4 PC7 Eurore that infants have supervised turmy time every day when they are awake 2 4 PC8 Eurore that infants have supervised turmy time every day when they are awake 2 4 PC8 Eurore that infants have supervised turmy time every day when they are awake 2 4 PC9 Eurore that infants have supervi	NF2		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 dos 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 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 3 4 PC3 PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity 3 4 PC4 PC5 PC6 PC7 PC7	NH1		2	4			
Physical Activity (n = 11) Part Provide children with adequate space for both inside and outside play 4 4 4 4 4 4 4 4 4			3	4			
PA1 Provide children with adequate space for both inside and outside play PA2 Provide children with adequate space for both inside and outside play PA3 Provide children with adequate space for both inside and outside play PA3 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation PA3 Peculor caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA3 Peculor vinded active play from children who misbehave PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PA4 Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting PA5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA5 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity PA6 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous							
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PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 4		,					
	. 54	Rating Code:		-7			

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.

SOUTH CAROLINA At A Glance:

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

	nter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Hea	lthy Infant Feeding (n = 11)		
Brea	astfeeding 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
	nt Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	rition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
INAS	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
		3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
NILI1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	2
	Do not use food as a reward or punishment	3	3
		3	3
Pny	sical Activity (n = 11)	2040	2024
		2010	2024
	Provide children with adequate space for both inside and outside play	4	4
PA2		2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3	5 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	2	2
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
	day—indoor or outdoor		
DE4	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Illico intent equipment cuch ac cwings, stationary activity contors, intent seats, molded seats, oto, only for short periods if at all	3	3
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	
PE2	its on Screen-Time (n = 4)		ı
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Regulation fully meets standard Regulation partially meets standard Regulation does not address standard Regulation contradicts the standard

O 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.

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 IAI Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site Infant Feeding Practices IAZ Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided IBI Feed infants on cue IBI Hold infants beyond satiety: Allow infant to stop the feeding IBI Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/feacher's arms or sitting up on the lap IBI Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/feacher's arms or sitting up on the lap IBI Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/feacher's arms or sitting up on the lap IBI Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/feacher's arms or sitting up on the lap IBI Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/feacher's arms or sitting up on the lap IBI Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/feacher's arms or sitting up on the lap IBI Hold infants while bottle feeding; Position and infant for bottle feeding in the caregiver/feacher's arms or sitting up on the lap IBI Hold infants while bottle feeding; Position and infant for bottle feeding in the caregiver/feacher's arms or sitting up on the lap IBI Hold infants while bottle feeding; Position and infant for bottle feeding in the caregiver/feacher's arms or sitting up on the lap IBI Hold infants while bottle feeding; Position and infant for bottle feeding in the caregiver/feacher's arms or sitting up on the lap IBI Hold infants on cue IBI Hold infan	2 2 2 2 2 2 2 2 2	2024 3 2 3 2 4 2 2 2 2 2 2 2 2 2 2 2 2 2
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Infant Feeding Practices 1A2 Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided 1B2 Feed infants on cue 1B2 Do not feed infants beyond satiety; Allow infant to stop the feeding 1B3 Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap 1C1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider 1C2 Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age 1C3 Introduce age-appropriate solid foods no sooner than 6 months of age, but preferably around six months 1D1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction 1D3 Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age 1D3 Serve on fruit juice to children younger than 12 months of age 1D3 Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age 1D4 Serve whole fruits months, mashed or pureed, for infants 6 months up to 1 year of age 1D5 Serve mon fruit juice to children younger than 12 months of age 1D6 Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age 1D7 Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age 1D8 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats 1D8 Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats 1D7 Serve whole pasteurized milk to twelvour month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to twelvour month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to twelvour month old children who are not on human milk or prescribed formula, or serve r	2 4 2 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 3 2 4 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
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Healthy Mealtime Practices	ı	
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	2	2
NF2 Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2
child; Teach children who require limited portions about portion size and monitor their portions		
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)		I
	2010	2024
PA1 Provide children with adequate space for both inside and outside play PA2 Provide crientation and applied training concept inities for caregivery (teachers to learn ago appropriate gross meter activities and games that promote physical activity.	4	4
PA2 Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3 Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	
PA4 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so PA5 Do not withhold active play from children who misbehave	2	2
PCI Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	2
PC2 Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	2
PC3 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	2
Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1 day—indoor or outdoor	2	2
PE1 Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2 Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limits on Screen-Time (n = 4)		
	2010	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

Regulation fully meets standard Regulation partially meets standard South Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2023 (CTR, LRG, SML)

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

TENNESSEE At A Glance:

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

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards						
Hea	Healthy Infant Feeding (n = 11)						
Brea	stfeeding Support	2010	2024				
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3				
Infa	t Feeding Practices						
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	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				
	Serve no fruit juice to children younger than 12 months of age	2	4				
	ition (n = 21)						
	ition Standards	2010	2024				
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	2				
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3				
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3				
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3				
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4				
	Serve whole grain breads, cereals, and pastas	2	3				
_	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3				
	Serve fruits of several varieties, especially whole fruits	3	3				
	Use only 100% juice with no added sweeteners	2	4				
NC2	Offer juice (100%) only during meal times	2	4				
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	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				
Heal	hy Mealtime Practices						
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	4				
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2				
NF1	Serve small-sized, age-appropriate portions	2	4				
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	3				
	child; Teach children who require limited portions about portion size and monitor their portions						
	Do not force or bribe children to eat	4	3				
	Do not use food as a reward or punishment	4	4				
Phys	ical Activity (n = 11)	2010	2024				
DA1	Provide children with adequate space for both inside and outside play	4	2024 4				
	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3				
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	4				
-	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	3				
	Do not withhold active play from children who misbehave	4	4				
-	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3				
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4				
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	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				
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4				
	ts on Screen-Time (n = 4)						
		2010	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				
	Use screen media with children age two years and older only for educational purposes or physical activity	3	4				
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4				
	Rating Code:						

Rating Code

4 Regulation fully meets standard

Regulation partially meets standard

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

2 Regulation does not address standard

Regulation contradicts the standard

0 State does not regulate care type

TEXAS At A Glance:

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

тег	Ithy Infant Feeding (n = 11)		
re	astfeeding Support	2010	202
Α1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	4
ıfa	nt Feeding Practices		
A2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
В1	Feed infants on cue	3	4
В2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
вз	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
C1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
C2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
СЗ	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)		
	rition Standards	2010	202
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
A 3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
Α4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
	those who are at risk for hypercholesterolemia or obesity	2	
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
IB3	Serve fruits of several varieties, especially whole fruits	3	3
C1	Use only 100% juice with no added sweeteners	4	4
C2	Offer juice (100%) only during meal times	3	4
C3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
C4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ID1	Make water available both inside and outside	4	4
G1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
		4	4
IF1	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4
F2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
IH1	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	4	4
	·	- 4	-
пу	sical Activity (n = 11)	2010	200
		2010	202
A1		4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	4
Α4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
A5	Do not withhold active play from children who misbehave	4	4
C1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4
C2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
C3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	4
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	_	
D1	day—indoor or outdoor	2	4
E1	Ensure that infants have supervised tummy time every day when they are awake	4	4
E2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4
m	its on Screen-Time (n = 4)		
		2010	202
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
B1		3	3
	Limit total media time for children 2 years and older to not more than 30 min, weekly		
B2	, ,		4
B2 B3		2	4

4	Regulation fully meets standard	i exas Regulatio
3	Regulation partially meets standard	2024 (CTR, LRG,
2	Regulation does not address standard	NOTE: A starred
1	Regulation contradicts the standard	documents also
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,

ed date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revised o were rated for CACFP changes.

UTAH At A Glance:

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

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards					
Hea	Ithy Infant Feeding (n = 11)					
Brea	stfeeding Support	2010	2024			
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3			
Infar	nt Feeding Practices					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4			
IB1	Feed infants on cue	4	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4			
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4			
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2			
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3			
	Serve no fruit juice to children younger than 12 months of age	1	4			
	ition (n = 21)					
	ition Standards	2010	2024			
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2			
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3			
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3			
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3			
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
	Serve whole grain breads, cereals, and pastas	3	3			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3			
	Serve fruits of several varieties, especially whole fruits	3	3			
	Use only 100% juice with no added sweeteners	4	4			
	Offer juice (100%) only during meal times	3	4			
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4			
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4			
ND1	Make water available both inside and outside	3	4			
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3			
Healt	hy Mealtime Practices					
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2			
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
NF1	Serve small-sized, age-appropriate portions	4	4			
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3			
	child; Teach children who require limited portions about portion size and monitor their portions					
	Do not force or bribe children to eat	3	3			
	Do not use food as a reward or punishment ical Activity (n = 11)	3	3			
PIIYS	ical Activity (ii - 11)	2010	2024			
DA1	Provide children with adequate space for both inside and outside play	4	4			
	Provide criminal warrawequate space for both inside and oddside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2			
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
	Do not withhold active play from children who misbehave	2	2			
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4			
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3			
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the					
PD1	day—indoor or outdoor	2	2			
	Ensure that infants have supervised tummy time every day when they are awake	2	4			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3			
Limi	ts on Screen-Time (n = 4)					
		2010	2024			
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3			
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3			
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2			
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2			
	Rating Code:					

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

VERMONT At A Glance:

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

	ter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Heal	Ithy Infant Feeding (n = 11)		
Brea	stfeeding 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
	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	3	4
	rition (n = 21)		
	ition Standards	2010	2024
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
IVAS	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	2	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
		2	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		
	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
-	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	2	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	3
NILI1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)	3	3
PIIYS	ical Activity (ii = 11)	2010	2024
244		2010	2024
	Provide children with adequate space for both inside and outside play	2	4
			2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	4	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
· DI	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake		
	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE1	The infinite action and a section of the section of	~	
PE1 PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
PE1 PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)		
PE1 PE2 Limi	ts on Screen-Time (n = 4)	2010	2024
PE1 PE2 Limi	ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2024 4
PE1 PE2 Limi PB1 PB2	ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2010 3 3	2024 4 3
PE1 PE2 Limit PB1 PB2 PB3	ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2024 4

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

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

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

VIRGINIA At A Glance:

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

	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards					
	Healthy Infant Feeding (n = 11)					
Brea	stfeeding 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			
Infa	nt Feeding Practices					
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4			
IB1	Feed infants on cue	4	4			
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4			
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3			
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3			
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4			
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4			
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2			
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3			
	Serve no fruit juice to children younger than 12 months of age	1	4			
	rition (n = 21)					
	ition Standards	2010	2024			
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2			
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3			
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3			
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3			
NAF	those who are at risk for hypercholesterolemia or obesity	2	4			
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4			
	Serve whole grain breads, cereals, and pastas	3	3			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3			
	Serve fruits of several varieties, especially whole fruits	3	3			
	Use only 100% juice with no added sweeteners	4	4			
NC2	Offer juice (100%) only during meal times	2	4			
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4			
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4			
ND1	Make water available both inside and outside	4	4			
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2			
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3			
	thy Mealtime Practices					
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	2			
_	Require adults eating meals with children to eat items that meet nutrition standards	2	2			
	Serve small-sized, age-appropriate portions	4	4			
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual					
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3			
NH1	Do not force or bribe children to eat	3	3			
	Do not use food as a reward or punishment	3	3			
	ical Activity (n = 11)		J			
		2010	2024			
DA1	Provide children with adequate space for both inside and outside play	4	4			
	Provide criminal with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2			
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2			
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2			
	Do not withhold active play from children who misbehave	2	2			
PC1		3	3			
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	3			
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3			
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2			
	day—indoor or outdoor					
	Ensure that infants have supervised tummy time every day when they are awake	4	4			
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3			
Lim	ts on Screen-Time (n = 4)					
		2010	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:					

Rating Code:

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

WASHINGTON At A Glance:

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

Name Part	Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards					
Mail Institute	Hea	thy Infant Feeding (n = 11)				
International practices A	Brea	stfeeding Support	2010	2024		
Mail Feed infinite formulation and tear data (2.1 months), not convolved 4 4 4 4 4 4 4 4 4	IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	4		
Init Sec Initiation Sec	Infan	t Feeding Practices	•			
182	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
Bits Bits Indicates white bottest recident, Frontinon an Infant for bottle feeding in the caregiver/bascher's arms or string-upon the lop 4 3 3 4 4 3 3 4 4 1 5 5 5 5 5 5 5 5 5	IB1	Feed infants on cue	4	4		
Incidence to the part of introducine age agrophics sool faceds in consultation with child's parent/guardian and primary care provider	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4		
Lick Introduce page-appropriate solf founds in a source than a more than of any office and in a solid page of the committed of the page of the page of the committed of the page of the pa	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		
Main	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	4	3		
IDEN Down thead an Infant Formula mound with censel, flore just or other foods without primary care provider's written instruction 1 3 4	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4		
102 Serve en forting that's, marked or guereel, for infants 6 months up to 3 year of age 1 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		
IDB Seve no fruit juice to children younger than 12 months of age Nutrition face 21 Nutrition Standards 2010 2024 Nutrition Stan	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4		
Nutrition Standards Not little dis by choosing monournaturated and polyunsaturated first and avoiding trans fats, saturated first and fired foots 2 2 2 ANA Is little dis by choosing monournaturated and polyunsaturated first and avoiding trans fats, saturated first and fired foots 3 3 3 ANA Is little dis by choosing monournaturated and polyunsaturated first and avoiding trans fats, saturated first and fired foots 3 3 3 ANA Is little ements and/or beans - chicken, fish, lies merest, and/or legitumes (such as offed peas, beans), avoiding fired means 3 3 3 ANA Is little ements and/or beans - chicken, fish, lies merest, and/or legitumes (such as offed peas, beans), avoiding fired means 4 3 3 3 ANA Is little ements and/or beans - chicken, fish, lies merest, and/or legitumes for 2 years of logs and older 4 3 3 3 ANA Is little ements and/or beans - chicken, fish, lies merest, and passas. 4 4 6 18 1 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3		
Nutrition Standards	ID3	Serve no fruit juice to children younger than 12 months of age	1	4		
NAL Linut cils by choosing monourisaturated and ophymisaturated fats and avaiding trans fats, saturated fats and fried foods NE Serve meast and/or bears - Kinche, fish, learn must arriagife regumen Such as dided pass, horse, avaiding fremens ANA Serve meast and/or bears - Kinche, fish, learn must arriagife regumen Such as dided pass, horse, avaiding fremens Serve whole grait design of the serve of the must be serve of age and cilder. Serve whole grait breads, creats, and pasts Will Serve whole grait breads whole store whole serve whole the serve whole t	Nutr	ition (n = 21)				
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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	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children vounger than 2 years				
PB3 Use screen media with children age two years and older only for educational purposes or physical activity 2 4 PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 4						
PB4 Do not utilize TV, video, or DVD viewing during meal or snack time 2 4						
				•		

Rating Code:

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.

WEST VIRGINIA At A Glance:

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

	nter-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
	Ithy Infant Feeding (n = 11)		
	astfeeding Support	2010	2024
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infa	nt Feeding Practices		
IA2		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
	rition (n = 21)		
	rition Standards	2010	2024
_	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
NB1	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	3	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	4	4
		2	2
	Limit salt by avoiding salty foods such as chips and pretzels	1	4
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	4
	thy Mealtime Practices	_	2
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	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	3	3
NILI1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	4
	Do not use food as a reward or punishment	3	4
		3	4
Pny:	sical Activity (n = 11)	2010	2024
D	Danvide skilders with adaptive to the skilder and statistically also	2010	2024
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
_	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	4
	Do not withhold active play from children who misbehave	4	2
PC1		3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	4
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	4
Lim	its on Screen-Time (n = 4)		
		2010	2024
	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
_			2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2

Regulation fully meets standard

Regulation partially meets standard Regulation does not address standard

Regulation contradicts the standard

O State does not regulate care type

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

WISCONSIN At A Glance:

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

Center-based child care licensing regulations and support of 47 high-impact obesity prevention standards		
Healthy Infant Feeding (n = 11)		
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
1B2 Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
1B3 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
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 mil		3
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		1
NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2 Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1 Serve small-sized, age-appropriate portions	4	4
Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual n	ıal 3	3
child; Teach children who require limited portions about portion size and monitor their portions	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)	2212	
	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
PAS 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 tiday—indoor or outdoor	he 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
		Z
Rating Code:		

Rating Code

4 Regulation fully meets standard

Regulation partially meets standard

Regulation does not address standard

Regulation contradicts the standard

State does not regulate care type

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

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

WYOMING At A Glance:

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

Breass IA1 Infant IA2 IB1 IB2 IB3 IC1 IC2 IC3 ID1 ID2 ID3 ID3 ID1 ID2 ID3 ID3 ID1 ID4	thy Infant Feeding (n = 11) steeding Support Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site t Feeding Practices Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided Feed infants on cue Do not feed infants beyond satiety; Allow infant to stop the feeding Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	2010 2 2 4 2 2 2 3 2 2 2 2	2024 3 2 4 2 3 2 2 2
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site t Feeding Practices Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided Feed infants on cue Do not feed infants beyond satiety; Allow infant to stop the feeding Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	2 4 2 2 2 3 2 2	3 2 4 2 3 2 2
Infant IA2 : IB1 IB2 IB3 IC1 IC2 IC3 ID1 ID2 : ID3 : Nutri Nutri NA1 NA2 :	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided Feed infants on cue Do not feed infants beyond satiety; Allow infant to stop the feeding Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	2 4 2 2 2 3 2 2	2 4 2 3 2 2
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided Feed infants on cue Do not feed infants beyond satiety; Allow infant to stop the feeding Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	4 2 2 3 2 2	4 2 3 2 2
IB1 IB2 IB3 IC1 IC2 IC3 ID1 ID2 ID3 ID3 INUTRITION IDA1 IDA2 IDA2 IDA3 IDA2 IDA3 IDA3 IDA2 IDA3 IDA3 IDA2 IDA3 IDA3 IDA3 IDA3 IDA3 IDA3 IDA3 IDA3	Feed infants on cue Do not feed infants beyond satiety; Allow infant to stop the feeding Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	4 2 2 3 2 2	4 2 3 2 2
IB2 IB3 IC1 IC2 IC3 ID1 ID2 ID3 ID3 ID3 ID4 ID4 ID4 ID5	Do not feed infants beyond satiety; Allow infant to stop the feeding Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	2 2 3 2 2	2 3 2 2
IB3 IC1 IC2 IC3 ID1 ID2 ID3 Nutri Nutri NA1 NA2	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	2 3 2 2	3 2 2
IC1 IC2 IC3 ID1 ID2 ID3 ID3 INutri	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	3 2 2	2
IC2 IC3 ID1 ID2 : ID3 : Nutri Nutri NA1 INA2 :	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	2	2
IC3 ID1 ID2 ID3 Nutri Nutri NA1 NA2	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	2	
ID1 ID2 : ID3 : Nutri Nutri NA1 I	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age		2
ID2 : ID3 : Nutri Nutri NA1 : NA2 :	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	2	
Nutri Nutri Nutri NA1	Serve no fruit juice to children younger than 12 months of age		2
Nutri Nutri Nutri NA1	Serve no fruit juice to children younger than 12 months of age	2	2
Nutri Nutri NA1 NA2		2	2
Nutri NA1 NA2	ition (n = 21)		
NA1 NA2	tion Standards	2010	2024
NA2	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
- 19	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		
NA4I	those who are at risk for hypercholesterolemia or obesity	2	2
	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
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
	Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
-	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
-	Make water available both inside and outside	2	2
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	hy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	2	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		4
NF2 I	child; Teach children who require limited portions about portion size and monitor their portions	2	2
	Do not force or bribe children to eat	4	3
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)		
		2010	2024
DA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	3	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
-		2	2
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity		
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
PD1 I	day—indoor or outdoor	2	2
	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE1	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
	ts on Screen-Time (n = 4)	3	
PE2	Soli Salecti Time (II = 1)	2010	2024
PE2			
PE2 Limit	Do not utilize modia (tolouision [TV] video and DVD) viewing and computers with children viewport than 2 years		1 2
PE2 Limit PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PE2 Limit PB1 PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PE2 Limit PB1 PB2 PB3			

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

Wyoming Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (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	Х		Χ						Х	Х		Х		Х	
Alaska	Χ		Х					Χ							Х
Arizona	Χ	Χ								Х	Χ				
Arkansas	Χ	Х				Χ		Χ			Χ				
California	Χ		Х					Χ						Χ	
Colorado	X		X			Χ	Х	Х				Х			Х
Connecticut	X		X					Χ				Х		Χ	Х
Delaware	X		X			Χ		Х		Х	Х	Х			
D.C.	Χ						Х	Χ							
Florida	Χ		Х	Χ				Х		Х					
Georgia	Χ		Χ		Χ			Χ			Х		Х	Χ	
Hawaii	Χ		Χ					Χ						Χ	Х
Idaho	Χ												Х	Χ	
Illinois	Χ				Χ									Χ	
Indiana	Χ												Х		
lowa	Χ		X					Χ							Х
Kansas	Χ		Х	Χ											Х
Kentucky	Χ			Χ					Χ			Х			
Louisiana	Χ		Χ			Χ		Χ				Х		Χ	
Maine	X		X					Х				Х			
Maryland	X		Х			Х		Χ						Χ	
Massachusetts	X														Х
Michigan	Х		Χ		Χ			Χ		Х					Х
Minnesota	Х		Χ					Х							Х
Mississippi	X		Χ	Χ							Х				
Missouri	Х						Х							Χ	

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	Х		Х					Х				Х			Х
Nebraska	Х		Х	Х				Х							Х
Nevada	Х		Х						Х						Х
New Hampshire	Х							Х					Х		
New Jersey	Х			Χ				Х							
New Mexico	Χ		Х		Χ			Х							Х
New York	Χ			Χ	Χ	Χ		Х							
North Carolina	Χ		Х	Χ				Х	Х					Χ	
North Dakota	Χ	Х									Χ			Χ	
Ohio	X		Х				Х					Х			
Oklahoma	Х						Х	Х					Х		
Oregon	Х		Х					Х				Х			Х
Pennsylvania	Х										Х			Х	
Rhode Island	Х		Х	Х				Х				Х		Х	Х
South Carolina	Х		Х					Х							Х
South Dakota	Х													Х	
Tennessee	X								Χ				Χ		
Texas	X		Х		Χ							Х		Χ	Х
Utah	Х		Х					Х							
Vermont	Х						Х	X							
Virginia	Х		Х					Х							Х
Washington	Х		Х					Х		Х					Х
West Virginia	Х		Х		Х									Х	
Wisconsin	Х		Х							Х					
Wyoming	Х		Х	Х									Х		

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

State assessed due to new or revised licensing regulations State assessed due to national **CACFP** updates

State Documents Rated in 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

	Regulation Document Title	Document	ASHW		ild Ca Types	;
State	For links to states' documents, click <u>here</u>	Date	Year	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	Χ	Χ	X
CO	Colorado					
	2.300 - Rules Regulating Family Child Care Homes	3/16/2024	2024		Χ	Χ
CT	Connecticut					
	Statutes and Regulations for Child Care Centers and Group Child Care Homes	10/16/2024	2024	Χ	Χ	
HI	Hawaii					
	Title 17, Chapter 892.2 Licensing of Group Child Care Centers and Group Child Care Homes	6/16/2024	2024	Χ	Χ	
IA	lowa					
	Chapter 109 Child Care Centers	11/2/2022	2024	Χ		
	Chapter 110: Child Development Homes	11/3/2021	2024		Χ	Χ
KS	Kansas					
	Kansas Laws & Regulations for Licensing Preschools and Child Care Centers	8/2024	2024	Χ		
	Kansas Laws & Regulations for Licensing Family Child Care Homes	8/2024	2024		Χ	Χ
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	Х	X
MI	Michigan					
	Licensing Rules for Child Care Centers	2/22/2022	2024	Χ		
	Licensing Rules for Family and Group Child Care Homes	12/13/2019	2024		Χ	Χ
MN	Minnesota					
	Chapter 9503 Child Care Center Licensing	10/13/2021	2024	Χ		
	Chapter 9502 Licensing of Day Care Facilities (Family Day Care and Group Family Day)	9/20/2024	2024		Χ	Χ

State Documents Rated in 2024 (continued)

	Regulation Document Title	Document	ASHW		ild Ca Types	;
State	For links to states' documents, click <u>here</u>	Date	Year	C T R	L R G	S M L
MT	Montana					
	Licensing Requirements for Child Day Care Centers	12/2021	2024	Χ		
	Requirements for Registration of Family & Group Day Care Homes	12/2021	2024		Χ	Χ
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	Χ		
	Title 391 - Children's Services Licensing; Chapter 2 - Family Child Care Home II	2/19/2013	2024		Χ	
	Title 391 - Children's Services Licensing; Chapter 1 - Family Child Care Home I	2/19/2013	2024			Χ
NV	Nevada					
	Chapter 432A - Services and Facilities for Care of Children (REGULATIONS/CODES) NAC	1/31/2018	2024	Χ	Χ	Χ
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	Χ		
	Rules For Certified Family Child Care Homes	5/7/2024	2024		Χ	
	Rules for Registered Family Child Care Homes	5/7/2024	2024			Χ
RI	Rhode Island					
	218-RICR-70-00-7 Group Family Child Care Home Regulations	6/20/2024	2024		Χ	
	218-RICR-70-00-2 Family Child Care Home Regulations	6/20/2024	2024			Χ
SC	South Carolina					
	Regulations for the Licensing of Child Care Centers	6/22/2018	2024	Χ		
	Licensed Group Child Care Homes	5/19/2005	2024		Χ	
T\/	Family Child Care Home Regulations	5/25/2024	2024			Χ
TX	Texas	E /2 /2022	2024	V		
	Chapter 746: Minimum Standards for Child-Care Centers	5/3/2023	2024	Χ		
	Chapter 747: Minimum Standards for Licensed and Registered Child-Care Homes	5/3/2023	2024		Х	Х
VA	Virginia					
	Standards for Licensed Child Day Centers	10/13/2021	2024	Χ		
	Chapter 800. Standards for Licensed Family Day Homes	7/1/2021	2024		Χ	Χ
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

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