

# **2023 SUPPLEMENT**

# Achieving a State of Healthy Weight State Profiles: Small Family Child Care Homes



College of Nursing UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

## **2023 Supplement: Achieving a State of Healthy Weight** State Profiles: Small Family Child Care Homes

## University of Colorado Anschutz Medical Campus College of Nursing

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## Introduction

The 2023 Achieving a State of Healthy Weight (ASHW) Annual Report<sup>1</sup> marks the thirteenth update of the comprehensive assessment first initiated in Achieving a Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010.<sup>2</sup> Each year, the University of Colorado College of Nursing releases the Annual Report, accompanied by three three state-specific supplements. These supplements provide detailed data for each state and care type, including Child Care Centers (CTR), Large Family Child Care Homes (LFCCH), and Small Family Child Care Homes (SFCCH). The profiles evaluate how well each state's licensing regulations for early care and education (ECE) programs align with the High-Impact Obesity Prevention Standards (HIOPS).

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

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

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

## **History of ASHW**

The evolution of ASHW dates back to the standards outlined in Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Ed. (CFOC3).<sup>3</sup> 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).<sup>4</sup> 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).<sup>5</sup>





## **Helpful Resources**

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

## How To Use the ASHW 2023 State Supplement

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

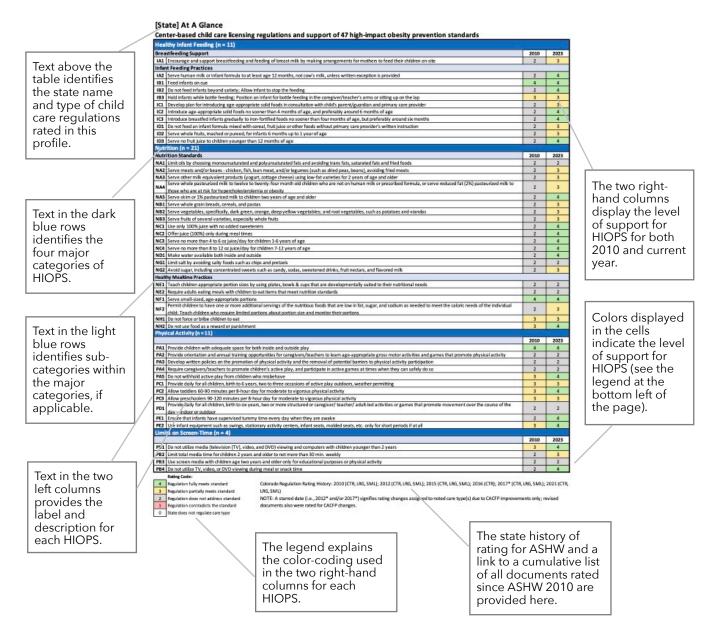
In each state profile, the level of support for the 47 High-Impact Obesity Prevention Standards (HIOPS) in child care regulations is depicted by care type. **For example, this state supplement presents the latest ASHW ratings for Small Family Child Care Homes.** This document also includes two appendices: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

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

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

# A Guide to Understanding the ASHW State Supplement Profile Pages

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



# References

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- 5. National Resource Center for Health and Safety in Child Care and Early Education. Origin of Achieving a State of Healthy Weight High-Impact Obesity Prevention Standards. University of Colorado Anschutz Medical Campus College of Nursing; 2020. <u>https:// nursing.cuanschutz.edu/docs/ librariesprovider2/research/ashw/ hiopsorigin.pdf</u>

#### **ALABAMA At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
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	2	
IB1	Feed infants on cue	4	2	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4	
	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	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 rition (n = 21)	1	2	
	ition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2023	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	2	
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to			
NA4	those who are at risk for hypercholesterolemia or obesity	2	2	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2	
	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	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	
	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 hy Mealtime Practices	1	2	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE1	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
	Serve small-sized, age-appropriate portions	4	4	
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	2	
	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	2023	
	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave Provide daily for all children, high to 6 years, two to three accessions of active play outdoors, weather permitting	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 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			
PD1	day—indoor or outdoor	2	2	
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	4	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	4	
Limi	ts on Screen-Time (n = 4)			
		2010	2023	
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	4	
		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	2	
	Rating Code:			
4	Regulation fully meets standard Alabama Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2019 (CTR); 2021 (CTR)	LRG, SML);	2023	
3	Regulation partially meets standard (CTR, LRG, SML)			

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

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

#### ALASKA At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2023	
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
	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	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3	
	Serve no fruit juice to children younger than 12 months of age	1	4	
	rition (n = 21)			
-	ition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3	
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	3	
-	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
	Serve fruits of several varieties, especially whole fruits	3	3	
	Use only 100% juice with no added sweeteners	4	4	
	Offer juice (100%) only during meal times	2	4	
-	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
	Serve no more than 4 to 02 Jule/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	-	J	
-	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	2	2	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3	
NH1	Do not force or bribe children to eat	3	3	
NH2	Do not use food as a reward or punishment	2	2	
Phys	ical Activity (n = 11)			
		2010	2023	
	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	3	3	
	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 Provide daily for all children, 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	4	4	
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	4	4	
	ts on Screen-Time (n = 4)			
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	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	2	2	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Alaska Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (CTR, LRG, SML)			
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised	
2	Regulation does not address standard documents also were rated for CACFP changes.	•		

2 Regulation does not address standard

1 Regulation contradicts the standard

#### **ARIZONA At A Glance:**

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

Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2023
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	0	0
Infai	t Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	0	0
IB1	Feed infants on cue	0	0
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	0	0
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	0	0
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	0	0
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	0	0
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	0	0
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	0	0
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	0	0
	Serve no fruit juice to children younger than 12 months of age	0	0
	rition (n = 21)		
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	0	0
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	0	0
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	0	0
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	0	0
N۵۶	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	0	0
	Serve whole grain breads, cereals, and pastas	0	0
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	0	0
	Serve fruits of several varieties, especially whole fruits	0	0
	Use only 100% juice with no added sweeteners	0	0
	Offer juice (100%) only during meal times	0	0
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	0	0
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	0	0
	Make water available both inside and outside	0	0
NG1	Limit salt by avoiding salty foods such as chips and pretzels	0	0
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	0	0
Healt	hy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	0	0
NE2	Require adults eating meals with children to eat items that meet nutrition standards	0	0
NF1	Serve small-sized, age-appropriate portions	0	0
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	0	0
	child; Teach children who require limited portions about portion size and monitor their portions	0	0
	Do not force or bribe children to eat Do not use food as a reward or punishment	0	0
	sical Activity (n = 11)	0	0
i iiys		2010	2023
ΡΔ1	Provide children with adequate space for both inside and outside play	0	0
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	0	0
PA3		0	0
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	0	0
PA5	Do not withhold active play from children who misbehave	0	0
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	0	0
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	0	0
PC3		0	0
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	0	0
	day—indoor or outdoor		
PE1		0	0
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all its on Screen-Time (n = 4)	0	0
		2010	2023
DB 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	0	0
	Limit total media time for children 2 years and older to not more than 30 min. weekly	0	0
	Use screen media with children age two years and older only for educational purposes or physical activity	0	0
	Do not utilize TV, video, or DVD viewing during meal or snack time	0	0
	Rating Code:		-
4	Regulation fully meets standard Arizona Regulation Rating History: 2010 (CTR, LRG); 2011 (LRG); 2015 (LRG); 2019 (CTR); 2020 (LRG)		

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

1 Regulation contradicts the standard

#### **ARKANSAS At A Glance:**

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

Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2023
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	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	3	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	ition (n = 21)		
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	3
			3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 4 to 0 02 juice/day for children 7-0 years of age	3	4
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	hy Mealtime Practices	1	5
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	3	4
NH2	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2023
	Provide children with adequate space for both inside and outside play	2	3
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	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	4	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	ts on Screen-Time (n = 4)	2	2
		2010	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2025
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	4
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
<u> </u>	Rating Code:		
4	Regulation fully meets standard Arkansas Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2017* (CTR, LRG, SML);	2020 (CTR,	LRG, SML)

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

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

#### **CALIFORNIA At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	istfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2	
	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2	
IB1	Feed infants on cue	2	2	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2	
ID3	Serve no fruit juice to children younger than 12 months of age	2	2	
	rition (n = 21)			
Nutr	ition Standards	2010	2023	
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	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	
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	2	2	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2	
	Serve fruits of several varieties, especially whole fruits	2	2	
	Use only 100% juice with no added sweeteners	2	4	
	Offer juice (100%) only during meal times	2	2	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	3	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	3	
	Make water available both inside and outside	2	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3	
	thy Mealtime Practices			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions	2	2	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2	
	child; Teach children who require limited portions about portion size and monitor their portions			
	Do not force or bribe children to eat	3	2	
	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)	2010	2023	
DA1	Provide children with adequate space for both inside and outside play	2010	2023	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		2	
PA3				
		2	2	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
PA4	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2 2 2	
PA4 PA5	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	2 2	2	
PA4 PA5 PC1	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 2	2	
PA4 PA5 PC1 PC2	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 2 2 2	2 2 2	
PA4 PA5 PC1 PC2 PC3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 2 2 2 2 2 2	2 2 2 2 2 2	
PA4 PA5 PC1 PC2 PC3 PD1	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2	
PA4 PA5 PC1 PC2 PC3 PD1 PE1	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2 2	
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2	
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2 2 2	
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>ts on Screen-Time (n = 4)</b>	2 2 2 2 2 2 2 2 2 2 2 2 2010	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 2 2 2 2 2 2 2 2 2 2 2 010 2	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 2 2 2 2 2 2 2 2 2 2 0 10 2 2 2 2	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older to not more than 30 min. weekly         Use screen media with children age two years and older only for educational purposes or physical activity	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         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 atime for children age two years and older only for educational purposes or physical activity         Do not utilize TV, video, or DVD viewing during meal or snack time	2 2 2 2 2 2 2 2 2 2 2 2 0 10 2 2 2 2	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older to not more than 30 min. weekly         Use screen media with children age two years and older only for educational purposes or physical activity	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	

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

1 Regulation contradicts the standard

2

#### **COLORADO At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	astfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	3	
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	
-	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3	
	Serve no fruit juice to children younger than 12 months of age	1	4	
	rition (n = 21)	r	I	
	rition Standards	2010	2023	
	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	3	3	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3	
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	3	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
	Serve fruits of several varieties, especially whole fruits	3	3	
	Use only 100% juice with no added sweeteners	4	4	
	Offer juice (100%) only during meal times	2	4	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4	4	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	4	
-	Make water available both inside and outside	4	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3	
	hy Mealtime Practices			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions	4	4	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3	
	child; Teach children who require limited portions about portion size and monitor their portions			
-	Do not force or bribe children to eat	3	3	
	Do not use food as a reward or punishment	3	3	
Phys	sical Activity (n = 11)			
DAC		2010	2023	
	Provide children with adequate space for both inside and outside play	4	4	
PA2 PA3	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
		-	-	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	2	2	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	2	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PC2 PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the			
PD1	day—indoor or outdoor	2	2	
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4	
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4	
Lim	its on Screen-Time (n = 4)			
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Colorado Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2016 (CTR); 2017* (CTR	LRG, SML);	2021 (CTR,	
3	Regulation partially meets standard LRG, SML)			
	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 CACEP improvem			

1 Regulation contradicts the standard

0 State does not regulate care type

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

#### **CONNECTICUT** At A Glance:

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

IIEa	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2023	
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2	
	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	4	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2	
ID3	Serve no fruit juice to children younger than 12 months of age	2	2	
Nut	rition (n = 21)			
Nutr	ition Standards	2010	2023	
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2	
NA3		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	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 the mathematical sector is the mathemati	2	2	
		2	2	
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards	2	2	
-	Serve small-sized, age-appropriate portions	2	2	
INF1	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		2	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2	
NH1	Do not force or bribe children to eat	2	2	
NH2	Do not use food as a reward or punishment	-	2	
Phys		2	2	
	ical Activity (n = 11)	2	2	
	ical Activity (n = 11)	2 2010	2023	
PA1	ical Activity (n = 11) Provide children with adequate space for both inside and outside play			
PA1 PA2		2010	2023	
	Provide children with adequate space for both inside and outside play	<b>2010</b> 4	<b>2023</b>	
PA2 PA3 PA4	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2010 4 2 2 2 2	2023 4 2 2 2 2	
PA2 PA3 PA4	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2010 4 2 2	<b>2023</b> 4 2 2	
PA2 PA3 PA4 PA5 PC1	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2010 4 2 2 2 2 2 2 2 2	2023 4 2 2 2 2 3	
PA2 PA3 PA4 PA5 PC1	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2010 4 2 2 2 2 2 2 2 3	2023 4 2 2 2 2 3 3 3	
PA2 PA3 PA4 PA5 PC1	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2010 4 2 2 2 2 2 2 2 2	2023 4 2 2 2 2 3	
PA2 PA3 PA4 PA5 PC1 PC2 PC3	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2010 4 2 2 2 2 2 2 2 3	2023 4 2 2 2 3 3 3 3 3	
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2010 4 2 2 2 2 2 2 3 3 3 2 2	2023 4 2 2 2 3 3 3 3 2	
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2010 4 2 2 2 2 2 2 3 3 3 2 2 2 2 2 2 2 2 2 2	2023 4 2 2 2 2 3 3 3 3 2 2 2	
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2010 4 2 2 2 2 2 2 3 3 3 2 2	2023 4 2 2 2 3 3 3 3 2	
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2010 4 2 2 2 2 2 2 3 3 3 2 2 2 2 2 2 2 2 2	2023 4 2 2 2 3 3 3 3 2 2 2 2 2 2	
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>ts on Screen-Time (n = 4)</b>	2010 4 2 2 2 2 2 2 3 3 3 2 2 2 2 2 2 2 2 2 2	2023 4 2 2 2 3 3 3 3 2 2 2 2 2 2 2 2 2 2 2	
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PC3 PD1 PE1 PE2 Limi	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised turmy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010 4 2 2 2 2 2 2 2 3 3 3 2 2 2 2 2 2 2 2 2	2023 4 2 2 2 2 3 3 3 3 2 2 2 2 2 2 2 2 2 2	
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 5 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) 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 4 2 2 2 2 2 2 2 3 3 3 2 2 2 2 2 2 2 2 2	2023 4 2 2 2 2 3 3 3 3 3 2 2 2 2 2 2 2 2 2	
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB1 PB2 PB3	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older on to more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2010 4 2 2 2 2 2 2 2 3 3 3 2 2 2 2 2 2 2 2 2	2023 4 2 2 2 2 3 3 3 3 2 2 2 2 2 2 2 2 2 2	
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	2010 4 2 2 2 2 2 2 2 3 3 3 2 2 2 2 2 2 2 2 2	2023 4 2 2 2 2 3 3 3 3 3 2 2 2 2 2 2 2 2 2	
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 PB4	Provide children with adequate space for both inside and outside play Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not witthhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2010 4 2 2 2 2 2 2 3 3 3 2 2 2 2 2 2 2 2 2 2	2023 4 2 2 2 2 3 3 3 3 2 2 2 2 2 2 2 2 2 2	
PA2 PA3 PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB1 PB2 PB3	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	2010 4 2 2 2 2 2 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2	2023 4 2 2 2 3 3 3 3 2 2 2 2 2 2 2 2 2 2 2	

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

#### **DELAWARE At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2023	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4	
Infai	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	
	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	
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	4	4	
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4	
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	4	
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3	
	Serve no fruit juice to children younger than 12 months of age rition (n = 21)	5	4	
	ition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	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	
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	3	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
	Serve fruits of several varieties, especially whole fruits	4	3	
	Use only 100% juice with no added sweeteners	4	4	
	Offer juice (100%) only during meal times	2	4	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
	Make water available both inside and outside Limit salt by avoiding salty foods such as chips and pretzels	2	4	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3	
	thy Mealtime Practices	1	3	
	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	
	Serve small-sized, age-appropriate portions	4	4	
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3	
	Do not force or bribe children to eat	3	3	
	Do not use food as a reward or punishment	3	3	
Phys	sical Activity (n = 11)			
-		2010	2023	
	Provide children with adequate space for both inside and outside play	3	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			2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	2	2	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PC2	Allow reschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the			
PD1	day—indoor or outdoor	3	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	
Limi	its on Screen-Time (n = 4)			
		2010	2023	
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2	
PB2		3	3	
	Use screen media with children age two years and older only for educational purposes or physical activity	4	4	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:	CMI \- 202		
4	Regulation fully meets standard Delaware Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2015 (CTR); 2017 (LRG, SML); 2019 (CTR, LRG Regulation partially meets standard 2021 (LRG, SML)	i, SIVIL); 202	:0 (CTR);	
3	I REQUISION DATIANY INFORM STADIOR ///////RIS NV///			

2 Regulation does not address standard

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

1Regulation contradicts the standard0State does not regulate care type

#### DISTRICT OF COLUMBIA At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	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	2	4	
IB1	Feed infants on cue	2	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4	
	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	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3	
INA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3	
NA4	those who are at risk for hypercholesterolemia or obesity	2	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	2	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3	
NB3	Serve fruits of several varieties, especially whole fruits	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	
	Make water available both inside and outside	2	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3	
	thy Mealtime Practices			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	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)	1		
		2010	2023	
PA1	Provide children with adequate space for both inside and outside play	4	4	
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
PA5	Do not withhold active play from children who misbehave	2	4	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	4	3	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2	3	
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	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	3	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	4	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard District of Columbia Regulation Rating History: 2010 (CTR, SML); 2016 (CTR, LRG, SML); 2017* (CTR, LRG, SML)			
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised	

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

1 Regulation contradicts the standard

#### **FLORIDA At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)			
	astfeeding Support	2010	2023	
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	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	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	3	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3	
ID3	Serve no fruit juice to children younger than 12 months of age	2	4	
	rition (n = 21)	-		
Nut	rition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3	
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	2	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3	
	Serve fruits of several varieties, especially whole fruits	2	3	
	Use only 100% juice with no added sweeteners	2	4	
	Offer juice (100%) only during meal times	2	4	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4	
	Make water available both inside and outside	4	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3	
	thy Mealtime Practices			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions	2	4	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3	
	child; Teach children who require limited portions about portion size and monitor their portions			
-	Do not force or bribe children to eat	2	3	
	Do not use food as a reward or punishment	3	3	
Pny	sical Activity (n = 11)	2010	2023	
DA1	Provide children with a degrate cases for both incide and outside play	4	4	
	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	4	2	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	2	3	
-	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	2	
PC2		3	2	
PC3	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	5		
		3	2	
		3		
PD1	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 2	2	
PD1 PE1	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 2 2	2	
PD1 PE1 PE2	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 2	2	
PD1 PE1 PE2	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 2 2 2	2 2 2	
PD1 PE1 PE2 Lim	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 turmy 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 <b>its on Screen-Time (n = 4)</b>	3 2 2 2 2 2010	2 2 2 2023	
PD1 PE1 PE2 Lim PB1	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 turmy 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 <b>its on Screen-Time (n = 4)</b> Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 2 2 2 2010 2	2 2 2 2023 2	
PD1 PE1 PE2 Lim PB1 PB2	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 turmy 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 <b>its on Screen-Time (n = 4)</b> Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	3 2 2 2 2 2 2010 2 2 2	2 2 2 2023 2 2 2	
PD1 PE1 PE2 Lim PB1 PB2 PB3	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 turmy 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 <b>its on Screen-Time (n = 4)</b> Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	3 2 2 2 2 2 2 2 2 2 2 2	2 2 2023 2023 2 2 2 2	
PD1 PE1 PE2 Lim PB1 PB2 PB3	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 turmy 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 <b>its on Screen-Time (n = 4)</b> Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	3 2 2 2 2 2 2010 2 2 2	2 2 2 2023 2 2 2	
PD1 PE1 PE2 Lim PB1 PB2 PB3 PB4	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 turmy 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 <b>its on Screen-Time (n = 4)</b> Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time <b>Rating Code:</b>	3 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 2023 2023 2 2 2 2	
PD1 PE1 PE2 Lim PB1 PB2 PB3 PB3 PB4	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 turmy 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 Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code: Regulation fully meets standard Florida Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR); 2017 (CTR, LRG, SML); 2019 (LRG, SM	3 2 2 2 2 2 2 2 2 2 2 2 2 1 1	2 2 2 2 2 2 2 2 2 2 2 2 2	
PD1 PE1 PE2 Lim PB1 PB2 PB3 PB4	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 turmy 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 <b>its on Screen-Time (n = 4)</b> Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time <b>Rating Code:</b>	3 2 2 2 2 2 2 2 2 2 2 2 2 1 1	2 2 2 2 2 2 2 2 2 2 2 2 2	

1 Regulation contradicts the standard

#### **GEORGIA At A Glance:**

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

Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2023
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	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	2	4
IB1	Feed infants on cue	2	4
IB2		2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	4
IC2		2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	4
_	ition (n = 21)	2	4
	ition Standards	2010	2023
-	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3		3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
	those who are at risk for hypercholesterolemia or obesity	2	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	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 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
	Make water available both inside and outside	2	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
	hy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	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	4	4
Phys	ical Activity (n = 11)	2010	2023
DA1	Provide children with adequate space for both inside and outside play	3	3
PA1 PA2		2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
	day-indoor or outdoor		
PE1	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
5000	ts on Screen-Time (n = 4)	2010	2023
DB 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2023
PB1 PB2		3	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Georgia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017* (CTR); 2020 (SML); 2022 (CTR); 2023 (CT	R, SML)	
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem		evised
2	Regulation does not address standard documents also were rated for CACEP changes	• •	

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

2 1 Regulation contradicts the standard

#### **HAWAII At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	istfeeding Support	2010	2023	
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3	
	Serve no fruit juice to children younger than 12 months of age	1	4	
	rition (n = 21)	1		
	rition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	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	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	
NC1	Use only 100% juice with no added sweeteners	4	4	
NC2	Offer juice (100%) only during meal times	2	4	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
ND1	Make water available both inside and outside	3	4	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3	
	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 child; Teach children who require limited portions about portion size and monitor their portions	3	3	
NH1	Do not force or bribe children to eat	3	3	
	Do not use food as a reward or punishment	4	4	
	sical Activity (n = 11)			
		2010	2023	
PA1	Provide children with adequate space for both inside and outside play	4	4	
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	2	2	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	2	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PC3		3	3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2	
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2	
-	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
	its on Screen-Time (n = 4)			
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Hawaii Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (CTR, LRG, SML); 2023 (CTR, LRG, SML)			
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem		avicad	

Regulation does not address standard

documents also were rated for CACFP changes.

1Regulation contradicts the standard0State does not regulate care type

2

#### **IDAHO At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2023		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	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		
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2		
	Serve no fruit juice to children younger than 12 months of age	2	2		
	ition (n = 21)				
	ition Standards	2010	2023		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2		
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2		
NA5	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	2		
	Serve whole grain breads, cereals, and pastas	2	2		
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2		
	Serve regeables specially, dang freely on high deep relieve regeables, and four regeables, such as polaries and variates	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		
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2		
	Make water available both inside and outside	2	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	2		
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual				
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2		
	Do not force or bribe children to eat	2	2		
	Do not use food as a reward or punishment	2	3		
Phys	ical Activity (n = 11)				
		2010	2023		
	Provide children with adequate space for both inside and outside play	4	3		
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2		
		3	2		
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
	Do not withhold active play from children who misbehave	2	2		
	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	2		
		2	2		
	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		
PD1	day-indoor or outdoor	2	2		
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
Limi	ts on Screen-Time (n = 4)				
		2010	2023		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2		
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2		
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				
4	Regulation fully meets standard Idaho Regulation Rating History: 2010 (CTR, LRG, SML); 2022 (CTR, LRG, SML); 2023 (CTR, LRG, SML)				

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

#### **ILLINOIS At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2023		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3		
	t Feeding Practices	•			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	1	1		
IB1	Feed infants on cue	4	4		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	1		
	Serve no fruit juice to children younger than 12 months of age	1	1		
	rition (n = 21)				
-	ition Standards	2010	2023		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3		
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2		
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	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	4		
	Serve regeasies/specification precision and serve regeasies/ and root regeasies/ sacing precises and random serve regeasies/ sacing precises and r	4	4		
	Use only 100% juice with no added sweeteners	4	4		
	Offer juice (100%) only during meal times	2	2		
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	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	3	4		
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2		
Heal	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	2	2		
NH1	child; Teach children who require limited portions about portion size and monitor their portions Do not force or bribe children to eat	3	3		
	Do not use food as a reward or punishment	3	3		
	ical Activity (n = 11)	J	J		
		2010	2023		
PA1	Provide children with adequate space for both inside and outside play	4	4		
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2		
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
PA5	Do not withhold active play from children who misbehave	3	2		
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3		
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	2		
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	4	4		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
	ts on Screen-Time (n = 4)	~	-		
		2010	2023		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2		
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2		
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				
4	Regulation fully meets standard Illinois Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR); 2023 (CTR, LRG, SML)				

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

#### **INDIANA At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2023		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2		
Infar	t Feeding Practices				
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2		
IB1	Feed infants on cue	2	3		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2		
	Serve no fruit juice to children younger than 12 months of age	2	2		
	ition (n = 21)				
	ition Standards	2010	2023		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	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		
ΝΑΓ	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	2		
	Serve skill or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	2		
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2		
	Serve regetables, specifically, dank green, orange, deep yellow vegetables, and root vegetables, such as potatoes and viandas	2	2		
	Use only 100% juice with no added sweeteners	2	2		
		2	2		
	Offer juice (100%) only during meal times Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2		
NC3	Serve no more than 4 to 6 02 Juice/day for children 7-12 years of age	2	2		
	Make water available both inside and outside Limit salt by avoiding salty foods such as chips and pretzels	4	4		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2		
	hy Mealtime Practices	2	2		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
	Serve small-sized, age-appropriate portions	4	4		
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual				
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2		
NH1	Do not force or bribe children to eat	2	2		
NH2	Do not use food as a reward or punishment	3	3		
Phys	ical Activity (n = 11)				
		2010	2023		
PA1	Provide children with adequate space for both inside and outside play	3	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		2	2		
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
	Do not withhold active play from children who misbehave	2	2		
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3		
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	2		
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	2		
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2		
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
	ts on Screen-Time (n = 4)	2	2		
		2010	2023		
PR1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2023		
PB1 PB2		2	2		
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
. 54	Rating Code:	-	-		
4	Regulation fully meets standard Indiana Regulation Rating History: 2010 (CTR, LRG, SML); 2022 (CTR, LRG, SML)				

Regulation partially meets standard 3

2 Regulation does not address standard

1 Regulation contradicts the standard

#### **IOWA At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2023		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3		
	t Feeding Practices				
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
IB1	Feed infants on cue	4	4		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	4		
ID3	Serve no fruit juice to children younger than 12 months of age	1	4		
	rition (n = 21)	r			
Nutr	ition Standards	2010	2023		
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3		
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3		
	those who are at risk for hypercholesterolemia or obesity				
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4		
	Serve whole grain breads, cereals, and pastas Serve whole grain breads, cereals, and pastas Convergetables, specifically, dark group, erange, deep volley, vegetables, and rest vegetables, such as petatees, and viandas		3		
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	3	3		
	Use only 100% juice with no added sweeteners	4	4		
	Offer juice (100%) only during meal times	2	4		
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4		
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4		
	Make water available both inside and outside	2	4		
	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3		
	thy Mealtime Practices	-	3		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
	Serve small-sized, age-appropriate portions	4	4		
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3		
NH1	Do not force or bribe children to eat	2	2		
	Do not use food as a reward or punishment	3	3		
Phys	ical Activity (n = 11)	1			
		2010	2023		
	Provide children with adequate space for both inside and outside play	4	4		
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2		
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
	Do not withhold active play from children who misbehave Dravide daily for all children, bith to E years, two to three accessions of active play outdoors, weather permitting	2	2		
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2		
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3		
PD1	dav—indoor or outdoor	3	3		
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2		
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
Limi	ts on Screen-Time (n = 4)				
		2010	2023		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2		
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2		
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2		
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2		
	Rating Code:				
4	Regulation fully meets standard Iowa Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG)/2012* (SML); 2017* (CTR, LRG, SML)				
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only: n	evised		

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

1 Regulation contradicts the standard

#### **KANSAS At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)			
-	astfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infa	t Feeding Practices	•	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2	
IB1	Feed infants on cue	2	2	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2	
	Serve no fruit juice to children younger than 12 months of age	2	2	
	rition (n = 21)	1		
	rition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2	
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	2	2	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
	Serve fruits of several varieties, especially whole fruits	3	3	
	Use only 100% juice with no added sweeteners	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	2	3	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2	
	thy Mealtime Practices			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions	2	2	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	1	1	
	child; Teach children who require limited portions about portion size and monitor their portions			
	Do not force or bribe children to eat	2	3	
	Do not use food as a reward or punishment	2	3	
Phys	sical Activity (n = 11)	2010	2022	
		2010	2023	
	Provide children with adequate space for both inside and outside play	3 2	3 2	
PA2 PA3	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	
-	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		3	3	
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the			
PD1	day—indoor or outdoor	2	2	
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
Lim	its on Screen-Time (n = 4)			
		2010	2023	
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Kansas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (LRG, SML)			
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised	
2	Regulation does not address standard documents also were rated for CACFP changes.			

- 2 Regulation does not address standard
- 1 Regulation contradicts the standard

#### **KENTUCKY At A Glance:**

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

Неа	Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2023		
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3		
Infar	t Feeding Practices				
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4		
IB1	Feed infants on cue	2	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	3	2		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	2		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2		
	Serve no fruit juice to children younger than 12 months of age	2	2		
	rition (n = 21)	-			
Nutr	ition Standards	2010	2023		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	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	3		
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4		
	Serve whole grain breads, cereals, and pastas	2	3		
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3		
	Serve regeables specially, dark green, or ange, deep relieve regeables, and four regeables, such as polaries and variates	3	3		
	Use only 100% juice with no added sweeteners	4	4		
	Offer juice (100%) only during meal times	2	4		
-	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2		
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2		
	Make water available both inside and outside	2	4		
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2		
Healt	hy Mealtime Practices				
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3		
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2		
NF1	Serve small-sized, age-appropriate portions	4	3		
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	1		
	child; Teach children who require limited portions about portion size and monitor their portions	2	2		
	Do not force or bribe children to eat Do not use food as a reward or punishment	2	2		
	ical Activity (n = 11)	2	4		
		2010	2023		
PA1	Provide children with adequate space for both inside and outside play	3	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		
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
PA5	Do not withhold active play from children who misbehave	2	2		
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3		
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3		
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2		
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2		
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2		
	ts on Screen-Time (n = 4)	2	2		
		2010	2023		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3		
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3		
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	3		
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4		
	Rating Code:				
4	Regulation fully meets standard Kentucky Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2018 (CTR, LRG, SML); 2021 (CTR, LRG)				

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

#### LOUISIANA At A Glance:

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2023	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	0	0	
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	0	0	
IB1	Feed infants on cue	0	0	
	Do not feed infants beyond satiety; Allow infant to stop the feeding	0	0	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	0	0	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	0	0	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	0	0	
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	0	0	
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	0	0	
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	0	0	
	Serve no fruit juice to children younger than 12 months of age	0	0	
	ition (n = 21)			
	ition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	0	0	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	0	0	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	0	0	
NA4	those who are at risk for hypercholesterolemia or obesity	0	0	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	0	0	
	Serve whole grain breads, cereals, and pastas	0	0	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	0	0	
	Serve fruits of several varieties, especially whole fruits	0	0	
NC1	Use only 100% juice with no added sweeteners	0	0	
NC2	Offer juice (100%) only during meal times	0	0	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	0	0	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	0	0	
ND1	Make water available both inside and outside	0	0	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	0	0	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	0	0	
	hy Mealtime Practices			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	0	0	
	Require adults eating meals with children to eat items that meet nutrition standards	0	0	
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	0	0	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	0	0	
NH1	Do not force or bribe children to eat	0	0	
NH2	Do not use food as a reward or punishment	0	0	
Phys	ical Activity (n = 11)	•		
		2010	2023	
PA1	Provide children with adequate space for both inside and outside play	0	0	
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	0	0	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	0	0	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	0	0	
	Do not withhold active play from children who misbehave	0	0	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	0	0	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	0	0	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	0	0	
PD1	dav—indoor or outdoor	0	0	
PE1	Ensure that infants have supervised tummy time every day when they are awake	0	0	
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	0	0	
Limi	ts on Screen-Time (n = 4)			
		2010	2023	
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	0	0	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	0	0	
	Use screen media with children age two years and older only for educational purposes or physical activity	0	0	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	0	0	
4	Regulation fully meets standard Louisiana Regulation Rating History: 2010 (CTR); 2015 (CTR); 2021 (CTR); 2023 (CTR)			
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised	

documents also were rated for CACFP changes.

1 Regulation contradicts the standard

#### **MAINE At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2023	
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3	
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	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2	
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
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	4	
	ition (n = 21)	1		
-	ition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	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	2	
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	2	
	Serve whole grain breads, cereals, and pastas	2	2	
-	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3	
	Serve regetables, specifically, data green, orange, deep yellow vegetables, and foot vegetables, such as potatoes and viandas	2	3	
	Use only 100% juice with no added sweeteners	2	4	
	Offer juice (100%) only during meal times	2	2	
-	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4	
	Make water available both inside and outside	2	4	
	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	
	s rve small-sized, age-appropriate portions	2	3	
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2	
NH1	Do not force or bribe children to eat	3	3	
NH2	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)	1		
		2010	2023	
	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	2	4	
	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 Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3	
PD1	day—indoor or outdoor	2	2	
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3	
	ts on Screen-Time (n = 4)			
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	3	
	Use screen media with children age two years and older only for educational purposes or physical activity	4	4	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4	
	Rating Code:			
4	Regulation fully meets standard Maine Regulation Rating History: 2010 (CTR, LRG, SML); 2017 (LRG, SML); 2021 (CTR, LRG, SML)			
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised	
2	Regulation does not address standard documents also were rated for CACFP changes.	• •		

2 Regulation does not address standard

1 Regulation contradicts the standard

#### **MARYLAND At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	astfeeding Support	2010	2023	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	4	
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	
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2	
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
	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 rition (n = 21)	1	4	
	rition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2023	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3	
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to			
NA4	those who are at risk for hypercholesterolemia or obesity	2	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	3	
NB1	Serve whole grain breads, cereals, and pastas	3	3	
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
-	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 thy Mealtime Practices	1	3	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
	Serve small-sized, age-appropriate portions	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	3	3	
	Do not force or bribe children to eat	3	3	
	Do not use food as a reward or punishment	3	3	
Phy	sical Activity (n = 11)	2010	2022	
DAG	Drevide shidren with a deguate space for both incide and sutside alow	2010	2023	
	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	4	4	
PA3		2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	2	2	
-	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		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 its on Screen-Time (n = 4)	2	2	
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	4	
PB2		2	3	
-	Use screen media with children age two years and older only for educational purposes or physical activity	2	3	
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4	
	Rating Code:			
4	Regulation fully meets standard Maryland Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG)/2012* (CTR, SML); 2015 (CTR, LRG, SML); 2017* (CTR, LRG, SM	G, SML); 20	23 (CTR,	
3	Regulation partially meets standard LRG)			

Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

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

#### **MASSACHUSETTS At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2023	
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
	t Feeding Practices		<u>.</u>	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2	
IB1	Feed infants on cue	3	3	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2	
ID3	Serve no fruit juice to children younger than 12 months of age	2	2	
Nut	rition (n = 21)			
Nutr	ition Standards	2010	2023	
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	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 Serve whole grain breads, cereals, and pastas Convergetables, specifically, dark group, erange, deep volley, vegetables, and rest vegetables, such as petatees, and viandas			
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	2	2	
	Use only 100% juice with no added sweeteners	2	2	
	Offer juice (100%) only during meal times	2	2	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2	
	Serve no more than 4 to 0 22 Julee/day for children 7-12 years of age	2	2	
	Make water available both inside and outside	4	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2	
	hy Mealtime Practices			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	3	3	
	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions	2	2	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2	
	child; Teach children who require limited portions about portion size and monitor their portions			
	Do not force or bribe children to eat	4	4	
	Do not use food as a reward or punishment	4	4	
Phys	ical Activity (n = 11)	2010	2022	
DAC	Dravida shildan with a deguate space for both inside and outside play	2010	2023	
	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	4	4	
PA2 PA3		2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	3	3	
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the			
PD1	day—indoor or outdoor	2	2	
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3	
Lim	ts on Screen-Time (n = 4)			
		2010	2023	
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
PB2		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	
4	Rating Code: Regulation fully meets standard Massachusetts Regulation Rating History: 2010 (CTR, LRG, SML)			
4	ארקטומנוטר דעוויד חובכי אמויטמים איז			

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

#### **MICHIGAN At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infai	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	2	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3	
	Serve no fruit juice to children younger than 12 months of age	1	4	
	ition (n = 21)			
	ition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3	
NA4	those who are at risk for hypercholesterolemia or obesity	2	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	3	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
	Serve fruits of several varieties, especially whole fruits	3	3	
NC1	Use only 100% juice with no added sweeteners	4	4	
NC2	Offer juice (100%) only during meal times	2	4	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
ND1	Make water available both inside and outside	4	4	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3	
	hy Mealtime Practices			
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3	
NH1	Do not force or bribe children to eat	2	3	
	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)			
		2010	2023	
PA1	Provide children with adequate space for both inside and outside play	4	4	
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
PA5	Do not withhold active play from children who misbehave	2	2	
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3	
PD1	day—indoor or outdoor	2	2	
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2	
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
_	ts on Screen-Time (n = 4)			
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3	
PB2		3	3	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	3	3	
PB4		2	2	
	Rating Code:			
4		~		
3	Regulation fully meets standard Michigan Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, SML); 2014 (CTR); 2017*(CTR, LRG, SML); 2019 (CTR) Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem			

documents also were rated for CACFP changes.

Regulation partially meets standard 2

Regulation does not address standard

1 Regulation contradicts the standard

#### **MINNESOTA At A Glance:**

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

Неа	Healthy Infant Feeding (n = 11)			
Breastfeeding Support 2010 2023				
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3	
Infai	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2		3	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3	
	Serve no fruit juice to children younger than 12 months of age	1	4	
	ition (n = 21)	2010	2022	
-	ition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to			
NA4	those who are at risk for hypercholesterolemia or obesity	2	3	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4	
	Serve whole grain breads, cereals, and pastas	3	3	
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
NB3	Serve fruits of several varieties, especially whole fruits	3	3	
NC1	Use only 100% juice with no added sweeteners	4	4	
NC2	Offer juice (100%) only during meal times	2	4	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4	
ND1	Make water available both inside and outside	3	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3	
	hy Mealtime Practices	-		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards			
NFI	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3	
NH1	Do not force or bribe children to eat	2	2	
NH2	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)	•		
		2010	2023	
PA1	Provide children with adequate space for both inside and outside play	4	4	
PA2		2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	3	3	
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	3	
PD1	day—indoor or outdoor	3	3	
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
Limi	ts on Screen-Time (n = 4)			
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
PB2		2	2	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Minnesota Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG, SML); 2017*(CTR, LRG, SML)			
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised	
2	Regulation does not address standard documents also were rated for CACFP changes.			

2 Regulation does not address standard

1 Regulation contradicts the standard

#### **MISSISSIPPI At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4	
Infa	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4	
IB1	Feed infants on cue	4	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	3	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	1	
ID3	Serve no fruit juice to children younger than 12 months of age	3	3	
Nut	rition (n = 21)			
Nuti	ition Standards	2010	2023	
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	3	3	
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	4	4	
NA3		3	3	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3	
NAE	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	4	4	
	Serve whole grain breads, cereals, and pastas	4	4	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4	
	Serve fruits of several varieties, especially whole fruits	4	4	
	Use only 100% juice with no added sweeteners	1	1	
	Offer juice (100%) only during meal times	2	2	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3	
	Make water available both inside and outside	3	4	
	Limit salt by avoiding salty foods such as chips and pretzels	4	4	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3	
-	hy Mealtime Practices			
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2		2	4	
NF1	Serve small-sized, age-appropriate portions	4	4	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3	
	child; Teach children who require limited portions about portion size and monitor their portions			
	Do not force or bribe children to eat	3	3	
	Do not use food as a reward or punishment	4	4	
Phys	ical Activity (n = 11)			
		2010	2023	
	Provide children with adequate space for both inside and outside play Provide acientation and annual training opportunities for corregivers (teachers to learn age appropriate grees meter activities and games that promote physical activity	4	4	
PA2 PA3		2	2	
	Require caregivers/teachers to promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	3	3	
PA3	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4	
PC3	Allow reschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the			
PD1	day—indoor or outdoor	2	2	
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2	
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3	
Lim	ts on Screen-Time (n = 4)			
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3	
PB2		3	3	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	4	4	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Mississippi Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2020 (CTR, LRG, SML)			
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised	
2	Regulation does not address standard documents also were rated for CACFP changes.			

Regulation does not address standard 1 Regulation contradicts the standard

#### **MISSOURI At A Glance:**

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

Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	2	
	t Feeding Practices	•	•	
IA2		2	2	
IB1	Feed infants on cue	2	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	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)			
Nutr	ition Standards	2010	2023	
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2	
	those who are at risk for hypercholesterolemia or obesity			
	Serve skim or 1% pasteurized milk to children two years of age and older	2	2	
	Serve whole grain breads, cereals, and pastas	2	2	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3	
	Serve fruits of several varieties, especially whole fruits	4	3	
	Use only 100% juice with no added sweeteners Offer juice (100%) only during meal times	4	4	
			2	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3	
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age Make water available both inside and outside	3	3	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2	
	hy Mealtime Practices	2	2	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
	Serve small-sized, age-appropriate portions	4	4	
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual			
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2	
	Do not force or bribe children to eat	3	3	
	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)			
		2010	2023	
	Provide children with adequate space for both inside and outside play	4	4	
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2	
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	4	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 Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3	
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	3	3	
PD1	day—indoor or outdoor	2	2	
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4	
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3	
Limi	ts on Screen-Time (n = 4)			
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Missouri Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML); 2023 (CTR, LRG, SML)			

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

#### **MONTANA At A Glance:**

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

Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2023
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infai	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	ition (n = 21)		
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older 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
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1	Make water available both inside and outside	3	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
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	2	2
	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment ical Activity (n = 11)	Z	Z
Pillys		2010	2023
ΡΔ1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
			2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
PA5	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 PC1	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	2 2	2
PA5 PC1	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2 2 3	2 2 3
PA5 PC1 PC2 PC3	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 2 3 2 2	2 2 3 2 2 2
PA5 PC1 PC2 PC3 PD1	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 2 3 2 2 2 2	2 2 3 2 2 2 2
PA5 PC1 PC2 PC3 PD1 PE1	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 2 3 2 2 2 2 2	2 2 3 2 2 2 2 2 2
PA5 PC1 PC2 PC3 PD1 PE1 PE2	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 3 2 2 2 2	2 2 3 2 2 2 2
PA5 PC1 PC2 PC3 PD1 PE1 PE2	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 2 3 2 2 2 2 2 3	2 2 3 2 2 2 2 2 3
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4)	2 2 3 2 2 2 2 3 2010	2 2 3 2 2 2 2 3 3 2023
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 3 2 2 2 3 2 2010 3	2 2 3 2 2 2 2 3 3 2023 3
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 3 2 2 2 2 3 <b>2010</b> 3 3 3	2 2 3 2 2 2 2 3 3 2023 3 3 3
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older to not more than 30 min. weekly         Use screen media with children age two years and older only for educational purposes or physical activity	2 2 3 2 2 2 3 <b>2</b> <b>2</b> 3 <b>2010</b> 3 3 2	2 2 3 2 2 2 2 3 3 2023 3 3 3 2
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older to not more than 30 min. weekly         Use screen media with children age two years and older only for educational purposes or physical activity         Do not utilize TV, video, or DVD viewing during meal or snack time	2 2 3 2 2 2 2 3 <b>2010</b> 3 3 3	2 2 3 2 2 2 2 3 3 2023 3 3 3
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3 PB4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised turmy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media itime for children 2 years and older to not more than 30 min. weekly         Use screen media with children age two years and older only for educational purposes or physical activity         Do not utilize TV, video, or DVD viewing during meal or snack time         Rating Code:	2 2 3 2 2 2 3 <b>2</b> <b>2</b> 3 <b>2010</b> 3 3 2	2 2 3 2 2 2 2 3 3 2023 3 3 3 2 2
PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older to not more than 30 min. weekly         Use screen media with children age two years and older only for educational purposes or physical activity         Do not utilize TV, video, or DVD viewing during meal or snack time	2 2 3 2 2 2 3 <b>2010</b> 3 3 2010 3 2 2	2 2 2 2 2 2 3 <b>2</b> 2 3 <b>3</b> 3 2 2 2 2

2 Regulation does not address standard

1 Regulation contradicts the standard

#### **NEBRASKA At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)			
	stfeeding Support	2010	2023	
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3	
Infai	t Feeding Practices			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4	
IB1	Feed infants on cue	2	4	
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4	
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3	
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3	
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4	
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4	
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2	
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3	
ID3	Serve no fruit juice to children younger than 12 months of age	2	4	
Nut	ition (n = 21)			
Nutr	ition Standards	2010	2023	
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3	
NA3		2	3	
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3	
NAF	those who are at risk for hypercholesterolemia or obesity	2	4	
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	3	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3	
	Serve regetables, specifically, data green, orange, deep yellow vegetables, and foor vegetables, such as polatoes and viandas	3	3	
	Use only 100% juice with no added sweeteners	2	4	
	Offer juice (100%) only during meal times	2	4	
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4	
	Serve no more than 4 to 02 Jule/day for children 7-12 years of age	2	4	
	Make water available both inside and outside	3	4	
	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3	
	hy Mealtime Practices		-	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	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	2	3	
	Do not force or bribe children to eat	2	2	
	Do not use food as a reward or punishment	3	3	
Phys	ical Activity (n = 11)			
		2010	2023	
	Provide children with adequate space for both inside and outside play	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 Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so		2	
	Do not withhold active play from children who misbehave	2	2	
PA5 PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2	
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the			
PD1	day—indoor or outdoor	2	2	
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2	
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
Limi	ts on Screen-Time (n = 4)			
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
PB2		2	2	
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
	Rating Code:			
4	Regulation fully meets standard Nebraska Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR); 2013 (LRG, SML); 2017* (CTR, LRG, SML)			
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACEP improvem	ents only; r	evised	
2	Regulation does not address standard documents also were rated for CACFP changes.			

Regulation does not address standard

1 Regulation contradicts the standard

#### **NEVADA At A Glance:**

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

Неа	Ithy Infant Feeding (n = 11)		
Brea	istfeeding Support	2010	2023
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	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	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
-	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)		
-	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
NA4	those who are at risk for hypercholesterolemia or obesity	2	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 fuits of several varieties, especially whole fruits	2	3
	Use only 100% juice with no added sweeteners	2	4
	Offer juice (100%) only during meal times	2	4
-	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
	Make water available both inside and outside	4	4
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
Heal	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	3	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	4	4
Phys	sical Activity (n = 11)	2010	2022
DA1	Dura identification with a discussion of a disclosed and identification	2010	2023
	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	4	4
PA3		2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	3
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PC3		2	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	2
Lim	its on Screen-Time (n = 4)		
		2010	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Nevada Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2018 (CTR, LRG, SML)		
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACEP improvem	ents only; r	evised
2	Regulation does not address standard documents also were rated for CACFP changes.		

Regulation does not address standard

1 Regulation contradicts the standard

#### **NEW HAMPSHIRE At A Glance:**

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2023
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	t Feeding Practices	-	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	3	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)	1	1
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	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	3	3
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	4	4
	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
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
Healt	thy Mealtime Practices	•	•
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	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	2	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
Pitys		2010	2023
PA1	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	3
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3
	day—indoor or outdoor		
	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4
500	ts on Screen-Time (n = 4)	2010	2023
DR 1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2010	2023
PB1 PB2	Limit total media (television [17], video, and DVD) viewing and computers with children younger than 2 years	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 New Hampshire Regulation Rating History: 2010 (CTR, LRG, SML); 2017 (CTR, LRG, SML); 2022 (CTR, LRG, SML)		
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; n	evised

documents also were rated for CACFP changes.

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

#### **NEW JERSEY At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2023
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	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	3	3
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)	I.	
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
	those who are at risk for hypercholesterolemia or obesity Sonce skim or 1% partourized milk to children two years of are and elder	2	2
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, careals, and pastas	2	2
	Serve whole grain breads, cereals, and pastas Serve vegetables, specifically, dark green orange, deen vellow vegetables; and root vegetables, such as notatoes and viandas	2	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy Mealtime Practices	-	-
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	3	3
NES	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	2
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
	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	2023
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave Provide daily for all children, high to 6 years, two to three accessions of active play outdoors, weather permitting		2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	3
	Allow todalers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
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		
PD1	day—indoor or outdoor	2	2
PE1		2	4
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Limi	ts on Screen-Time (n = 4)		
		2010	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard New Jersey Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR, LRG); 2017 (CTR, LRG, SML)		
3	Regulation partially meets standard NOTES: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improver	ments only;	revised

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

documents also were rated for CACFP changes. NJ LRG ratings removed in ASHW 2019 due to ASHW Policy Change (see Introduction)

#### **NEW MEXICO At A Glance:**

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	istfeeding Support	2010	2023
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
-	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)	r	
Nutr	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3
NAF	those who are at risk for hypercholesterolemia or obesity 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	3
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	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	3	3
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	4	4
	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)	2010	2022
DA1	Provide children with adequate space for both inside and outside play	<b>2010</b>	<b>2023</b>
	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity		4
			-
		2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	
PA4		2 2	2
PA4 PA5	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave	2	
PA4 PA5 PC1	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 2	2
PA4 PA5 PC1	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 2 2 3	2 2 3
PA4 PA5 PC1 PC2 PC3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2 2 2 3 3 3 3	2 2 3 3 3 3
PA4 PA5 PC1 PC2 PC3 PD1	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 2 3 3 3 3 2	2 2 3 3 3 3 2
PA4 PA5 PC1 PC2 PC3 PD1 PE1	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 2 3 3 3 2 2 2	2 2 3 3 3 2 2 2
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2 2 3 3 3 3 2	2 2 3 3 3 3 2
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2 2 3 3 2 2 2 2 2	2 2 3 3 2 2 2 2
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>ts on Screen-Time (n = 4)</b>	2 2 3 3 2 2 2 2 2 2010	2 2 3 3 2 2 2 2 2023
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all ts on Screen-Time (n = 4) Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 2 3 3 2 2 2 2 2 2010 3	2 2 3 3 2 2 2 2 2 2023 4
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>ts on Screen-Time (n = 4)</b> Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2 3 3 2 2 2 2 2 2 2 0 10 3 3 3	2 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation         Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so         Do not withhold active play from children who misbehave         Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting         Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity         Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity         Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor         Ensure that infants have supervised tummy time every day when they are awake         Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all         ts on Screen-Time (n = 4)         Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years         Limit total media time for children 2 years and older to not more than 30 min. weekly         Use screen media with children age two years and older only for educational purposes or physical activity	2 2 3 3 2 2 2 2 2 2 2 0 10 3 3 3 2	2 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>ts on Screen-Time (n = 4)</b> Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	2 2 3 3 2 2 2 2 2 2 2 0 10 3 3 3	2 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PE2 PB3 PB4	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all 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 atime for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2 2 3 3 2 2 2 2 2 2 2 2 0 10 3 3 2 2 2 2	2 2 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
PA4 PA5 PC1 PC2 PC3 PD1 PE1 PE2 Limi PB1 PB2 PB3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all <b>ts on Screen-Time (n = 4)</b> Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	2 2 3 3 3 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	2 2 3 3 2 2 2 2 2 2 2 2 2 2 2 3 4 3 2 2 2

ion partially meets standard egu Regulation does not address standard documents also were rated for CACFP changes. 2

Regulation contradicts the standard 1

#### **NEW YORK At A Glance:**

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

Hea	Ithy Infant Feeding (n = 11)		
-	istfeeding Support	2010	2023
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infa	nt Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	2	2
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
-	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)		
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
NA4	serve whole pasteurized milk to twelve to twenty-four month old children who are not on numan milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	3
	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 ruge ables, specifically, dark green, orange, deep yellow vegetables, and root vegetables, such as polarioes and vialities	2	2
	Use only 100% juice with no added sweeteners	2	3
	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	3
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	3
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy Mealtime Practices	I	
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	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	4
	Do not use food as a reward or punishment	3	4
Phys	sical Activity (n = 11)		
		2010	2023
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3
PA3		2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so 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	3
PC2 PC3		2	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	3
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	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	4
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
	Rating Code:		
4	Regulation fully meets standard New York Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (LRG, SML); 2015 (CTR, LRG); 2017* (CTR)		
3	Regulation failing meets standard         NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised

- 2 Regulation does not address standard
- 1 Regulation contradicts the standard

#### **NORTH CAROLINA At A Glance:**

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2023
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	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	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)	2010	2022
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
INA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	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
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
	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	2	2
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	2	3
NH2	Do not use food as a reward or punishment	3	4
Phys	sical Activity (n = 11)	-	
		2010	2023
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3		2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	4
	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 reschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limi	its on Screen-Time (n = 4)		
		2010	2023
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	4	4
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
	Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
r04	Rating Code:	Z	2
4	Regulation fully meets standard North Carolina Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2017* (CTR, LRG, S	MI)· 2018/	CTR I RG
- · ·	Regulation partially meets standard SML); 2023 (CTR, LRG, SML)	,, _010 (	, 20,

Regulation partially meets standard

Regulation does not address standard 2

Regulation contradicts the standard 1

0 State does not regulate care type

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

#### NORTH DAKOTA At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2023
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
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	3	3
IB1	Feed infants on cue	2	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
<b>IB3</b>	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4	4
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)		
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	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
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	Serve whole grain breads, cereals, and pastas	2	2
-	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
	Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	2
-	Offer juice (100%) only during meal times	2	2
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	2	2
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
-	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy Mealtime Practices	2	2
-	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	2	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1	Do not force or bribe children to eat	3	3
NH2	Do not use food as a reward or punishment	3	3
Phys	sical Activity (n = 11)		
		2010	2023
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3		2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	3
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3
PD1	dav—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	its on Screen-Time (n = 4)		
		2010	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2		2	2
	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 North Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2020 (CTR, LRG, SM	L); 2023 (C1	R, LRG,

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

SML)

1 Regulation contradicts the standard

#### **OHIO At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)				
Brea	stfeeding Support	2010	2023		
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3		
Infar	t Feeding Practices	•			
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4		
IB1	Feed infants on cue	4	2		
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2		
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3		
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3		
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	3		
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	2		
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2		
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	2		
	Serve no fruit juice to children younger than 12 months of age	1	2		
	rition (n = 21)				
	ition Standards	2010	2023		
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2		
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	2		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	2		
NA4	those who are at risk for hypercholesterolemia or obesity	3	3		
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4		
	Serve whole grain breads, cereals, and pastas	4	2		
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	4		
NB3	Serve fruits of several varieties, especially whole fruits	3	3		
NC1	Use only 100% juice with no added sweeteners	4	3		
NC2	Offer juice (100%) only during meal times	2	2		
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	2		
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	2		
ND1	Make water available both inside and outside	4	4		
	Limit salt by avoiding salty foods such as chips and pretzels	2	2		
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	2		
	thy Mealtime Practices		-		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2		
NE2		2	2		
NFI	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	4		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	2		
NH1	Do not force or bribe children to eat	2	2		
NH2	Do not use food as a reward or punishment	3	3		
Phys	ical Activity (n = 11)	•			
		2010	2023		
	Provide children with adequate space for both inside and outside play	4	4		
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2		
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2		
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2		
	Do not withhold active play from children who misbehave	3	3		
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3		
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2		
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2		
PD1	day—indoor or outdoor	2	2		
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	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		
Limi	ts on Screen-Time (n = 4)				
		2010	2023		
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2		
PB2	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly	2 2	2		
PB2 PB3	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2 2 2	2 2 2		
PB2 PB3	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	2 2	2		
PB2 PB3	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2 2 2	2 2 2		

2 Regulation does not address standard

documents also were rated for CACFP changes.

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

#### **OKLAHOMA At A Glance:**

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	istfeeding Support	2010	2023
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	2	3
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	3
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)	[	
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	3
NA5	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4
-	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
NC1	Use only 100% juice with no added sweeteners	2	4
NC2	Offer juice (100%) only during meal times	2	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1	Make water available both inside and outside	3	3
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
-	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	3	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual 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
	sical Activity (n = 11)	1	
		2010	2023
PA1	Provide children with adequate space for both inside and outside play	4	4
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	4	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2	2
PE1		2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
	its on Screen-Time (n = 4)		
		2010	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Oklahoma Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR); 2017 (CTR, LRG, SML); 2022 (CTR, LRG, SML)		
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only: n	evised

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

2 1 Regulation contradicts the standard

#### **OREGON At A Glance:**

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

Hea	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2023
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	2
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	2
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	2
	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
	ition (n = 21)		
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	2
INA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	2
NA4	those who are at risk for hypercholesterolemia or obesity	2	2
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1	Serve whole grain breads, cereals, and pastas	3	2
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	2
NB3	Serve fruits of several varieties, especially whole fruits	3	2
NC1	Use only 100% juice with no added sweeteners	4	2
NC2	Offer juice (100%) only during meal times	2	2
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	2
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	2
ND1	Make water available both inside and outside	2	2
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	2
-	hy Mealtime Practices	-	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions Permit children to have one or more 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
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	2
NH1	Do not force or bribe children to eat	2	2
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)		
		2010	2023
PA1	Provide children with adequate space for both inside and outside play	2	4
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
PA4	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
	ts on Screen-Time (n = 4)		
		2010	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Oregon Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (CTR, LRG, SML); 2017* (SML); 2021 (CTR, LRG, SML)		
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised
2	Regulation does not address standard documents also were rated for CACFP changes.		

2 Regulation does not address standard

1 Regulation contradicts the standard

#### **PENNSYLVANIA At A Glance:**

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

Неа	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2023
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	nt Feeding Practices	-	
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
	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age Serve no fruit juice to children younger than 12 months of age	2	2
	ition (n = 21)	Z	2
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	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	
	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	2
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4	4
	Serve fruits of several varieties, especially whole fruits	4	4
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
	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 hy Mealtime Practices	2	2
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
	Do not force or bribe children to eat	2	3
NH2	Do not use food as a reward or punishment	2	3
Phys	ical Activity (n = 11)	r	
		2010	2023
	Provide children with adequate space for both inside and outside play	2	2
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	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 toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3 2	3
PC2 PC3	Allow reschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	2
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Limi	ts on Screen-Time (n = 4)		
		2010	2023
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Pennsylvania Regulation Rating History: 2010 (CTR, LRG, SML); 2020 (CTR, LRG, SML); 2023 (CTR, LRG, SML)		

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

#### **RHODE ISLAND At A Glance:**

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2023
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
ID3	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)	r	
Nutr	ition Standards	2010	2023
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	3	3
	those who are at risk for hypercholesterolemia or obesity		
	Serve skim or 1% pasteurized milk to children two years of age and older	3	4
	Serve whole grain breads, cereals, and pastas		3
	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
		3	4
	Use only 100% juice with no added sweeteners	4	4
	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	4	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4	
	Make water available both inside and outside Limit salt by avoiding salty foods such as chips and pretzels	2	4
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	4
	hy Mealtime Practices	3	4
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
NH1	Do not force or bribe children to eat	2	3
NH2	Do not use food as a reward or punishment	3	4
Phys	ical Activity (n = 11)		
		2010	2023
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	3
	Do not withhold active play from children who misbehave	4	4
	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	3
PE1	day—indoor or outdoor Ensure that infants have supervised tummy time every day when they are awake	2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
	ts on Screen-Time (n = 4)	-	5
		2010	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	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	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
	Rating Code:		
4	Regulation fully meets standard Rhode Island Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (LRG, SML); 2013 (CTR); 2017 (CTR)/2017* (LRG, SML); 202	1 (CTR, LRG	, SML);
3	Regulation partially meets standard 2023 (CTR, LRG, SML)		

legulation partially meets standard 2

Regulation contradicts the standard 1

0 State does not regulate care type

Regulation partially meets standard2023 (CTR, LRG, SML)Regulation does not address standardNOTE: A starred date (i.e., 2012\* and/or 2017\*) signifies rating changes assigned to noted care type(s) due to CACFP improvements only; revisedRegulation contradicts the standarddocuments also were rated for CACFP changes.

#### **SOUTH CAROLINA At A Glance:**

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

Hea	Healthy Infant Feeding (n = 11)			
Brea	stfeeding Support	2010	2023	
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	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	
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2	
_	Serve no fruit juice to children younger than 12 months of age	2	2	
	ition (n = 21)			
_	ition Standards	2010	2023	
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2	
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2	
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2	
NA4	those who are at risk for hypercholesterolemia or obesity	2	2	
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2	
	Serve whole grain breads, cereals, and pastas	2	2	
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2	
	Serve fruits of several varieties, especially whole fruits	2	2	
NC1	Use only 100% juice with no added sweeteners	2	2	
NC2	Offer juice (100%) only during meal times	2	2	
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2	
ND1	Make water available both inside and outside	2	2	
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2	
	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	
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2	
NF1	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2	
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2	
NH1	Do not force or bribe children to eat	2	2	
NH2	Do not use food as a reward or punishment	2	2	
Phys	ical Activity (n = 11)			
		2010	2023	
PA1	Provide children with adequate space for both inside and outside play	2	2	
PA2		2	2	
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2	
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2	
	Do not withhold active play from children who misbehave	2	2	
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2	
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2	
PD1	day—indoor or outdoor	2	2	
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2	
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2	
Limi	ts on Screen-Time (n = 4)			
		2010	2023	
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2	
PB2 PB3	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	2	2	
PB2 PB3	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	2	2	
PB2 PB3 PB4	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	2	2	
PB2 PB3	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	2 2 2	2 2 2	

2 Regulation does not address standard

documents also were rated for CACFP changes.

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

#### SOUTH DAKOTA At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	istfeeding Support	2010	2023
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
	t Feeding Practices	•	•
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	4	3
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	4	4
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	2
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	2
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	2
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)	1	
-	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	2
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	2
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	2	2
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
	Serve whole grain breads, cereals, and pastas	2	2
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
	Serve fruits of several varieties, especially whole fruits	2	2
NC1	Use only 100% juice with no added sweeteners	2	2
NC2	Offer juice (100%) only during meal times	2	2
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
ND1	Make water available both inside and outside	2	2
NG1	Limit salt by avoiding salty foods such as chips and pretzels	2	2
NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
Heal	thy Mealtime Practices	1	1
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	2	2
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
	ical Activity (n = 11)		
		2010	2023
PA1	Provide children with adequate space for both inside and outside play	2	4
PA2	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	2
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
PD1	day—indoor or outdoor	2	2
PE1		2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
	its on Screen-Time (n = 4)		
		2010	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3		2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard South Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2023 (CTR, LRG, SML)		

3 Regulation partially meets standard

2 Regulation does not address standard

1 Regulation contradicts the standard

#### **TENNESSEE At A Glance:**

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2023
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	T Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)		
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	1	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
ΝΑΓ	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve skill or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve 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	3	4
	thy Mealtime Practices	J	-
	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
	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	4
Phys	sical Activity (n = 11)		
_		2010	2023
	Provide children with adequate space for both inside and outside play	3	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	3
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	4
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	3
	Do not withhold active play from children who misbehave Provide daily for all children, bith to 6 years, two to three accessions of active play outdoors, weather permitting		4
	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 2	3
	Allow reachoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		4
PD1	day—indoor or outdoor	2	3
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	4
Limi	its on Screen-Time (n = 4)		
		2010	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
	Use screen media with children age two years and older only for educational purposes or physical activity	3	4
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
	Rating Code:		
4	Regulation fully meets standard Tennessee Regulation Rating History: 2010 (CTR, LRG, SML); 2018 (CTR, LRG, SML); 2022 (CTR, LRG, SML)		

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

#### **TEXAS At A Glance:**

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

Неа	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2023
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	t Feeding Practices		
	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	4
IB1	Feed infants on cue	3	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3
ID3	Serve no fruit juice to children younger than 12 months of age	2	4
	rition (n = 21)		
Nutr	ition Standards	2010	2023
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	3	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
	Serve no more than 4 to 0 2 jule/day for children 7-12 years of age	3	4
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	4
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual		
NF2	child; Teach children who require limited portions about portion size and monitor their portions	3	3
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	4	4
Phys	ical Activity (n = 11)		
		2010	2023
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	4
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	4	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	4
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	3	4
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2	4
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	4
Limi	ts on Screen-Time (n = 4)		
		2010	2023
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
	Use screen media with children age two years and older only for educational purposes or physical activity	2	4
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	4
	Rating Code:		
4	Regulation fully meets standard         Texas Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2021 (CTR, LRG, SML); 2023           Regulation partially meets standard         NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem		

documents also were rated for CACFP changes.

Regulation partially meets standard 2

Regulation does not address standard

Regulation contradicts the standard 1

#### **UTAH At A Glance:**

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

Hea	thy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2023
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infar	t Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	4
IB1	Feed infants on cue	2	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	3
	Serve no fruit juice to children younger than 12 months of age	2	4
	ition (n = 21)		
Nutr	ition Standards	2010	2023
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	4
		2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	2	3
	Use only 100% juice with no added sweeteners	2	4
	Offer juice (100%) only during meal times	2	4
-	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	4
	Make water available both inside and outside	3	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	3
	hy Mealtime Practices	2	3
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	2	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	3
Phys	ical Activity (n = 11)		
		2010	2023
	Provide children with adequate space for both inside and outside play	2	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	2	2
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
-	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
РСЗ	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	3
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
	ts on Screen-Time (n = 4)		
		2010	2023
PB1	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
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Utah Regulation Rating History: 2010 (CTR, LRG, SML); 2012*(CTR, LRG); 2017 (CTR, LRG, SML)		
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised

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

1 Regulation contradicts the standard

#### **VERMONT At A Glance:**

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

Hea	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2023
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	4	4
	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	3	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	2	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	2	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	4
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
Nut	rition (n = 21)		
Nuti	ition Standards	2010	2023
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	2	3
NA3		2	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	3
NAF	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve skim or 1% pasteurized milk to children two years of age and older Serve whole grain breads, cereals, and pastas	2	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	3
	Serve fruits of several varieties, especially whole fruits	3	3
-	Use only 100% juice with no added sweeteners	2	4
	Offer juice (100%) only during meal times	2	4
	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	4
	Serve no more than 4 to 02 Jule/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	4	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3	3
	hy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	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	3	3
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2023
	Provide children with adequate space for both inside and outside play	3	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
	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
PA5 PC1	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	2	4
PC2 PC3	Allow reschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	2	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
_	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
Lim	ts on Screen-Time (n = 4)		
		2010	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	4
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
	Use screen media with children age two years and older only for educational purposes or physical activity	4	3
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Vermont Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML); 2017* (CTR, LRG, SML)		
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; re	evised
-	Regulation does not address standard documents also were rated for CACFP changes.		

- 2 Regulation does not address standard
- 1 Regulation contradicts the standard

#### **VIRGINIA At A Glance:**

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2023
IA1	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infar	t Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	4	4
IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
ID2	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	4	4
NA5	those who are at risk for hypercholesterolemia or obesity Serve skim or 1% pasteurized milk to children two years of age and older	4	4
	Serve whole grain breads, cereals, and pastas	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
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	thy Mealtime Practices		-
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	4	4
NES	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
NF2	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	2023
	Provide children with adequate space for both inside and outside play	4	4
	Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	2	2
		2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave Provide daily for all children, high to 6 years, two to three accessions of active play, outdoors, weather permitting		
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	4	4
	Allow reschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	4	4
PE1	Ensure that infants have supervised tummy time every day when they are awake	3	3
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Limi	ts on Screen-Time (n = 4)		
		2010	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	3
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3	3
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Virginia Regulation Rating History: 2010 (CTR); 2011 (LRG, SML); 2012*(CTR, LRG, SML); 2017*(CTR, LRG, SML)		
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; n	evised

Regulation partially meets standard

2 Regulation does not address standard

Regulation contradicts the standard 1

0 State does not regulate care type

documents also were rated for CACFP changes.

#### WASHINGTON At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	istfeeding Support	2010	2023
	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		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		1	3
	Serve no fruit juice to children younger than 12 months of age	1	4
	rition (n = 21)		
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
NA3		3	3
NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity	3	3
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	3	3
	Use only 100% juice with no added sweeteners	4	4
	Offer juice (100%) only during meal times	2	4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3	4
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3	4
ND1	Make water available both inside and outside	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
Heal	hy Mealtime Practices		
NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	3
NE2	Require adults eating meals with children to eat items that meet nutrition standards	2	2
NF1	Serve small-sized, age-appropriate portions	4	4
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	3	3
	child; Teach children who require limited portions about portion size and monitor their portions	2	
	Do not force or bribe children to eat Do not use food as a reward or punishment	3	3
	sical Activity (n = 11)	3	5
Fillys		2010	2023
ΡΔ1	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	4
	Do not withhold active play from children who misbehave	2	4
PC1		3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	4
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
	day—indoor or outdoor		
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	3
LIM	its on Screen-Time (n = 4)		
		2010	
004	Do not utilize media (televicion [TV]) video and DVD) viewing and computers with children very section 2 vices	2010	2023
PB1		3	4
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3 3	4 3
PB2 PB3	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity	3 3 4	4 3 4
PB2 PB3	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	3 3	4 3
PB2 PB3 PB4	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time Rating Code:	3 3 4	4 3 4
PB2 PB3	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	3 3 4 2	4 3 4 4

2 Regulation does not address standard

1 Regulation contradicts the standard

#### WEST VIRGINIA At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	istfeeding Support	2010	2023
-	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
	t Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	2	3
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	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
	rition (n = 21)		
Nuti	ition Standards	2010	2023
NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	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 Serve whole grain breads, cereals, and pastas Convergetables, specifically, dark group, erange, deep vollow vegetables, and rest vegetables, such as petatees, and viandas,		
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas Serve fruits of several varieties, especially whole fruits	2	2
	Use only 100% juice with no added sweeteners	2	2
	Offer juice (100%) only during meal times	2	2
-	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	4	4
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy Mealtime Practices		
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
-	Require adults eating meals with children to eat items that meet nutrition standards	2	2
	Serve small-sized, age-appropriate portions	2	2
	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	2
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Phys	sical Activity (n = 11)	2012	2022
		2010	2023
	Provide children with adequate space for both inside and outside play Provide orientation and annual training connectunities for caregivers (teachers to learn age appropriate gross motor activities and games that promote physical activity	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	4	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		3	3
	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the		
PD1	day—indoor or outdoor	2	2
PE1		2	2
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
Lim	its on Screen-Time (n = 4)		
		2010	2023
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly	2	2
PB3		2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
4	Rating Code: Regulation fully meets standard West Virginia Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR); 2017 (LRG, SML); 2023 (CTR, LRG, SML)		

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

Regulation contradicts the standard 1

#### WISCONSIN At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
Brea	stfeeding Support	2010	2023
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	3	3
Infar	t Feeding Practices		
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	4	4
IB1	Feed infants on cue	4	4
	Do not feed infants beyond satiety; Allow infant to stop the feeding	4	4
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3	3
	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	3	3
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	3	4
	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	3	4
	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	1	3
	Serve no fruit juice to children younger than 12 months of age rition (n = 21)	1	4
	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2010	2023
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3	3
	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	3	3
	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to		
NA4	those who are at risk for hypercholesterolemia or obesity	2	3
	Serve skim or 1% pasteurized milk to children two years of age and older	2	4
	Serve whole grain breads, cereals, and pastas	3	3
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3	3
	Serve fruits of several varieties, especially whole fruits	4	3
	Use only 100% juice with no added sweeteners	4	4
	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		
	Make water available both inside and outside Limit salt by avoiding salty foods such as chips and pretzels	2	4
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1	3
	hy Mealtime Practices	-	5
	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
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	3	3
NF2	child; Teach children who require limited portions about portion size and monitor their portions		
	Do not force or bribe children to eat	3	3
	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)	2010	2022
DAT	Dravida shildan with adagusta space fay bath inside and outside play	2010	2023
	Provide children with adequate space for both inside and outside play Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity	4	4
PA2 PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation	2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	4	4
	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	3	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3	3
	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3	3
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
	day—indoor or outdoor		
PE1	Ensure that infants have supervised tummy time every day when they are awake	4	4
	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	2	2
LIM	ts on Screen-Time (n = 4)	2010	2022
004	De not utilize media (televician [TV]) video and DVD) video and encoder with shiften and a second second second	2010	2023
	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3	2
	Limit total media time for children 2 years and older to not more than 30 min. weekly Use screen media with children age two years and older only for educational purposes or physical activity		
	Use screen media with children age two years and older only for educational purposes or physical activity Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
F D 4	Rating Code:	2	2
4	Regulation fully meets standard Wisconsin Regulation Rating History: 2010 (CTR, LRG, SML); 2012* (LRG, SML); 2019 (CTR, SML)		
3	Regulation Partially meets standard NOTES: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improver	nents only:	revised
3	integration particular data (inc) 2017 (significand dig charged assigned to noted data (inc) 2017 (significand dig charged assigned to noted data (inc) 2017		. cviscu

2 Regulation does not address standard

1 Regulation contradicts the standard

0 State does not regulate care type

documents also were rated for CACFP changes. WI LRG ratings removed in ASHW 2019 due to ASHW Policy Change (see Introduction)

#### WYOMING At A Glance:

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

Hea	Ithy Infant Feeding (n = 11)		
	stfeeding Support	2010	2023
	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site	2	3
Infai	nt Feeding Practices	•	
IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	2	2
IB1	Feed infants on cue	4	4
IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	2	2
IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	2	3
IC1		3	2
IC2		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		2	2
	Serve whole fruits, mashed or pureed, for infants 6 months up to 1 year of age	2	2
	Serve no fruit juice to children younger than 12 months of age	2	2
	rition (n = 21)	2010	2022
-	ition Standards	2010	2023
	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2	2
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats		
NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to	2	2
NA4	those who are at risk for hypercholesterolemia or obesity	2	2
NA5	Serve skim or 1% pasteurized milk to children two years of age and older	2	2
NB1	Serve whole grain breads, cereals, and pastas	2	2
NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	2	2
NB3	Serve fruits of several varieties, especially whole fruits	2	2
NC1	Use only 100% juice with no added sweeteners	2	2
NC2	Offer juice (100%) only during meal times	2	2
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2	2
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2	2
	Make water available both inside and outside	2	2
	Limit salt by avoiding salty foods such as chips and pretzels	2	2
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2	2
	thy Mealtime Practices	-	
	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2	2
NE2			4
NFI	Serve small-sized, age-appropriate portions Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual	2	4
NF2	child; Teach children who require limited portions about portion size and monitor their portions	2	2
NH1	Do not force or bribe children to eat	4	3
NH2	Do not use food as a reward or punishment	3	3
Phys	ical Activity (n = 11)		
		2010	2023
PA1	Provide children with adequate space for both inside and outside play	4	4
PA2		3	2
PA3		2	2
	Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so	2	2
	Do not withhold active play from children who misbehave	3	4
PC1	Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting	2	3
	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	2	2
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the	2	2
PD1	day—indoor or outdoor	2	2
PE1	Ensure that infants have supervised tummy time every day when they are awake	2	2
PE2	Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	3	3
Limi	ts on Screen-Time (n = 4)		
		2010	2023
PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2	2
PB2		2	2
PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2	2
PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2	2
	Rating Code:		
4	Regulation fully meets standard Wyoming Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2013 (CTR, LRG, SML); 2022 (CTR, LRG, SML)		
3	Regulation partially meets standard NOTE: A starred date (i.e., 2012* and/or 2017*) signifies rating changes assigned to noted care type(s) due to CACFP improvem	ents only; r	evised
2	Regulation does not address standard documents also were rated for CACFP changes.		

- 2 Regulation does not address standard
- 1 Regulation contradicts the standard

# State Assessment Years: 2010 to 2023

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

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

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

State assessed due to new or revised licensing regulations

State assessed due to national CACFP updates

## State Assessment Years: 2010 to 2023 (continued)

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

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

State assessed due to new or revised licensing regulations

State assessed due to national CACFP updates

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

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

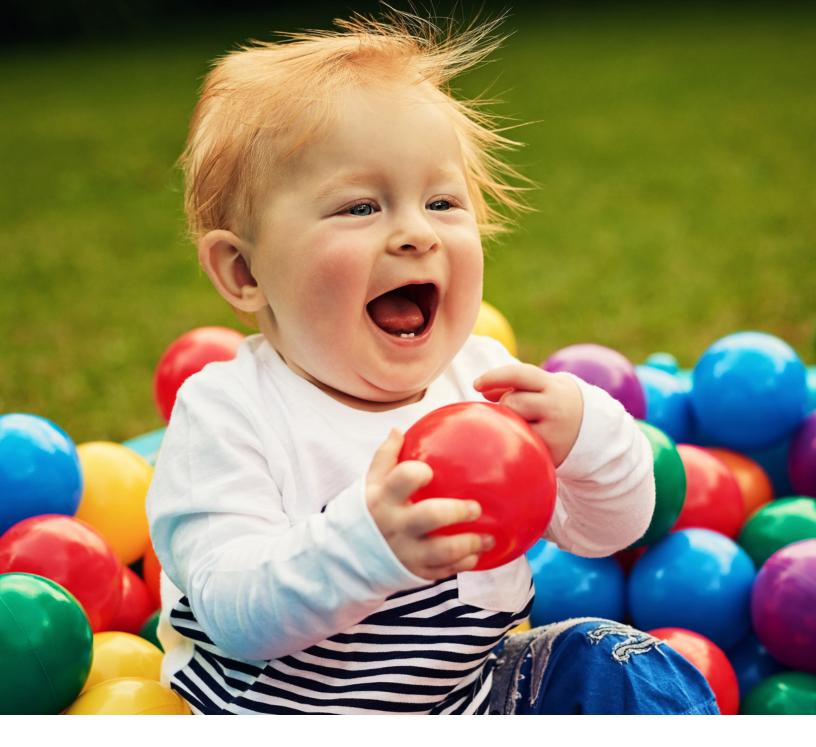
Child Car

State	Regulation Document Title For links to states' documents, click <u>here</u>	Document Date	ASHW Year	Child Care Types				
				C T R	L R G	S M L		
AL	Alabama							
	Child Care Licensing and Performance Standards for Day Care Centers and Nighttime Centers Regulations and Procedures	9/13/2021	2023	Х				
	Child Care Licensing and Performance Standards for Family Day Care Homes/Family Nighttime Homes and Group Day Care Homes/Group Nighttime Homes Regulations and Procedures	9/13/2021	2023		Х	Х		
CA	California							
	Chapter 3.4 California Child Day Care Act	7/10/2023	2023	Х	Х	Х		
	Title 22, Division 12, Chapter 1, Articles 1-2 - Child Care Centers	11/3/2023	2023	Х				
	Title 22, Division 12, Chapter 1, Article 3 - Child Care Centers	11/3/2023	2023	Х				
	Title 22, Division 12, Chapter 1, Articles 4-5 - Child Care Centers	9/27/06	2023	Х				
	Title 22, Division 12, Chapter 1, Article 6 - Child Care Centers	11/3/2023	2023	Х				
	Title 22, Division 12, Chapter 1, Article 7 - Child Care Centers	9/18/2020	2023	Х				
	Title 22, Division 12, Chapter 1 Subchapter 2 - Child Care Centers - Infant Centers	11/3/2023	2023	Х				
	Title 22, Division 12, Chapter 3 - Family Child Care Homes	4/1/2022	2023		Х	Х		
СТ	Connecticut							
	Statutes and Regulations for Licensing Centers & Group Day Care	5/2023	2023	Х	Х			
	Statutes and Regulations for Family Child Care Homes	5/2023	2023			Х		
GA	Georgia							
	Rules and Regulations Learning Centers: Chapter 591-1-1	10/1/2023	2023	Х				
	Rules and Regulations Family Learning Homes: Chapter 290-2-3	10/1/2023	2023			Х		
HI	Hawaii							
	Title 17, Chapter 896 Licensing of Before and After School	12/19/2002	2023	Х				
	HAR_17-895 Infant and Toddler Child Care Center Rules	11/3/2023	2023	Х				
	Title 17, Chapter 891.1 Registration of Family Child Care Homes	9/22/2023	2023		Х	Х		
ID	Idaho							
	16.06.02 Rules Governing Standards for Child Care Licensing	3/28/2023	2023	Х	Х	Х		

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

# State Documents Rated in 2023 (continued)

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



## For more information please contact

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