



ACHIEVING A STATE OF HEALTHY WEIGHT 2016 SUPPLEMENT: STATE PROFILES



National Resource
Center for Health and
Safety in Child Care and
Early Education



 University of Colorado
Anschutz Medical Campus

 National Resource Center
for Health and Safety
in Child Care and
Early Education

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Note: The full [ASHW 2016 Report](#) (released June 2017) contains the introduction, methods, and results of the 2016 assessment.

INTRODUCTION

Achieving a State of Healthy Weight 2016 Supplement: State Profiles is a compilation of supporting information and state-specific results of the ASHW 2016 assessment,¹ the sixth update of *Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010*, or *ASHW 2010*. In *ASHW 2010* and subsequent annual updates (2011- 2016),² the National Resource Center for Health and Safety in Child Care and Early Education assessed the states' child care licensing regulations for content regulating 47 healthy weight practices in licensed child care centers, large or group family child care homes, and small family child care homes. All licensing child care regulations in effect in the 50 states and the District of Columbia were rated on the 47 indicators in 2010. In following annual updates, new and revised regulations were rated and added to the ASHW ratings database.

The healthy weight practices were drawn from standards included in *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs*, 3rd Ed. (CFOC3).³ More specifically, the standards were those included in the CFOC-based topical collection, *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), now available in a 2012 revision PCO2.⁴

The ASHW indicators were grouped into three domains--Nutrition, Infant Feeding, and Physical Activity/Screen Time—and were rated on the following four-point scale:

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

Use of the ASHW 2016 Supplement: Child care licensing professionals and others may use state profiles in this supplement to examine state-level findings on the strength of regulatory language for the implementation of healthy weight practices by licensed programs. This is consistent with the recent call by the Society of Behavioral Medicine for states to strengthen obesity prevention through their childcare licensing regulations by comparing their rules to related CFOC3 standards in “profile worksheets” (p.124). For each state and the District of Columbia, the following ASHW state profile pages accomplish this comparison on 47 CFOC-based healthy weight practices through 2016. Each state may see where there is strength in their regulatory language, and for which licensed child care types. They also may target specific practices for regulatory improvement. Furthermore, perusal of other states' profiles will reveal those states that have achieved regulatory text fully consistent with selected CFOC3 standards that support prevent of childhood obesity. A guide to understanding the structure of the profile (individual state pages) appears in the first 2 pages of the State Profiles section.

Also included to facilitate understanding of the state profiles are two tables:

Table 1. Assessment Years for Each State

Table 2. State Documents Assessed for ASHW: 2010 to Date

NOTES:

- ¹ National Resource Center for Health and Safety in Child Care and Early Education. (2017). *Achieving a state of healthy weight: 2016 update*. Aurora, CO: University of Colorado Denver. http://nrckids.org/default/assets/File/Products/ASHW/ASHW.2016.Report_6.30.17.pdf
- ² The baseline assessment, *Achieving a State of Healthy Weight: A National Assessment of Obesity Prevention Terminology in Child Care Regulations 2010*, which detail the study methodology, and subsequent annual ASHW updates (2011-2016) may be accessed @ http://nrckids.org/default/assets/File/Products/ASHW/regulations_report_2010.pdf
- ³ NRC co-published both CFOC3 and PCO2 with American Academy of Pediatrics, American Public Health Association: American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. (2011). *Caring for our children: National health and safety performance standards; Guidelines for early care and education programs, 3rd edition*. Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association. Retrieved from: <http://cfoc.nrckids.org/>
- ⁴ American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. (2012). *Preventing childhood obesity in early care and education programs, 2nd edition: Selected standards from Caring for our children: National health and safety performance standards; Guidelines for early care and education programs, 3rd edition*. Retrieved from: <http://cfoc.nrckids.org/>
- ⁵ The 2010 baseline study report describes the procedures for selecting and scaling the 47 healthy weight practices selected as ASHW indicators

STATE PROFILES

Guide to State Profiles

In the following state profiles, *ASHW* results for each state through 2016 are displayed on two pages. The first page of each state's profile displays ratings for each indicator (healthy weight practice, or HWP) by child care type. Where a state regulates a care type in two or more documents, the highest rating for the HWP for that care type (final rating) is used (see *ASHW 2010*). The second page of each state profile displays state-specific graphs to further demonstrate the state's strengths and areas for improvement. The following annotated illustrations explain the layout and features of the state profiles. The state ratings included in this supplement are for child care regulations in effect through December 31, 2016. Each state profile page includes a legend that identifies the year(s) that the state's regulations were rated and the child care type(s) addressed.

First Page of State Profile

Under each care type column, see most recent year ratings on left / baseline ratings on right

A plus (+) or minus (-) to the left of each care type's ratings, indicates the direction of change from the baseline.

The HWPs are divided into 3 domains as labeled on left edge of table.

Labels and descriptions of HWPs are in the 2 left columns.

HWP descriptions are highlighted green when regulations for all child care types fully meet the standard

HWP descriptions are highlighted red when a rating in any child care type contradicts the standard

| STATE NAME | | Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline | | | | | | |
|-----------------------------------|--|---|---|---------|---------|-------|---------|-------|
| | | 2016/2010 | | | | | | |
| | | A | CTR | Δ | LRG | Δ | SML | |
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 4 / 2 | |
| | IB2 | Do not feed infants beyond satiety. Allow infant to stop the feeding | 3 / 3 | | 3 / 3 | | 3 / 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 | | 4 / 4 | | 4 / 3 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 3 / 2 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | | 3 / 3 | | 3 / 2 | |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 3 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | | 1 / 1 | | 1 / 3 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | | 1 / 1 | | 1 / 2 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | - 2 / 3 | | 2 / 2 | | 2 / 2 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | + 3 / 2 | | 3 / 3 | | 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 / 4 | | 2 / 2 | | 2 / 2 | |
| NA5 | | Serve skim or 1% pasteurized milk to children 2 years of age and older | + 4 / 3 | | + 4 / 2 | | + 4 / 2 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and yams | - 3 / 4 | | 3 / 3 | | 3 / 3 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | - 3 / 4 | | 3 / 3 | | 3 / 3 | |
| NC1 | | Use only 100% juice with no added sweeteners | + 4 / 2 | | 4 / 4 | | 4 / 4 | |
| NC2 | | Offer juice (100%) only during meal times | - 2 / 3 | | 2 / 2 | | 2 / 2 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | - 3 / 4 | | 3 / 3 | | 3 / 3 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | - 3 / 4 | | 3 / 3 | | 3 / 3 | |
| ND1 | | Make water available both inside and outside | + 4 / 2 | | + 4 / 2 | | + 4 / 2 | |
| NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | - 2 / 3 | | 2 / 2 | | 2 / 2 | | |
| NE2 | Require adults eating meals with children to eat items that meet nutrition standards | - 2 / 4 | | 2 / 2 | | 2 / 2 | | |
| Physical Activity and Screen Time | NF1 | Serve small-sized, age-appropriate portions | + 4 / 1 | | 4 / 4 | | 4 / 4 | |
| | NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | + 3 / 2 | | 3 / 3 | | 3 / 3 | |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | - 2 / 3 | | 2 / 2 | | 2 / 2 | |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | - 1 / 3 | | 1 / 1 | | 1 / 1 | |
| | NH1 | Do not force or bribe children to eat | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | NH2 | Do not use food as a reward or punishment | 4 / 4 | | 3 / 3 | | 3 / 3 | |
| | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 / 3 | | 2 / 2 | | 2 / 2 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 | | |
| PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 | | |
| PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 3 / 3 | | 3 / 3 | | |
| PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 | | |
| PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 | | |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/teacher/adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 / 2 | | 2 / 2 | | 2 / 2 | | |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 4 / 4 | | 4 / 4 | | 4 / 4 | | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 / 2 | | 2 / 2 | | 2 / 2 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

Regulation fully meets the standard
Regulation contradicts the standard

Rating Code:

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

Δ(Change) Code:

+ = Improved Rating
- = Lowered Rating

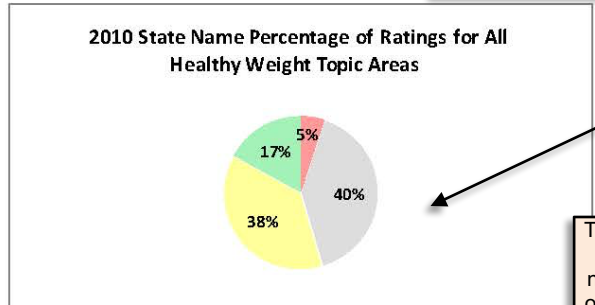
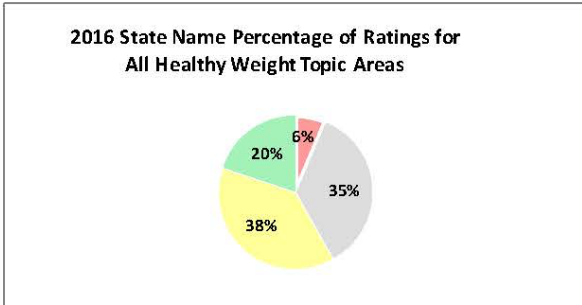
STATE PROFILES

Guide to State Profiles (cont.)

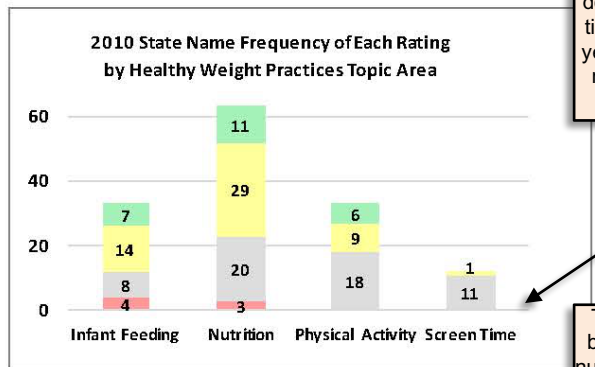
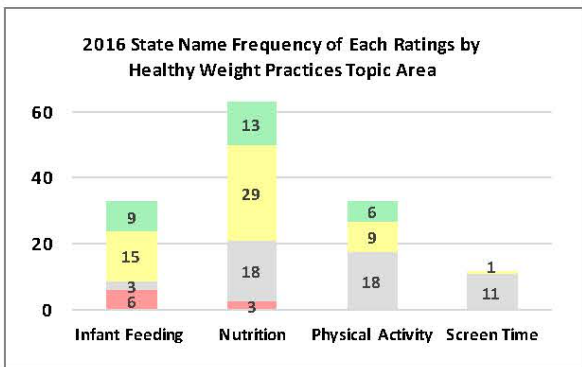
Second Page of State Profile

STATE NAME

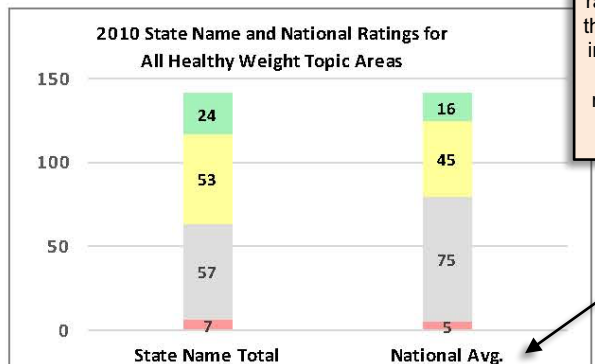
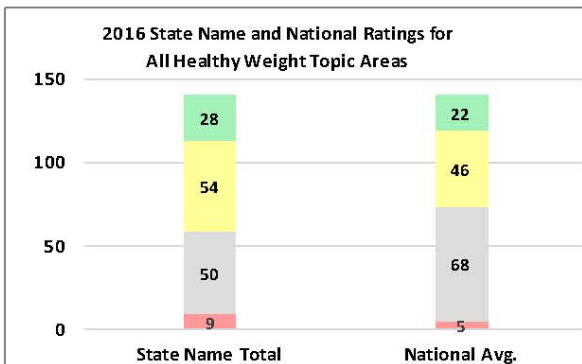
The two pie charts depict the relative frequencies of the state's ratings (1-4) in the baseline year (right) and most recently rated year (left). See Color and Rating Codes at bottom of page. Sum of % may \neq 100 due to rounding.



The two stacked bar charts show the number (frequency) of the state's ratings for each domain/sub-domain (e.g., screen time) in the baseline year (right) and most recently rated year (left).



These two stacked bar charts show the number (frequency) of the state's total ratings compared to the national average in the baseline year (right) and most recently rated year (left).



Color and Rating Codes:

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

"State Name" Regulation Rating History: 2010 (CTR, LRG, SML); 2016 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

The state's rating history (years rated and child care types rated) is shown here.

A link to a list of all documents rated since 2010 is provided here.

STATE PROFILES

ALABAMA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|--|-------|---------|-------|---------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | | 3 / 3 | | 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 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + 4 / 2 | | + 4 / 2 | | + 4 / 2 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NC1 | | Use only 100% juice with no added sweeteners | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| NC2 | | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| ND1 | | Make water available both inside and outside | + 4 / 3 | | + 4 / 2 | | + 4 / 2 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | 4 / 4 | | 4 / 4 | | 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 | | 3 / 3 | | 3 / 3 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| NH1 | | Do not force or bribe children to eat | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NH2 | | Do not use food as a reward or punishment | 4 / 4 | | 3 / 3 | | 3 / 3 | |
| Physical Activity and Screen Time | | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 / 3 | | 2 / 2 | | 2 / 2 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 / 2 | | 2 / 2 | | 2 / 2 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

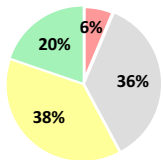
Δ (Change) Code:

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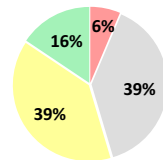
STATE PROFILES

ALABAMA

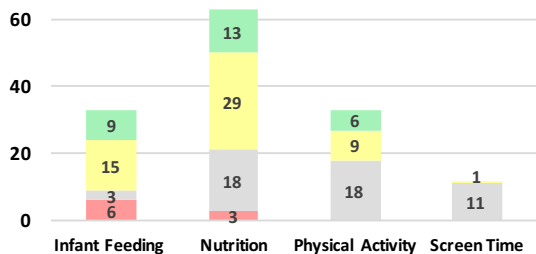
2016 Alabama Percentage of Ratings for All Healthy Weight Topic Areas



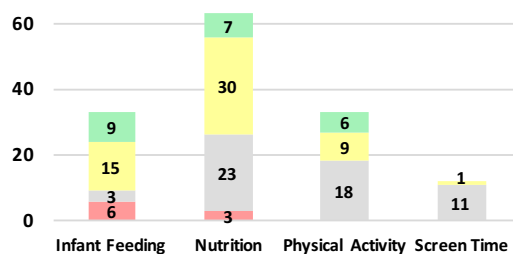
2010 Alabama Percentage of Ratings for All Healthy Weight Topic Areas



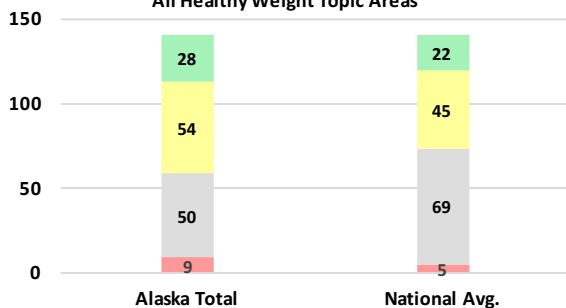
2016 Alabama Frequency of Each Ratings by Healthy Weight Practices Topic Area



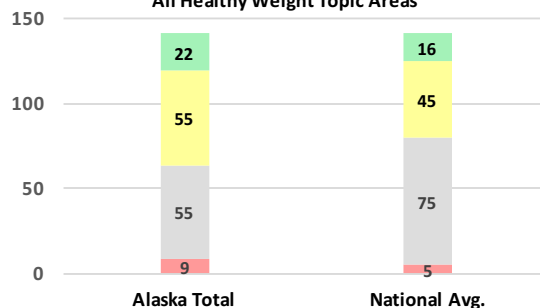
2010 Alabama Frequency of Each Rating by Healthy Weight Practices Topic Area



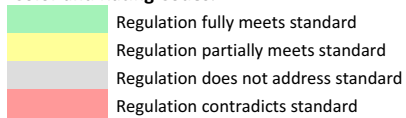
2016 Alabama and National Ratings for All Healthy Weight Topic Areas



2010 Alabama and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

NOTE: An asterisk after 2012 (2012*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

ALASKA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|--|-------|---------|-------|---------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | | 3 / 3 | | 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 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + 4 / 2 | | + 4 / 2 | | + 4 / 2 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NC1 | | Use only 100% juice with no added sweeteners | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| NC2 | | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| ND1 | | Make water available both inside and outside | + 4 / 2 | | + 4 / 2 | | + 4 / 2 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | 4 / 4 | | 4 / 4 | | 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 | | 3 / 3 | | 3 / 3 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| NH1 | | Do not force or bribe children to eat | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NH2 | | Do not use food as a reward or punishment | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| Physical Activity and Screen Time | | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 4 / 4 | | 4 / 4 | | 4 / 4 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

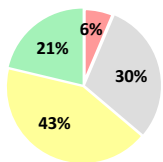
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

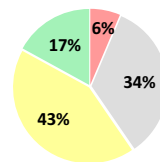
STATE PROFILES

ALASKA

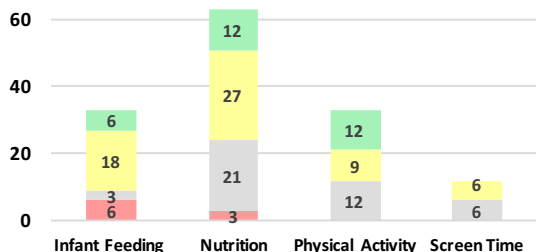
2016 Alaska Percentage of Ratings for All Healthy Weight Topic Areas



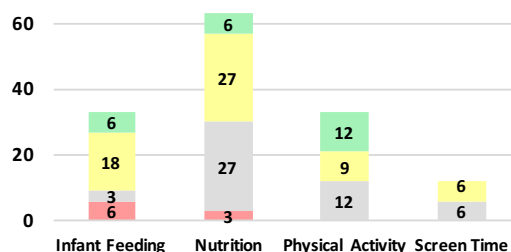
2010 Alaska Percentage of Ratings for All Healthy Weight Topic Areas



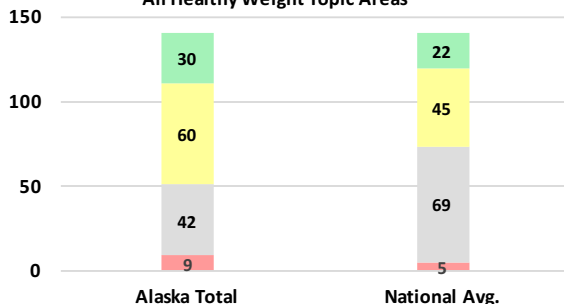
2016 Alaska Frequency of Each Ratings by Healthy Weight Practices Topic Area



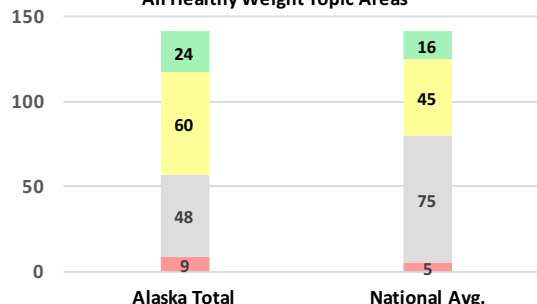
2010 Alaska Frequency of Each Rating by Healthy Weight Practices Topic Area



2016 Alaska and National Ratings for All Healthy Weight Topic Areas



2010 Alaska and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:

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

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

NOTE: An asterisk after 2012 (2012*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

ARIZONA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|--|---|---|---|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 4 / 4 | | 4 / 4 | | 0 / 0 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 3 / 3 | + | 4 / 3 | | 0 / 0 | |
| | IB1 | Feed infants on cue | 2 / 2 | + | 4 / 2 | | 0 / 0 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 / 2 | + | 4 / 2 | | 0 / 0 | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 / 3 | | 4 / 4 | | 0 / 0 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 4 / 4 | | 4 / 4 | | 0 / 0 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 3 / 3 | | 0 / 0 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 0 / 0 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 those who are at risk for hypercholesterolemia or obesity | 2 / 2 | + | 3 / 2 | | 0 / 0 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | 4 / 4 | | 4 / 4 | | 0 / 0 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | + | 4 / 3 | | 0 / 0 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | 4 / 4 | | 4 / 4 | | 0 / 0 | |
| NC1 | | Use only 100% juice with no added sweeteners | 4 / 4 | | 4 / 4 | | 0 / 0 | |
| NC2 | | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 4 / 4 | - | 3 / 4 | | 0 / 0 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 4 / 4 | | 4 / 4 | | 0 / 0 | |
| ND1 | | Make water available both inside and outside | 4 / 4 | | 4 / 4 | | 0 / 0 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| NF1 | | Serve small-sized, age-appropriate portions | 4 / 4 | | 4 / 4 | | 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 child; Teach children who require limited portions about portion size and monitor their portions | 1 / 1 | | 1 / 1 | | 0 / 0 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| NH1 | | Do not force or bribe children to eat | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| NH2 | | Do not use food as a reward or punishment | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| Physical Activity and Screen Time | | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 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 | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | + | 3 / 2 | | 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 | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | PA5 | Do not withhold active play from children who misbehave | 3 / 3 | - | 3 / 4 | | 0 / 0 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 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 day—indoor or outdoor | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 4 / 4 | | 4 / 4 | | 0 / 0 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 / 3 | | 3 / 3 | | 0 / 0 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

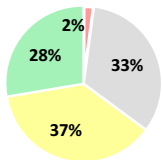
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

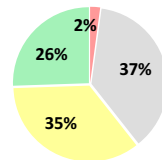
STATE PROFILES

ARIZONA

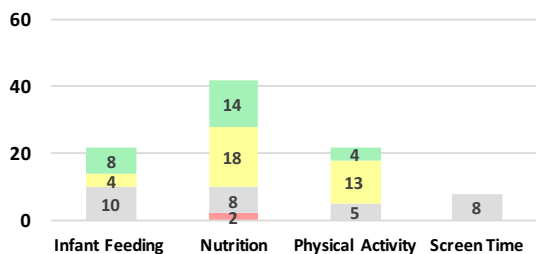
2016 Arizona Percentage of Ratings for All Healthy Weight Topic Areas



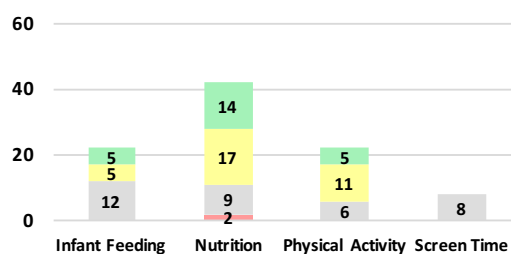
2010 Arizona Percentage of Ratings for All Healthy Weight Topic Areas



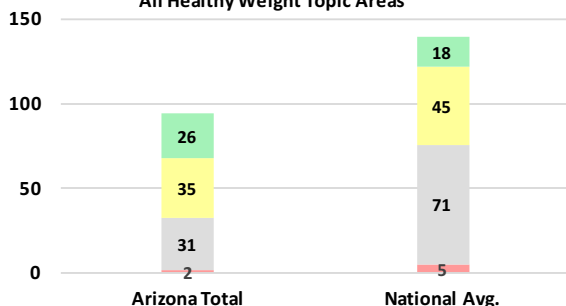
2016 Arizona Frequency of Each Ratings by Healthy Weight Practices Topic Area



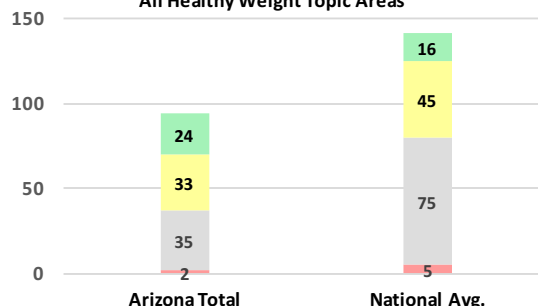
2010 Arizona Frequency of Each Rating by Healthy Weight Practices Topic Area



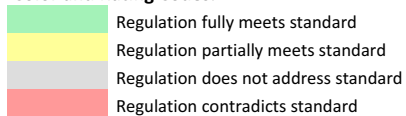
2016 Arizona and National Ratings for All Healthy Weight Topic Areas



2010 Arizona and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

NOTE: In 2015, all ratings for small family child care were removed, as AZ does not regulate this care type.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

ARKANSAS

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|----------------|-----------------------------------|-------|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 |
| | IA2 | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB1 | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB2 | + | 4 / 3 | + | 4 / 3 | + | 4 / 3 |
| | IB3 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC1 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC3 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | ID1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | ID2 | | 1 / 1 | | 1 / 1 | | 1 / 1 |
| | ID3 | | 1 / 1 | | 1 / 1 | | 1 / 1 |
| | NA1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NA2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NA3 | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NA4 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NA5 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| Nutrition | NB1 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB3 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC1 | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | NC2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC3 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC4 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | ND1 | | 3 / 3 | + | 4 / 3 | | 4 / 4 |
| | NE1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE2 | + | 3 / 2 | | 2 / 2 | | 2 / 2 |
| | NF1 | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | NF2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NG1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NG2 | | 1 / 1 | | 1 / 1 | | 1 / 1 |
| | NH1 | + | 4 / 2 | + | 4 / 3 | + | 4 / 3 |
| | NH2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | Physical Activity and Screen Time | PA1 | | 4 / 4 | | 4 / 4 | |
| PA2 | | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PA3 | | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 |
| PA4 | | + | 4 / 2 | | 2 / 2 | | 2 / 2 |
| PA5 | | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| PB1 | | + | 3 / 2 | | 2 / 2 | | 2 / 2 |
| PB2 | | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 |
| PB3 | | + | 4 / 2 | + | 4 / 2 | + | 4 / 2 |
| PB4 | | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PC1 | | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| PC2 | | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| PC3 | | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| PD1 | | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PE1 | | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PE2 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

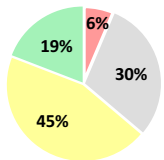
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

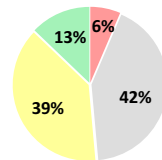
STATE PROFILES

ARKANSAS

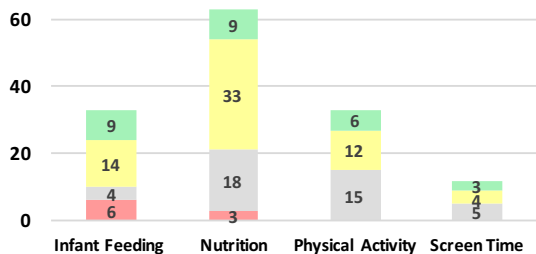
2016 Arkansas Percentage of Ratings for All Healthy Weight Topic Areas



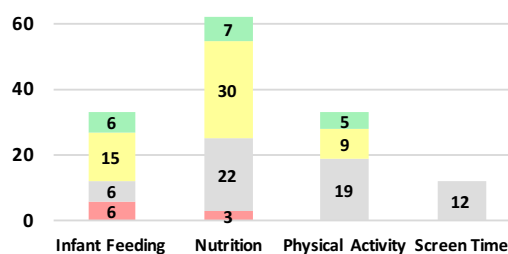
2010 Arkansas Percentage of Ratings for All Healthy Weight Topic Areas



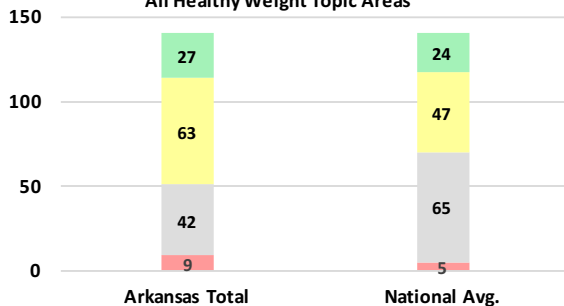
2016 Arkansas Frequency of Each Ratings by Healthy Weight Practices Topic Area



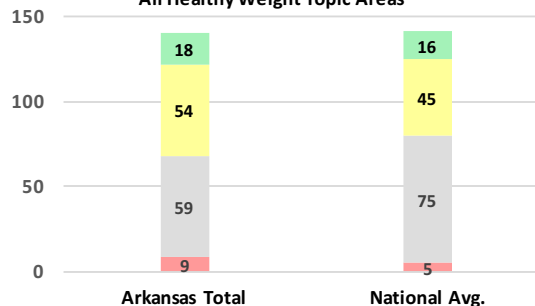
2010 Arkansas Frequency of Each Rating by Healthy Weight Practices Topic Area



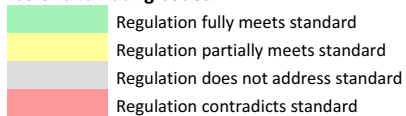
2016 Arkansas and National Ratings for All Healthy Weight Topic Areas



2010 Arkansas and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



Arkansas Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2015 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

CALIFORNIA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|--|---------|---------|-------|-------|--|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 4 / 4 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | IB1 | Feed infants on cue | 4 / 4 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 / 3 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 3 / 3 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | 0 / 0 | 0 / 0 | 0 / 0 | |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | 0 / 0 | 0 / 0 | 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 those who are at risk for hypercholesterolemia or obesity | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + 4 / 2 | + 4 / 0 | + 4 / 0 | | | |
| NB1 | | Serve whole grain breads, cereals, and pastas | 3 / 3 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | 4 / 4 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| NC1 | | Use only 100% juice with no added sweeteners | 4 / 4 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| NC2 | | Offer juice (100%) only during meal times | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | + 3 / 0 | + 3 / 0 | | | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | + 3 / 0 | + 3 / 0 | | | |
| ND1 | | Make water available both inside and outside | 4 / 4 | + 3 / 0 | + 3 / 0 | | | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| NF1 | | Serve small-sized, age-appropriate portions | 4 / 4 | 0 / 0 | 0 / 0 | 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 child; Teach children who require limited portions about portion size and monitor their portions | 3 / 3 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 / 1 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| NH1 | | Do not force or bribe children to eat | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| NH2 | | Do not use food as a reward or punishment | 3 / 3 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| Physical Activity and Screen Time | | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | 0 / 0 | 0 / 0 | 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 | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | 0 / 0 | 0 / 0 | 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 | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | 0 / 0 | 0 / 0 | 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 day—indoor or outdoor | 3 / 3 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 / 2 | 0 / 0 | 0 / 0 | 0 / 0 | | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

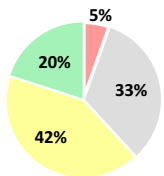
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

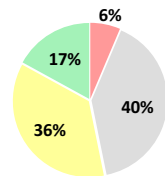
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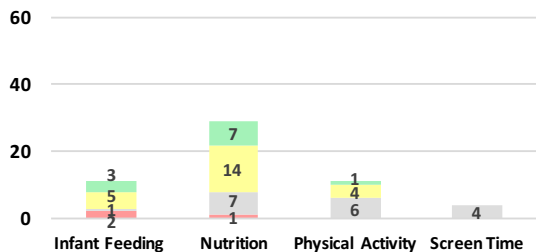
2016 California Percentage of Ratings for All Healthy Weight Topic Areas



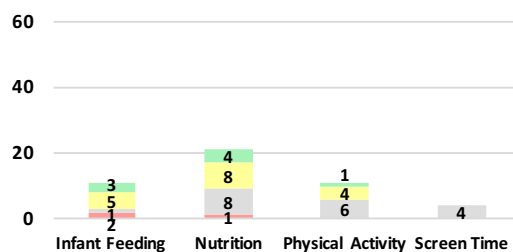
2010 California Percentage of Ratings for All Healthy Weight Topic Areas



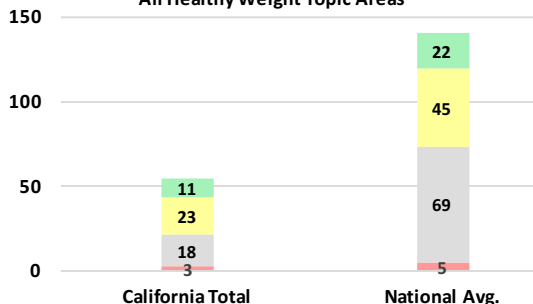
2016 California Frequency of Each Ratings by Healthy Weight Practices Topic Area



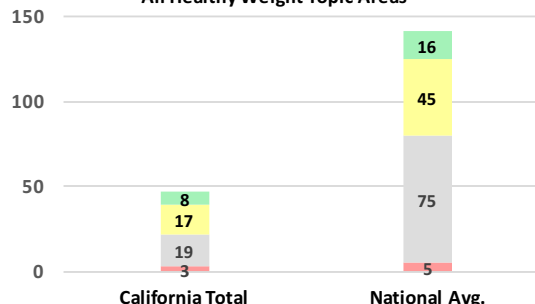
2010 California Frequency of Each Rating by Healthy Weight Practices Topic Area



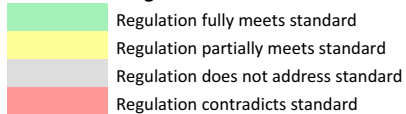
2016 California and National Ratings for All Healthy Weight Topic Areas



2010 California and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



* Two earlier erroneous ratings for the variable ID2, for Large and Small Family Child Care Homes, were corrected in 2016, as CA did not regulate those care types when the error was made.

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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

COLORADO

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|--|---|---|---|-------|-------|---------|---------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | + | 3 / 2 | | 4 / 4 | 4 / 4 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | + | 4 / 2 | | 4 / 4 | 4 / 4 | |
| | IB1 | Feed infants on cue | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | + | 4 / 2 | | 3 / 3 | 3 / 3 | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | + | 3 / 2 | + | 4 / 3 | + 4 / 3 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | + | 3 / 2 | | 3 / 3 | 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 | | 3 / 3 | 3 / 3 | |
| | ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | + | 3 / 2 | + | 3 / 2 | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | - | 1 / 2 | | 1 / 1 | 1 / 1 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | - | 1 / 2 | | 1 / 1 | 1 / 1 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | | 2 / 2 | | 3 / 3 | 3 / 3 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | + | 3 / 2 | | 3 / 3 | 3 / 3 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | + | 3 / 2 | | 3 / 3 | 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 | | 2 / 2 | 2 / 2 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + | 4 / 2 | + | 4 / 2 | + 4 / 2 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | + | 3 / 2 | | 3 / 3 | 3 / 3 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | + | 3 / 2 | | 3 / 3 | 3 / 3 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | + | 3 / 2 | | 3 / 3 | 3 / 3 | |
| NC1 | | Use only 100% juice with no added sweeteners | + | 4 / 2 | | 4 / 4 | 4 / 4 | |
| NC2 | | Offer juice (100%) only during meal times | + | 4 / 2 | | 2 / 2 | 2 / 2 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | + | 3 / 2 | | 4 / 4 | 4 / 4 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | + | 3 / 2 | | 4 / 4 | 4 / 4 | |
| ND1 | | Make water available both inside and outside | + | 4 / 2 | | 4 / 4 | 4 / 4 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| NF2 | | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | + | 3 / 2 | | 3 / 3 | 3 / 3 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | + | 3 / 2 | | 3 / 3 | 3 / 3 | |
| NH1 | | Do not force or bribe children to eat | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| NH2 | Do not use food as a reward or punishment | | 3 / 3 | | 3 / 3 | 3 / 3 | | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | + | 4 / 3 | | 3 / 3 | 3 / 3 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | + | 3 / 2 | | 2 / 2 | 2 / 2 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | + | 4 / 2 | | 2 / 2 | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | + | 4 / 3 | | 3 / 3 | 3 / 3 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | + | 4 / 2 | + | 4 / 2 | + 4 / 2 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | + | 4 / 3 | + | 4 / 3 | + 4 / 3 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

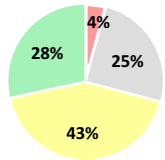
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

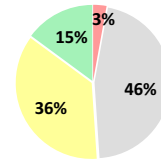
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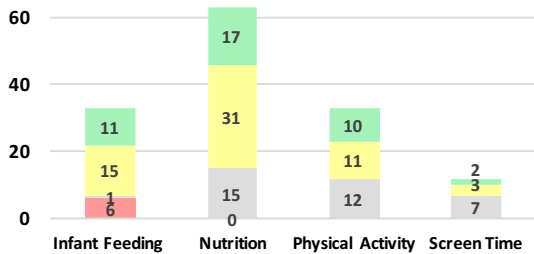
2016 Colorado Percentage of Ratings for All Healthy Weight Topic Areas



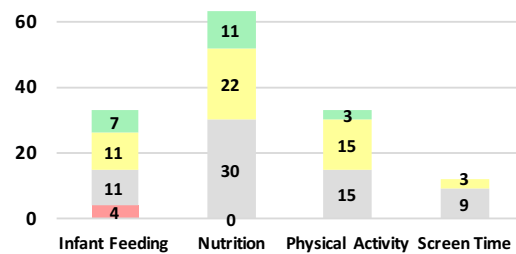
2010 Colorado Percentage of Ratings for All Healthy Weight Topic Areas



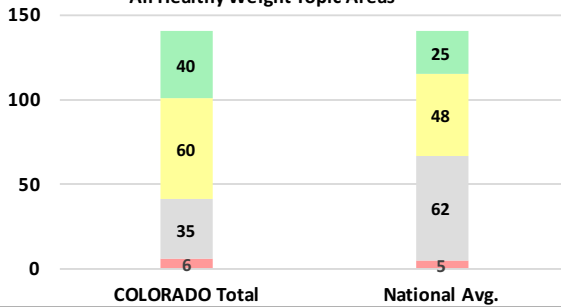
2016 Colorado Frequency of Each Ratings by Healthy Weight Practices Topic Area



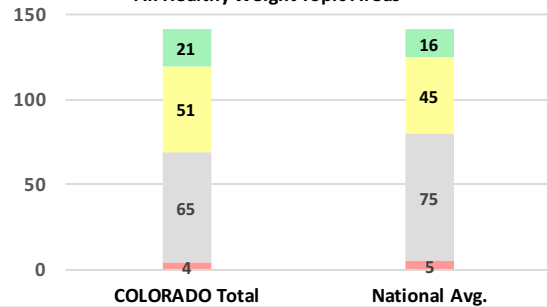
2010 Colorado Frequency of Each Rating by Healthy Weight Practices Topic Area



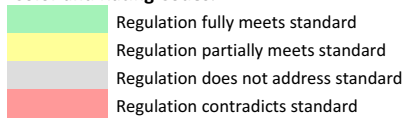
2016 Colorado and National Ratings for All Healthy Weight Topic Areas



2010 Colorado and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



COLORADO Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2016 (CTR)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

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Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|---|---------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | 4 / 4 | 4 / 4 | 2 / 2 | 2 / 2 | |
| | IB1 | Feed infants on cue | 4 / 4 | 4 / 4 | 4 / 4 | 2 / 2 | 2 / 2 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | 3 / 3 | 3 / 3 | 2 / 2 | 2 / 2 | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 4 / 4 | 4 / 4 | 4 / 4 | 2 / 2 | 2 / 2 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | 3 / 3 | 3 / 3 | 2 / 2 | 2 / 2 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | 3 / 3 | 3 / 3 | 2 / 2 | 2 / 2 | |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 3 / 3 | 3 / 3 | 3 / 3 | 2 / 2 | 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 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | 1 / 1 | 1 / 1 | 2 / 2 | 2 / 2 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | 1 / 1 | 1 / 1 | 2 / 2 | 2 / 2 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | 3 / 3 | 3 / 3 | 2 / 2 | 2 / 2 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | 3 / 3 | 3 / 3 | 2 / 2 | 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 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + 4 / 2 | + 4 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | 3 / 3 | 3 / 3 | 3 / 3 | 2 / 2 | 2 / 2 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | 3 / 3 | 3 / 3 | 2 / 2 | 2 / 2 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | 3 / 3 | 3 / 3 | 3 / 3 | 2 / 2 | 2 / 2 | |
| NC1 | | Use only 100% juice with no added sweeteners | 4 / 4 | 4 / 4 | 4 / 4 | 2 / 2 | 2 / 2 | |
| NC2 | | Offer juice (100%) only during meal times | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | 3 / 3 | 3 / 3 | 2 / 2 | 2 / 2 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | 3 / 3 | 3 / 3 | 2 / 2 | 2 / 2 | |
| ND1 | | Make water available both inside and outside | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | 4 / 4 | 4 / 4 | 4 / 4 | 2 / 2 | 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 | 3 / 3 | 3 / 3 | 3 / 3 | 2 / 2 | 2 / 2 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 / 1 | 1 / 1 | 1 / 1 | 2 / 2 | 2 / 2 | |
| NH1 | | Do not force or bribe children to eat | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| NH2 | Do not use food as a reward or punishment | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| | PB1 | 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 | |
| | PB2 | 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 | |
| | PB3 | 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 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | 3 / 3 | 3 / 3 | 2 / 2 | 2 / 2 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 3 / 3 | 3 / 3 | 3 / 3 | 2 / 2 | 2 / 2 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

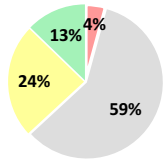
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

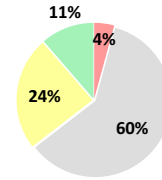
STATE PROFILES

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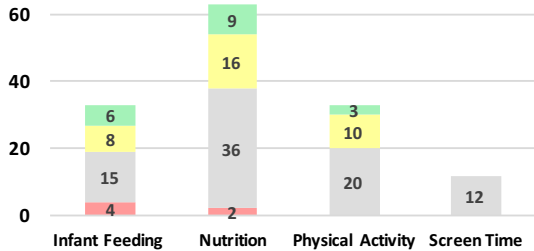
2016 Connecticut Percentage of Ratings for All Healthy Weight Topic Areas



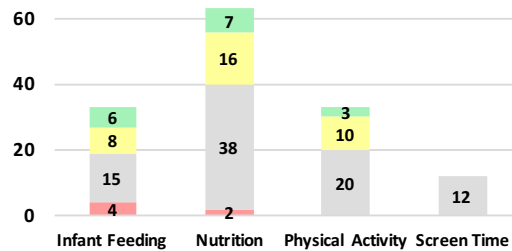
2010 Connecticut Percentage of Ratings for All Healthy Weight Topic Areas



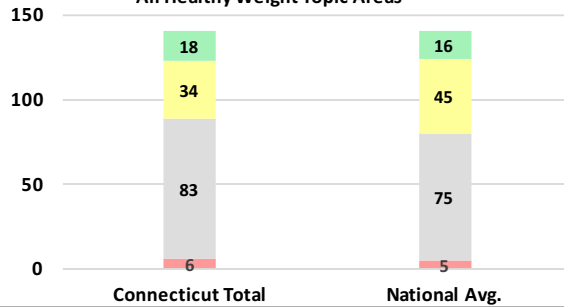
2016 Connecticut Frequency of Each Ratings by Healthy Weight Practices Topic Area



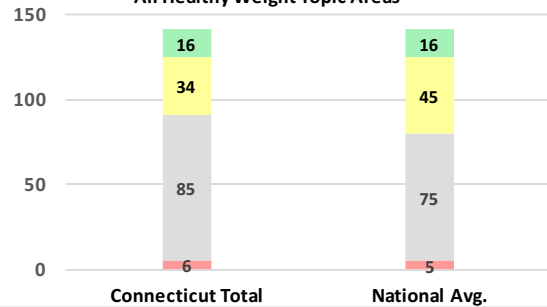
2010 Connecticut Frequency of Each Rating by Healthy Weight Practices Topic Area



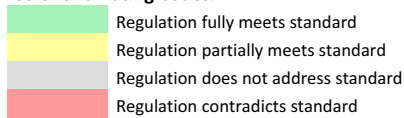
2016 Connecticut and National Ratings for All Healthy Weight Topic Areas



2010 Connecticut and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

NOTE: An asterisk after 2012 (2012*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

DELAWARE

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|-------|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | IB1 | Feed infants on cue | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | + | 4 / 3 | | 3 / 3 | 3 / 3 | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | | 1 / 1 | | 1 / 1 | 1 / 1 | |
| ID3 | Serve no fruit juice to children younger than 12 months of age | | 3 / 3 | | 3 / 3 | 3 / 3 | | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | | 3 / 3 | | 3 / 3 | 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 | | 2 / 2 | 2 / 2 | |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | + | 4 / 2 | + | 4 / 2 | + | 4 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | | 4 / 4 | | 4 / 4 | 3 / 3 | |
| | NB3 | Serve fruits of several varieties, especially whole fruits | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | NC1 | Use only 100% juice with no added sweeteners | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | NC2 | Offer juice (100%) only during meal times | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | ND1 | Make water available both inside and outside | | 4 / 4 | + | 4 / 2 | + | 4 / 2 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | + | 4 / 2 | | 2 / 2 | 2 / 2 | |
| | NF1 | Serve small-sized, age-appropriate portions | | 4 / 4 | | 4 / 4 | 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 | | 3 / 3 | 3 / 3 | |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | + | 3 / 1 | | 1 / 1 | 1 / 1 | |
| | NH1 | Do not force or bribe children to eat | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| NH2 | Do not use food as a reward or punishment | | 3 / 3 | | 3 / 3 | 3 / 3 | | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | | 4 / 4 | | 4 / 4 | 3 / 3 | |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | + | 3 / 2 | | 2 / 2 | 2 / 2 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | + | 3 / 2 | | 2 / 2 | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | | 4 / 4 | | 3 / 3 | 3 / 3 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | | 4 / 4 | | 3 / 3 | 3 / 3 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | | 4 / 4 | | 3 / 3 | 3 / 3 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | + | 4 / 2 | | 2 / 2 | 2 / 2 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | | 3 / 3 | | 3 / 3 | 3 / 3 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

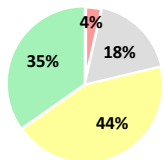
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

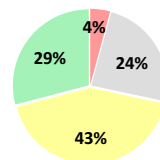
STATE PROFILES

DELAWARE

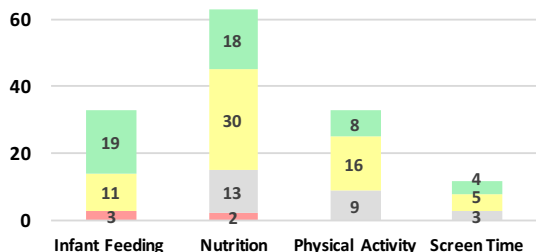
2016 Delaware Percentage of Ratings for All Healthy Weight Topic Areas



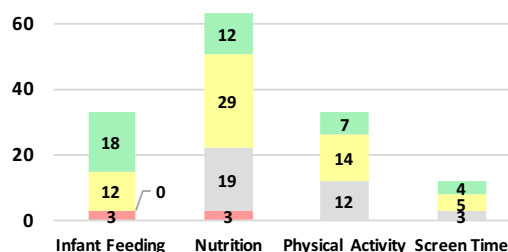
2010 Delaware Percentage of Ratings for All Healthy Weight Topic Areas



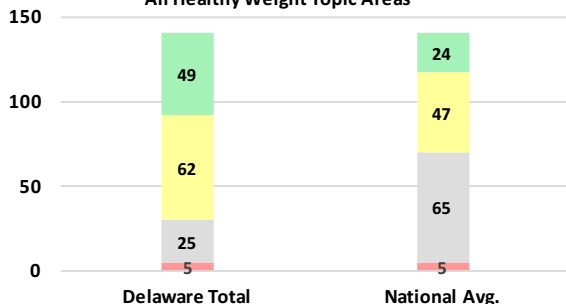
2016 Delaware Frequency of Each Ratings by Healthy Weight Practices Topic Area



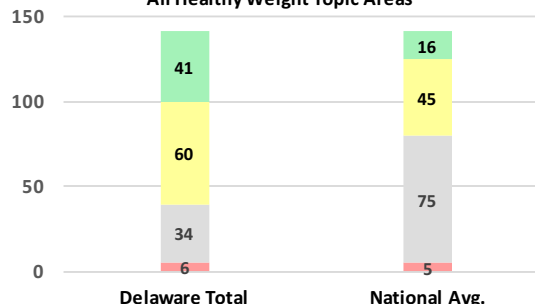
2010 Delaware Frequency of Each Rating by Healthy Weight Practices Topic Area



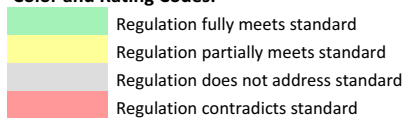
2016 Delaware and National Ratings for All Healthy Weight Topic Areas



2010 Delaware and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



Delaware Regulation Rating History: 2010 (CTR, LRG, SML); 2015(CTR)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

DISTRICT OF COLUMBIA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | | |
|----------------|--|---|---|-------|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | + | 4 / 2 | + | 4 / 0 | + | 4 / 2 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | + | 4 / 2 | + | 4 / 0 | + | 4 / 2 | |
| | IB1 | Feed infants on cue | + | 4 / 2 | + | 4 / 0 | + | 4 / 2 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | + | 4 / 2 | + | 4 / 0 | + | 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 / 2 | + | 3 / 0 | + | 3 / 2 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | + | 3 / 2 | + | 3 / 0 | + | 3 / 2 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | + | 3 / 2 | + | 3 / 0 | + | 3 / 2 | |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | + | 3 / 2 | + | 3 / 0 | + | 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 | | 2 / 0 | | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | - | 1 / 2 | - | 1 / 0 | - | 1 / 2 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | - | 1 / 2 | - | 1 / 0 | - | 1 / 2 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | | 2 / 2 | | 2 / 0 | | 2 / 2 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | + | 3 / 2 | + | 3 / 0 | + | 3 / 2 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | + | 3 / 2 | + | 3 / 0 | + | 3 / 2 | |
| NA4 | | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | | 2 / 2 | | 2 / 0 | | 2 / 2 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + | 4 / 2 | + | 4 / 0 | + | 4 / 2 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | + | 3 / 2 | + | 3 / 0 | + | 3 / 2 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | + | 3 / 2 | + | 3 / 0 | + | 3 / 2 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | + | 3 / 2 | + | 3 / 0 | + | 3 / 2 | |
| NC1 | | Use only 100% juice with no added sweeteners | + | 4 / 2 | + | 4 / 0 | + | 4 / 2 | |
| NC2 | | Offer juice (100%) only during meal times | | 2 / 2 | | 2 / 0 | | 2 / 2 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | + | 3 / 2 | + | 3 / 0 | + | 3 / 2 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | + | 3 / 2 | + | 3 / 0 | + | 3 / 2 | |
| ND1 | | Make water available both inside and outside | + | 4 / 2 | + | 4 / 0 | + | 4 / 2 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | | 2 / 2 | | 2 / 0 | | 2 / 2 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | | 2 / 2 | | 2 / 0 | | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | + | 4 / 2 | + | 4 / 0 | + | 4 / 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 | + | 3 / 2 | + | 3 / 0 | + | 3 / 2 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | | 2 / 2 | | 2 / 0 | | 2 / 2 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | - | 1 / 2 | - | 1 / 0 | - | 1 / 2 | |
| NH1 | | Do not force or bribe children to eat | + | 3 / 2 | + | 3 / 0 | + | 3 / 2 | |
| NH2 | Do not use food as a reward or punishment | + | 3 / 2 | + | 3 / 0 | + | 3 / 2 | | |
| IS | PA1 | Provide children with adequate space for both inside and outside play | | 4 / 4 | + | 4 / 0 | | 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 | | 2 / 0 | | 2 / 2 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | | 2 / 2 | | 2 / 0 | | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | | 2 / 2 | | 2 / 0 | | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | + | 4 / 2 | + | 4 / 0 | + | 4 / 2 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | + | 3 / 2 | + | 3 / 0 | + | 3 / 2 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | + | 3 / 2 | + | 3 / 0 | + | 3 / 2 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | + | 4 / 2 | + | 4 / 0 | + | 4 / 2 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | | 2 / 2 | | 2 / 0 | | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | - | 3 / 4 | + | 3 / 0 | - | 3 / 4 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | + | 3 / 0 | | 3 / 3 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | + | 3 / 0 | | 3 / 3 | |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | + | 3 / 2 | + | 3 / 0 | + | 3 / 2 | | |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | + | 4 / 2 | + | 4 / 0 | + | 4 / 2 | | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | + | 3 / 2 | + | 3 / 0 | + | 3 / 2 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

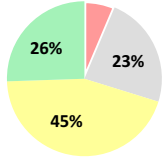
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

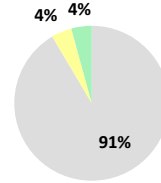
STATE PROFILES

DISTRICT OF COLUMBIA

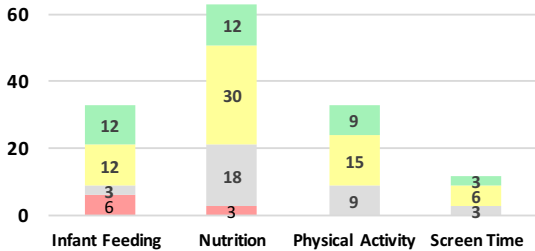
2016 District of Columbia Percentage of Ratings for All Healthy Weight Topic Areas



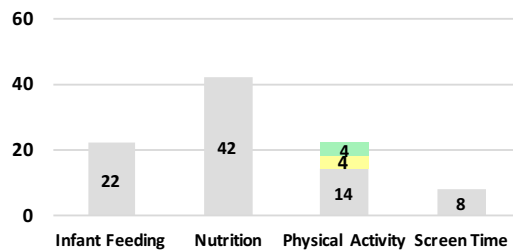
2010 District of Columbia Percentage of Ratings for All Healthy Weight Topic Areas



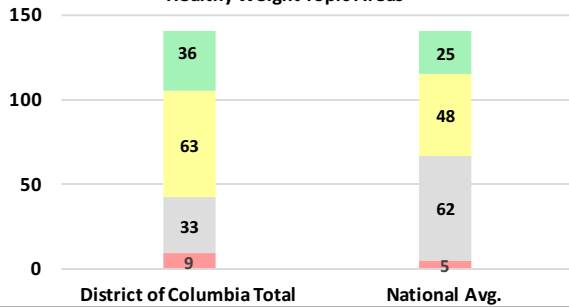
2016 District of Columbia Frequency of Each Ratings by Healthy Weight Practices Topic Area



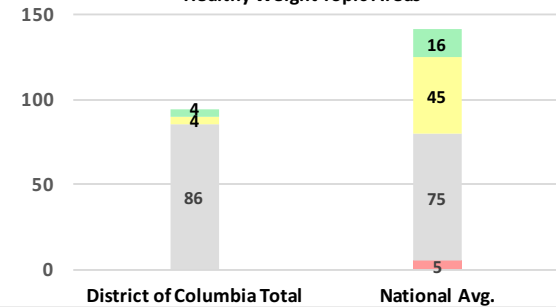
2010 District of Columbia Frequency of Each Rating by Healthy Weight Practices Topic Area



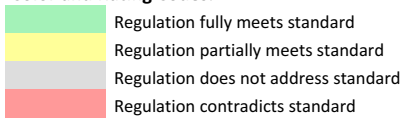
2016 District of Columbia and National Ratings for All Healthy Weight Topic Areas



2010 District of Columbia and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

FLORIDA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|---|---|-------|-------|-------|-------|---------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | IB1 | Feed infants on cue | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | + | 3 / 2 | | 2 / 2 | 2 / 2 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | + | 3 / 2 | | 2 / 2 | 2 / 2 |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | | 2 / 2 | | 2 / 2 | 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 | | 2 / 2 | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | | 2 / 2 | | 2 / 2 | 2 / 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | | 2 / 2 | | 2 / 2 | 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 | | 2 / 2 | 2 / 2 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | | 2 / 2 | | 2 / 2 | 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 | | 2 / 2 | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NC1 | Use only 100% juice with no added sweeteners | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NC2 | Offer juice (100%) only during meal times | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | ND1 | Make water available both inside and outside | | 4 / 4 | | 4 / 4 | 4 / 4 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | | 2 / 2 | | 2 / 2 | 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 | | 3 / 3 | | 3 / 3 | 3 / 3 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NH1 | Do not force or bribe children to eat | | 2 / 2 | | 2 / 2 | 2 / 2 |
| NH2 | Do not use food as a reward or punishment | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | | 4 / 4 | | 4 / 4 | 4 / 4 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | + | 3 / 2 | + | 3 / 2 | + 3 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | + | 4 / 2 | + | 4 / 2 | + 4 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | + | 4 / 2 | | 2 / 2 | 2 / 2 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | + | 4 / 2 | | 2 / 2 | 2 / 2 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | + | 3 / 2 | | 2 / 2 | 2 / 2 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | + | 4 / 2 | | 2 / 2 | 2 / 2 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | | 3 / 3 | | 3 / 3 | 3 / 3 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | | 3 / 3 | 3 / 3 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | | 3 / 3 | 3 / 3 |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | + | 3 / 2 | | 2 / 2 | 2 / 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | + | 3 / 2 | | 2 / 2 | 2 / 2 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

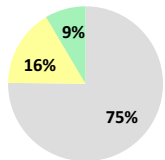
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

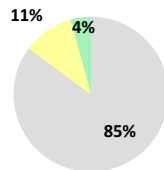
STATE PROFILES

FLORIDA

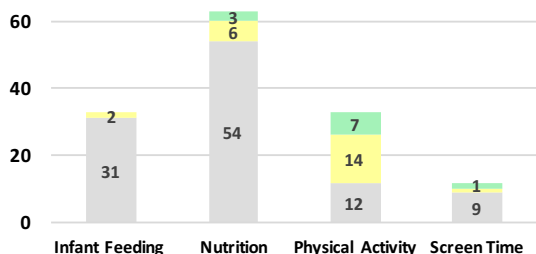
2016 Florida Percentage of Ratings for All Healthy Weight Topic Areas



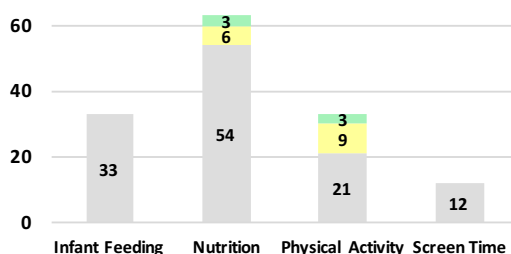
2010 Florida Percentage of Ratings for All Healthy Weight Topic Areas



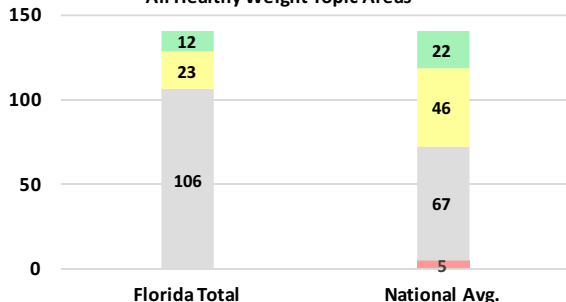
2016 Florida Frequency of Each Ratings by Healthy Weight Practices Topic Area



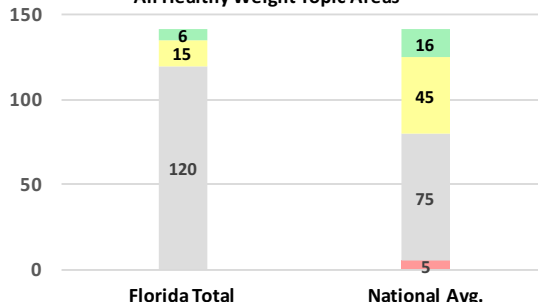
2010 Florida Frequency of Each Rating by Healthy Weight Practices Topic Area



2016 Florida and National Ratings for All Healthy Weight Topic Areas



2010 Florida and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:

- Regulation fully meets standard
- Regulation partially meets standard
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- Regulation contradicts standard

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

NOTE: In 2013, 2010 ratings adjusted due to retirement of MyPyramid, and 2010 ratings corrected in infant feeding.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

GEORGIA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|---|-------|-------|-------|-------|--|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 4 / 4 | + | 4 / 3 | 2 / 2 | | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | | 4 / 4 | 2 / 2 | | |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | 2 / 2 | | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | | 3 / 3 | 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 | | 3 / 3 | 3 / 3 | | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | 2 / 2 | | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | | 3 / 3 | 2 / 2 | | |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 3 / 3 | | 3 / 3 | 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 | | 2 / 2 | 2 / 2 | | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | | 1 / 1 | 2 / 2 | | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | | 1 / 1 | 2 / 2 | | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | 3 / 3 | |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | 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 | | 2 / 2 | 2 / 2 | | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + | 4 / 2 | + | 4 / 2 | 2 / 2 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | 3 / 3 | | 3 / 3 | 2 / 2 | | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | 3 / 3 | | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 3 / 3 | 3 / 3 | | |
| NC1 | | Use only 100% juice with no added sweeteners | 4 / 4 | | 4 / 4 | 2 / 2 | | |
| NC2 | | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | 2 / 2 | | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | | 3 / 3 | 2 / 2 | | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | | 3 / 3 | 2 / 2 | | |
| ND1 | | Make water available both inside and outside | + | 4 / 3 | + | 4 / 3 | 2 / 2 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | 2 / 2 | | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | 2 / 2 | | |
| NF1 | | Serve small-sized, age-appropriate portions | 4 / 4 | | 4 / 4 | 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 | | 3 / 3 | 2 / 2 | | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | 2 / 2 | | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 3 / 3 | | 3 / 3 | 2 / 2 | | |
| NH1 | | Do not force or bribe children to eat | 3 / 3 | | 3 / 3 | 3 / 3 | | |
| NH2 | Do not use food as a reward or punishment | 4 / 4 | | 4 / 4 | 4 / 4 | | | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | 3 / 3 | | |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | 2 / 2 | | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | 2 / 2 | | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | 2 / 2 | | |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | | 2 / 2 | 2 / 2 | | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 / 2 | | 2 / 2 | 2 / 2 | | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 / 3 | | 3 / 3 | + | 3 / 2 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | 2 / 2 | | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | 2 / 2 | | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 3 / 3 | 3 / 3 | | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | 3 / 3 | | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | 3 / 3 | | |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 / 2 | | 2 / 2 | 2 / 2 | | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | + | 4 / 2 | + | 4 / 2 | 4 / 4 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 / 3 | | 3 / 3 | + | 3 / 2 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

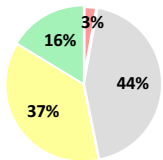
Δ (Change) Code:

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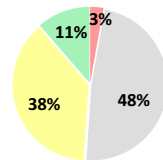
STATE PROFILES

GEORGIA

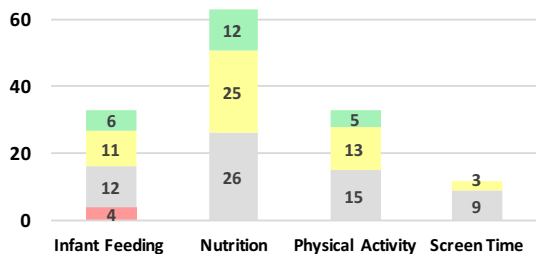
2016 Georgia Percentage of Ratings for All Healthy Weight Topic Areas



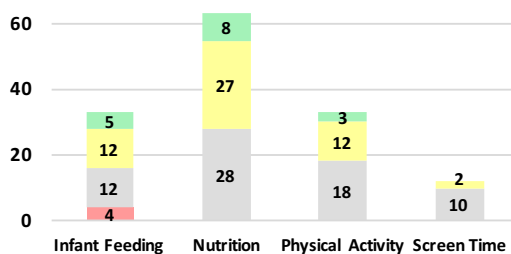
2010 Georgia Percentage of Ratings for All Healthy Weight Topic Areas



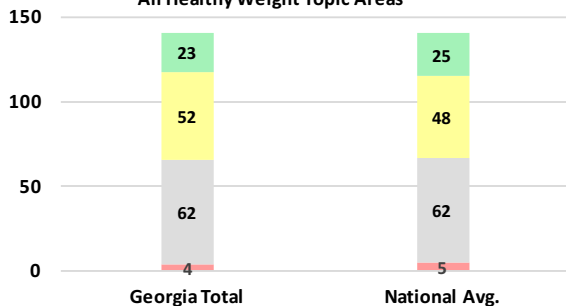
2016 Georgia Frequency of Each Ratings by Healthy Weight Practices Topic Area



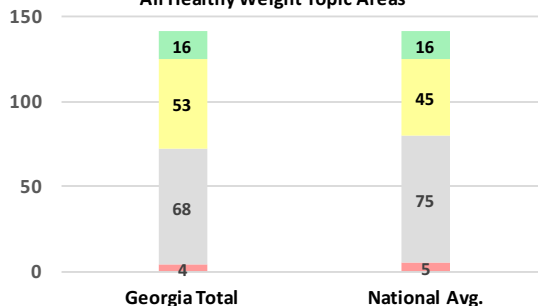
2010 Georgia Frequency of Each Rating by Healthy Weight Practices Topic Area



2016 Georgia and National Ratings for All Healthy Weight Topic Areas



2010 Georgia and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:

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

*In 2016, GA eliminated regulations for Large Family Child Care Homes, which are now covered under Center rules, raising the rating for 1 ASHW variable (IA1).

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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

HAWAII

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|---|---|---------|-------|---------|-------|---------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 4 / 4 | | 2 / 2 | | 3 / 3 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | | 3 / 3 | | 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 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | | 1 / 1 | | 1 / 1 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | + 4 / 2 | | + 4 / 2 | | + 4 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC1 | Use only 100% juice with no added sweeteners | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | NC2 | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | ND1 | Make water available both inside and outside | + 4 / 3 | | + 4 / 3 | | + 4 / 3 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | 4 / 4 | | 4 / 4 | | 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 | | 3 / 3 | | 3 / 3 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 / 1 | | 1 / 1 | | 1 / 1 |
| | NH1 | Do not force or bribe children to eat | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NH2 | Do not use food as a reward or punishment | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 / 2 | | 2 / 2 | | 2 / 2 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

Regulation fully meets the standard
 Regulation contradicts the standard

Rating Code:

1 = Regulation contradicts the standard
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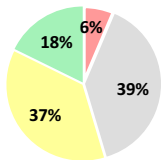
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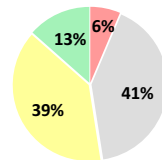
STATE PROFILES

HAWAII

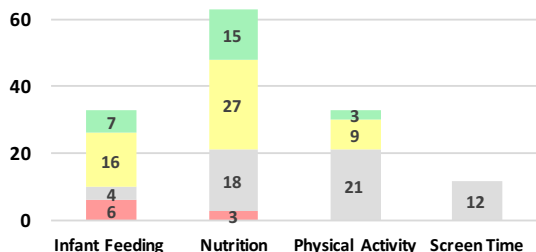
2016 Hawaii Percentage of Ratings for All Healthy Weight Topic Areas



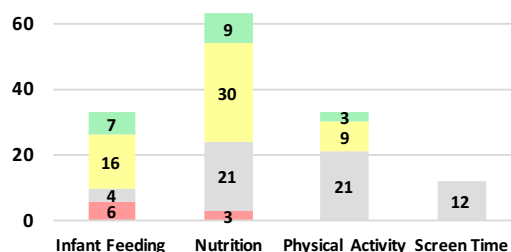
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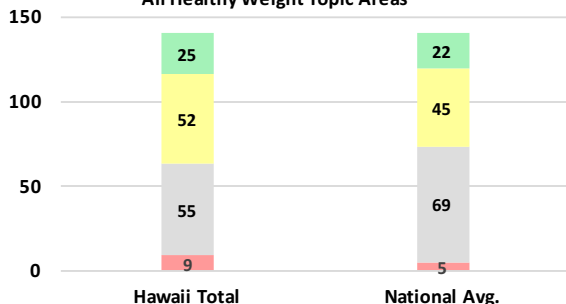
2016 Hawaii Frequency of Each Ratings by Healthy Weight Practices Topic Area



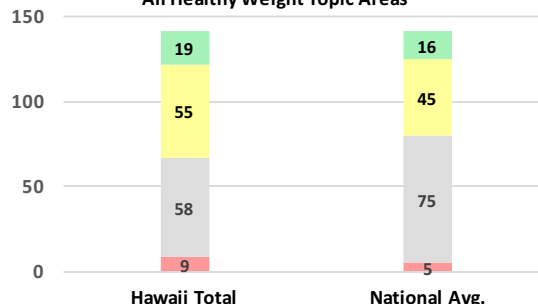
2010 Hawaii Frequency of Each Rating by Healthy Weight Practices Topic Area



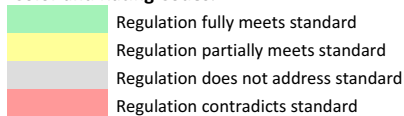
2016 Hawaii and National Ratings for All Healthy Weight Topic Areas



2010 Hawaii and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

NOTE: An asterisk after 2012 (2012*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

IDAHO

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|--|---|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IB1 | Feed infants on cue | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC1 | Use only 100% juice with no added sweeteners | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC2 | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | ND1 | Make water available both inside and outside | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NH1 | Do not force or bribe children to eat | 2 / 2 | | 2 / 2 | | 2 / 2 |
| NH2 | Do not use food as a reward or punishment | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 2 / 2 | | 4 / 4 | | 4 / 4 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 3 / 3 | | 3 / 3 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 | |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 / 2 | | 2 / 2 | | 2 / 2 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

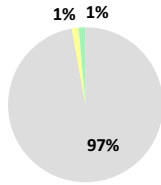
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

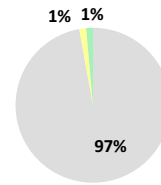
STATE PROFILES

IDAHO

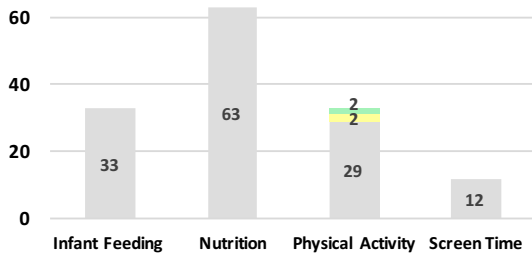
2016 Idaho Percentage of Ratings for All Healthy Weight Topic Areas



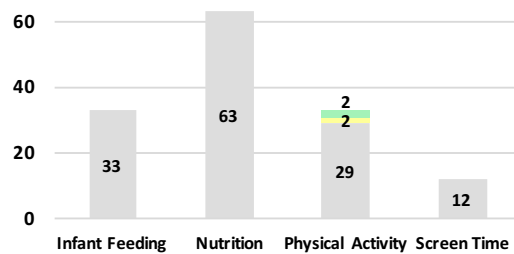
2010 Idaho Percentage of Ratings for All Healthy Weight Topic Areas



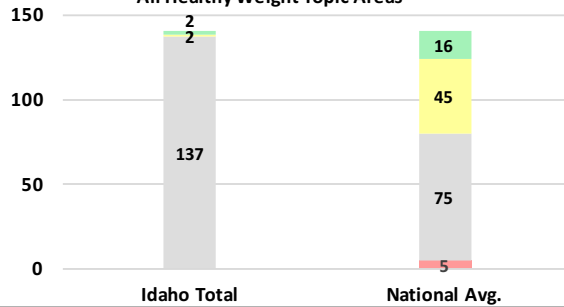
2016 Idaho Frequency of Each Ratings by Healthy Weight Practices Topic Area



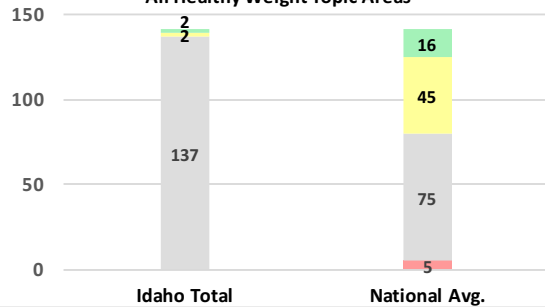
2010 Idaho Frequency of Each Rating by Healthy Weight Practices Topic Area



2016 Idaho and National Ratings for All Healthy Weight Topic Areas



2010 Idaho and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:

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

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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

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STATE PROFILES

ILLINOIS

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|-----|-------|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | + | 3 / 2 | | 2 / 2 | | 2 / 2 |
| | IA2 | | 1 / 1 | | 1 / 1 | | 1 / 1 |
| | IB1 | + | 3 / 2 | | 4 / 4 | | 4 / 4 |
| | IB2 | + | 3 / 2 | | 2 / 2 | | 2 / 2 |
| | IB3 | + | 4 / 3 | | 3 / 3 | | 3 / 3 |
| | IC1 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC2 | | 4 / 4 | | 3 / 3 | | 3 / 3 |
| | IC3 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | ID1 | + | 4 / 2 | | 2 / 2 | | 2 / 2 |
| | ID2 | | 1 / 1 | | 1 / 1 | | 1 / 1 |
| ID3 | + | 3 / 1 | | 1 / 1 | | 1 / 1 | |
| Nutrition | NA1 | + | 4 / 2 | | 2 / 2 | | 2 / 2 |
| | NA2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NA3 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NA4 | + | 4 / 3 | | 2 / 2 | | 2 / 2 |
| | NA5 | + | 4 / 3 | | 2 / 2 | | 2 / 2 |
| | NB1 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB2 | | 3 / 3 | | 4 / 4 | | 3 / 3 |
| | NB3 | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | NC1 | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | NC2 | + | 4 / 2 | | 2 / 2 | | 2 / 2 |
| | NC3 | + | 4 / 3 | | 4 / 4 | | 4 / 4 |
| | NC4 | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | ND1 | + | 4 / 3 | | 3 / 3 | | 3 / 3 |
| | NE1 | | 3 / 3 | | 2 / 2 | | 2 / 2 |
| | NE2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NF1 | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | NF2 | | 3 / 3 | | 2 / 2 | | 2 / 2 |
| | NG1 | + | 4 / 2 | | 2 / 2 | | 2 / 2 |
| | NG2 | + | 4 / 3 | | 2 / 2 | | 2 / 2 |
| | NH1 | | 4 / 4 | | 3 / 3 | | 3 / 3 |
| NH2 | | 4 / 4 | | 3 / 3 | | 3 / 3 | |
| Physical Activity and Screen Time | PA1 | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | PA2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA4 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA5 | + | 4 / 3 | | 3 / 3 | | 3 / 3 |
| | PB1 | + | 4 / 3 | | 2 / 2 | | 2 / 2 |
| | PB2 | | 3 / 3 | | 2 / 2 | | 2 / 2 |
| | PB3 | + | 4 / 2 | | 2 / 2 | | 2 / 2 |
| | PB4 | + | 4 / 2 | | 2 / 2 | | 2 / 2 |
| | PC1 | + | 4 / 3 | | 3 / 3 | | 3 / 3 |
| | PC2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PC3 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| PD1 | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| PE1 | | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| PE2 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

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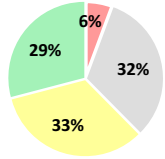
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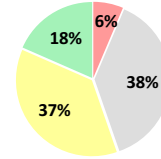
STATE PROFILES

ILLINOIS

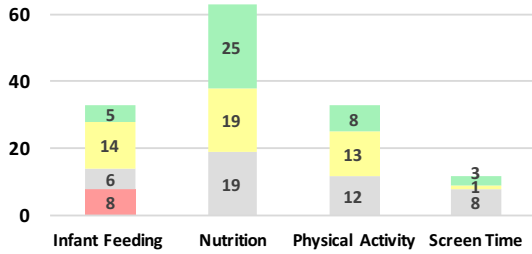
2016 Illinois Percentage of Ratings for All Healthy Weight Topic Areas



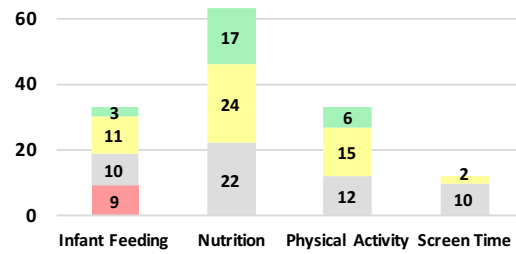
2010 Illinois Percentage of Ratings for All Healthy Weight Topic Areas



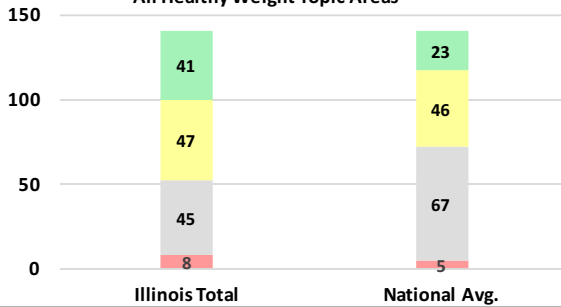
2016 Illinois Frequency of Each Ratings by Healthy Weight Practices Topic Area



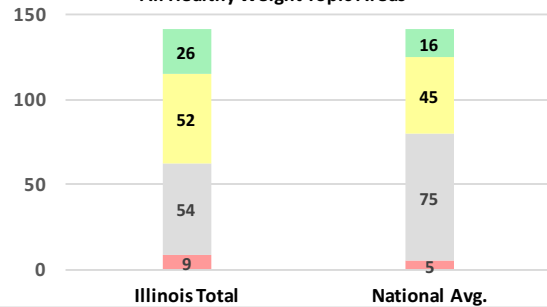
2010 Illinois Frequency of Each Rating by Healthy Weight Practices Topic Area



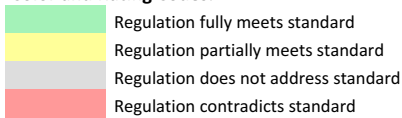
2016 Illinois and National Ratings for All Healthy Weight Topic Areas



2010 Illinois and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

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STATE PROFILES

INDIANA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|---|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 / 3 | | 2 / 2 | | 2 / 2 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | IB1 | Feed infants on cue | 3 / 3 | | 2 / 2 | | 2 / 2 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 4 / 4 | | 3 / 3 | | 3 / 3 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NA4 | | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | 3 / 3 | | 2 / 2 | | 2 / 2 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | 1 / 1 | | 2 / 2 | | 2 / 2 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NC1 | | Use only 100% juice with no added sweeteners | 4 / 4 | | 2 / 2 | | 2 / 2 | |
| NC2 | | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| ND1 | | Make water available both inside and outside | 3 / 3 | | 2 / 2 | | 4 / 4 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 3 / 3 | | 2 / 2 | | 2 / 2 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | 2 / 2 | | 2 / 2 | | 4 / 4 | |
| NF2 | | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | 1 / 1 | | 2 / 2 | | 2 / 2 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 3 / 3 | | 2 / 2 | | 2 / 2 | |
| NH1 | | Do not force or bribe children to eat | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NH2 | | Do not use food as a reward or punishment | 4 / 4 | | 2 / 2 | | 3 / 3 | |
| Physical Activity and Screen Time | | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 2 / 2 | | 3 / 3 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | 3 / 3 | | 2 / 2 | | 2 / 2 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 4 / 4 | | 2 / 2 | | 2 / 2 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 4 / 4 | | 2 / 2 | | 2 / 2 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 2 / 2 | | 3 / 3 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 2 / 2 | | 3 / 3 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 2 / 2 | | 3 / 3 | |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 3 / 3 | | 2 / 2 | | 2 / 2 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 / 3 | | 2 / 2 | | 2 / 2 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

- 1 = Regulation contradicts the standard
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- 3 = Regulation partially meets standard
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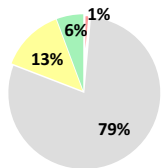
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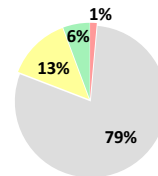
STATE PROFILES

INDIANA

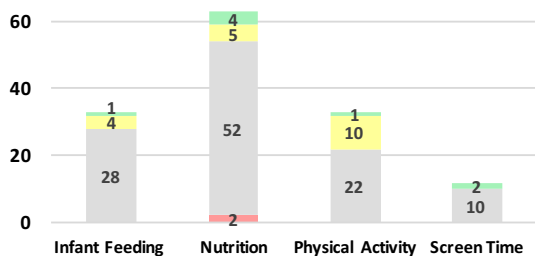
2016 Indiana Percentage of Ratings for All Healthy Weight Topic Areas



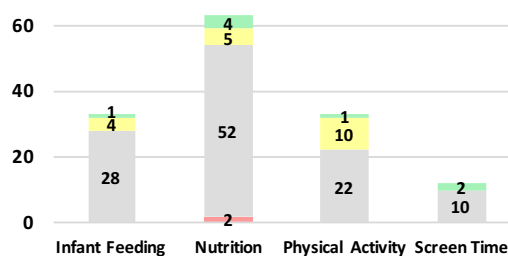
2010 Indiana Percentage of Ratings for All Healthy Weight Topic Areas



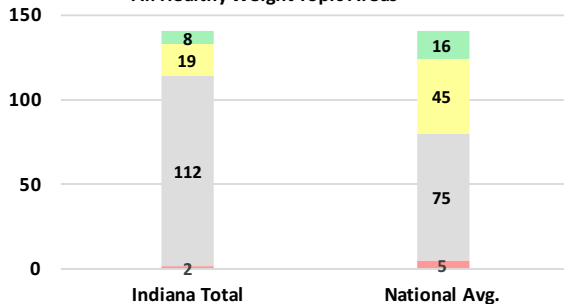
2016 Indiana Frequency of Each Ratings by Healthy Weight Practices Topic Area



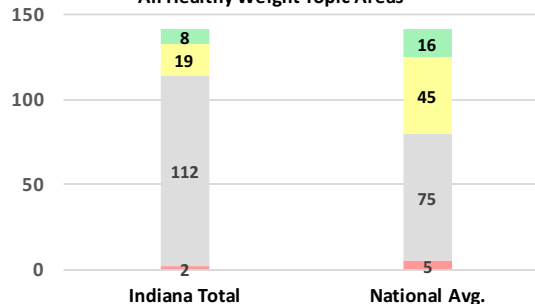
2010 Indiana Frequency of Each Rating by Healthy Weight Practices Topic Area



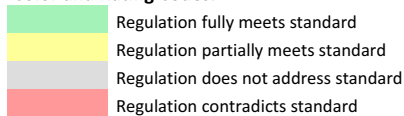
2016 Indiana and National Ratings for All Healthy Weight Topic Areas



2010 Indiana and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

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STATE PROFILES

IOWA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|-----|-------|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 |
| | IA2 | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB1 | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB2 | + | 4 / 3 | + | 4 / 3 | + | 4 / 3 |
| | IB3 | | 3 / 3 | | 2 / 2 | | 2 / 2 |
| | IC1 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC3 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | ID1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | ID2 | | 1 / 1 | | 1 / 1 | | 1 / 1 |
| ID3 | | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| Nutrition | NA1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NA2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NA3 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NA4 | | 3 / 3 | | 2 / 2 | | 2 / 2 |
| | NA5 | + | 4 / 2 | + | 4 / 2 | + | 4 / 2 |
| | NB1 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB3 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC1 | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | NC2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC3 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC4 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | ND1 | + | 4 / 3 | + | 4 / 2 | + | 4 / 2 |
| | NE1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NF1 | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | NF2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NG1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NG2 | | 1 / 1 | | 1 / 1 | | 1 / 1 |
| | NH1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| NH2 | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| Physical Activity and Screen Time | PA1 | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | PA2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA4 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA5 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB3 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB4 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PC1 | | 3 / 3 | | 2 / 2 | | 2 / 2 |
| | PC2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PC3 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PD1 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PE1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PE2 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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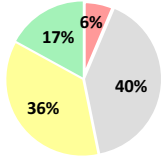
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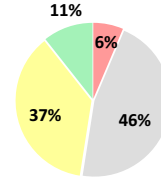
STATE PROFILES

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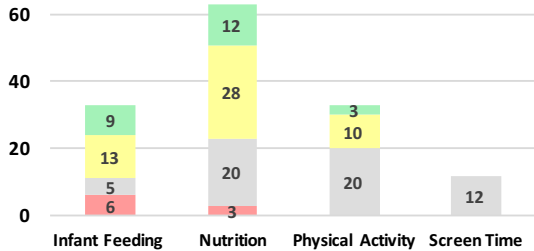
2016 Iowa Percentage of Ratings for All Healthy Weight Topic Areas



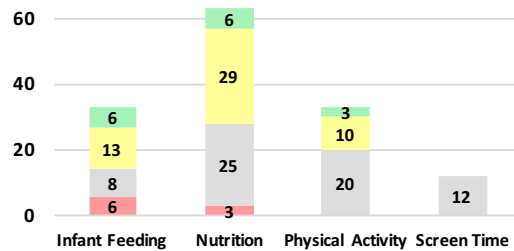
2010 Iowa Percentage of Ratings for All Healthy Weight Topic Areas



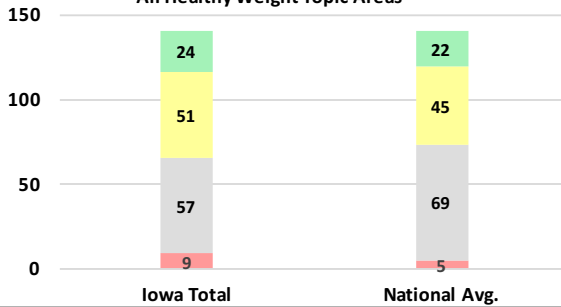
2016 Iowa Frequency of Each Rating by Healthy Weight Practices Topic Area



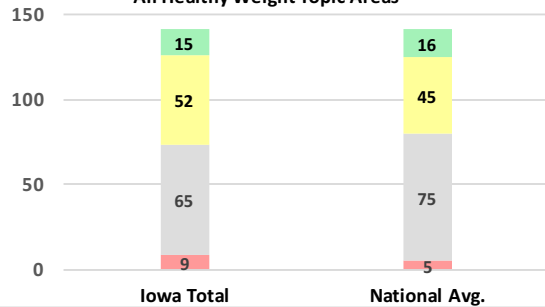
2010 Iowa Frequency of Each Rating by Healthy Weight Practices Topic Area



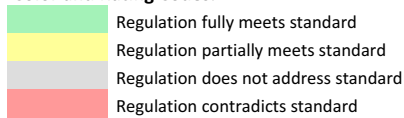
2016 Iowa and National Ratings for All Healthy Weight Topic Areas



2010 Iowa and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



Iowa Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

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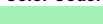

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|---|---|-------|-------|-------|---------|---------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IB1 | Feed infants on cue | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 / 2 | + | 4 / 2 | | + 4 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC1 | Use only 100% juice with no added sweeteners | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | NC2 | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | ND1 | Make water available both inside and outside | 4 / 4 | + | 3 / 2 | | + 3 / 2 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | 1 / 1 | | 1 / 1 | | 1 / 1 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NH1 | Do not force or bribe children to eat | 3 / 3 | + | 3 / 2 | | + 3 / 2 |
| NH2 | Do not use food as a reward or punishment | 3 / 3 | + | 3 / 2 | | + 3 / 2 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 3 / 3 | | 3 / 3 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | + | 4 / 3 | | + 4 / 3 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 3 / 3 | | 2 / 2 | | 2 / 2 |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 / 3 | | 2 / 2 | | 2 / 2 | |

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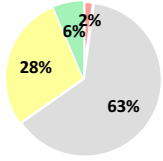
Δ (Change) Code:

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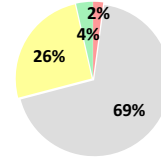
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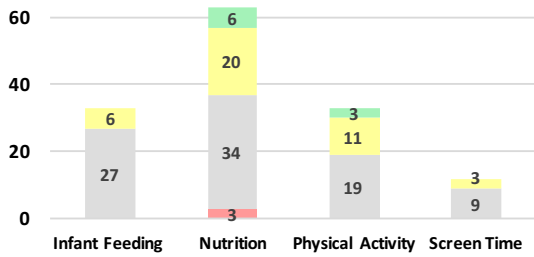
2016 Kansas Percentage of Ratings for All Healthy Weight Topic Areas



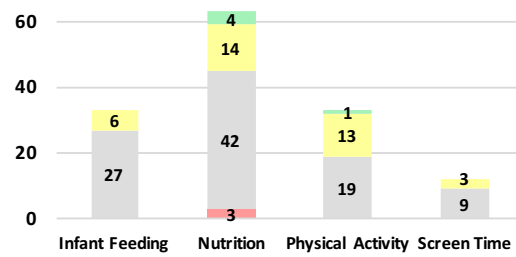
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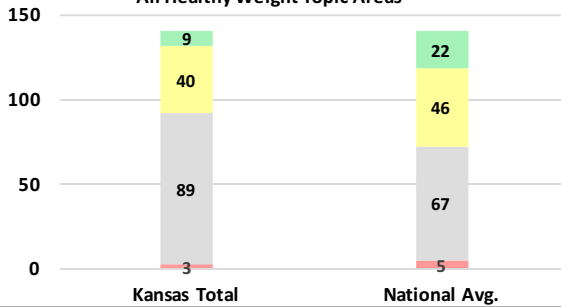
2016 Kansas Frequency of Each Ratings by Healthy Weight Practices Topic Area



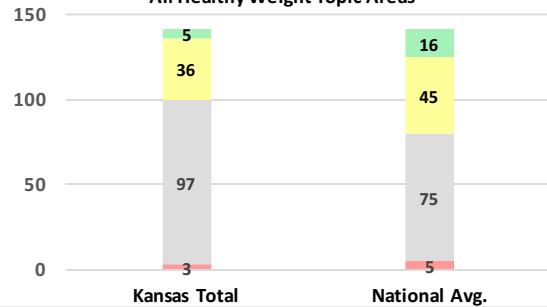
2010 Kansas Frequency of Each Rating by Healthy Weight Practices Topic Area



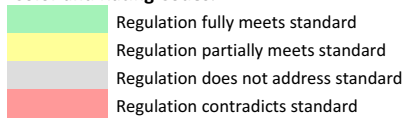
2016 Kansas and National Ratings for All Healthy Weight Topic Areas



2010 Kansas and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

KENTUCKY



Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|---|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | + | 4 / 2 | + | 4 / 2 | 2 / 2 | |
| | IB1 | Feed infants on cue | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | | 2 / 2 | | 2 / 2 | 3 / 3 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | | 2 / 2 | | 2 / 2 | 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 | | 2 / 2 | 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 | | 2 / 2 | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | | 2 / 2 | | 2 / 2 | 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 | | 2 / 2 | 2 / 2 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| NA4 | | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | + | 3 / 2 | + | 3 / 2 | 2 / 2 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + | 4 / 2 | + | 4 / 2 | 2 / 2 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | + | 3 / 2 | + | 3 / 2 | 2 / 2 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| NC1 | | Use only 100% juice with no added sweeteners | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| NC2 | | Offer juice (100%) only during meal times | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| ND1 | | Make water available both inside and outside | + | 4 / 3 | + | 4 / 3 | 2 / 2 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | + | 3 / 2 | + | 3 / 2 | 2 / 2 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| NF2 | | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | | 1 / 1 | | 1 / 1 | 2 / 2 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| NH1 | | Do not force or bribe children to eat | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| NH2 | Do not use food as a reward or punishment | + | 4 / 3 | + | 4 / 3 | 2 / 2 | | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | | 4 / 4 | | 4 / 4 | 3 / 3 | |
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| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | | 2 / 2 | | 2 / 2 | 3 / 3 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | | 2 / 2 | | 2 / 2 | 3 / 3 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | + | 4 / 2 | + | 4 / 2 | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | | 2 / 2 | | 2 / 2 | 2 / 2 | | |

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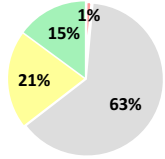
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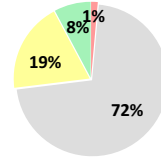
STATE PROFILES

KENTUCKY

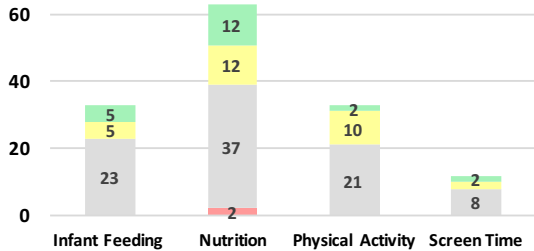
2016 Kentucky Percentage of Ratings for All Healthy Weight Topic Areas



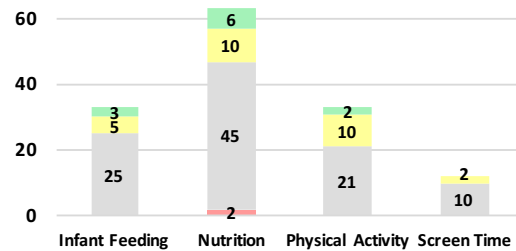
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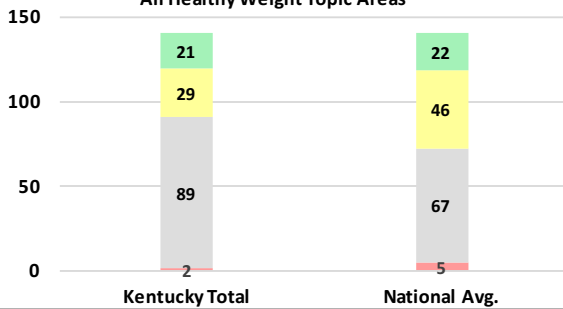
2016 Kentucky Name Frequency of Each Ratings by Healthy Weight Practices Topic Area



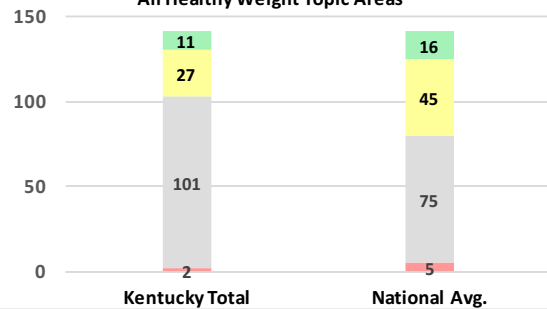
2010 Kentucky Frequency of Each Rating by Healthy Weight Practices Topic Area



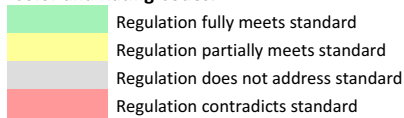
2016 Kentucky and National Ratings for All Healthy Weight Topic Areas



2010 Kentucky and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

LOUISIANA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | | |
|-----------------------------------|--|---|---|-------|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | | 3 / 3 | + | 3 / 0 | 0 / 0 | | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | | + | 4 / 1 | + | 4 / 0 | 0 / 0 | |
| | IB1 | Feed infants on cue | | | 4 / 4 | + | 4 / 0 | 0 / 0 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | | + | 4 / 3 | + | 4 / 0 | 0 / 0 | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | | - | 3 / 4 | + | 3 / 0 | 0 / 0 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | | | 3 / 3 | + | 3 / 0 | 0 / 0 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | | | 3 / 3 | + | 3 / 0 | 0 / 0 | |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | | | 3 / 3 | + | 3 / 0 | 0 / 0 | |
| | ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | | | 2 / 2 | | 2 / 0 | 0 / 0 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | | | 1 / 1 | - | 1 / 0 | 0 / 0 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | | | 1 / 1 | - | 1 / 0 | 0 / 0 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | | | 2 / 2 | | 2 / 0 | 0 / 0 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | | | 3 / 3 | + | 3 / 0 | 0 / 0 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | | | 3 / 3 | + | 3 / 0 | 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 those who are at risk for hypercholesterolemia or obesity | | | 2 / 2 | | 2 / 0 | 0 / 0 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | | + | 4 / 2 | + | 4 / 0 | 0 / 0 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | | | 3 / 3 | + | 3 / 0 | 0 / 0 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | | | 3 / 3 | + | 3 / 0 | 0 / 0 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | | - | 3 / 4 | + | 3 / 0 | 0 / 0 | |
| NC1 | | Use only 100% juice with no added sweeteners | | | 4 / 4 | + | 4 / 0 | 0 / 0 | |
| NC2 | | Offer juice (100%) only during meal times | | | 2 / 2 | | 2 / 0 | 0 / 0 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | | | 3 / 3 | + | 3 / 0 | 0 / 0 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | | | 3 / 3 | + | 3 / 0 | 0 / 0 | |
| ND1 | | Make water available both inside and outside | | | 4 / 4 | + | 4 / 0 | 0 / 0 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | | | 2 / 2 | | 2 / 0 | 0 / 0 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | | | 2 / 2 | | 2 / 0 | 0 / 0 | |
| NF1 | | Serve small-sized, age-appropriate portions | | | 4 / 4 | + | 4 / 0 | 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 child; Teach children who require limited portions about portion size and monitor their portions | | + | 3 / 1 | + | 3 / 0 | 0 / 0 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | | | 2 / 2 | | 2 / 0 | 0 / 0 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | | | 1 / 1 | - | 1 / 0 | 0 / 0 | |
| NH1 | | Do not force or bribe children to eat | | + | 3 / 2 | + | 3 / 0 | 0 / 0 | |
| NH2 | Do not use food as a reward or punishment | | | 3 / 3 | + | 3 / 0 | 0 / 0 | | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | | | 4 / 4 | + | 4 / 0 | 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 | | | 2 / 2 | | 2 / 0 | 0 / 0 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | | + | 3 / 2 | + | 3 / 0 | 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 | | | 2 / 2 | | 2 / 0 | 0 / 0 | |
| | PA5 | Do not withhold active play from children who misbehave | | + | 4 / 3 | + | 4 / 0 | 0 / 0 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | | + | 4 / 2 | + | 4 / 0 | 0 / 0 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | | + | 3 / 2 | + | 3 / 0 | 0 / 0 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | | - | 1 / 2 | - | 1 / 0 | 0 / 0 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | | | 2 / 2 | | 2 / 0 | 0 / 0 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | | - | 2 / 3 | | 2 / 0 | 0 / 0 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | | | 3 / 3 | + | 3 / 0 | 0 / 0 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | | | 3 / 3 | + | 3 / 0 | 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 day—indoor or outdoor | | + | 3 / 2 | + | 3 / 0 | 0 / 0 | | |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | | | 2 / 2 | | 2 / 0 | 0 / 0 | | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | | | 3 / 3 | + | 3 / 0 | 0 / 0 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

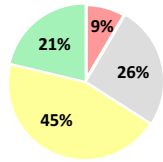
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

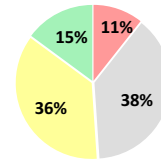
STATE PROFILES

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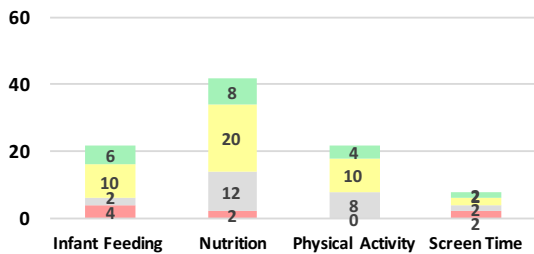
2016 Louisiana Percentage of Ratings for All Healthy Weight Topic Areas



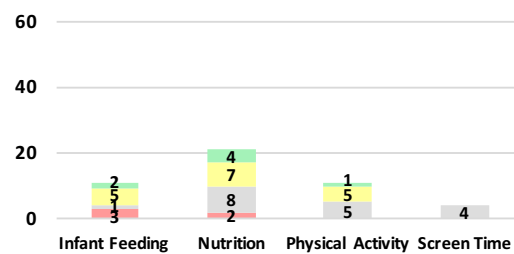
2010 Louisiana Percentage of Ratings for All Healthy Weight Topic Areas



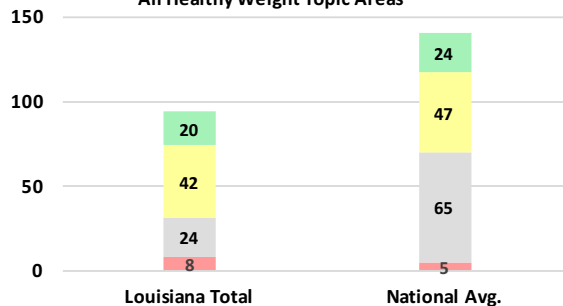
2016 Louisiana Frequency of Each Ratings by Healthy Weight Practices Topic Area



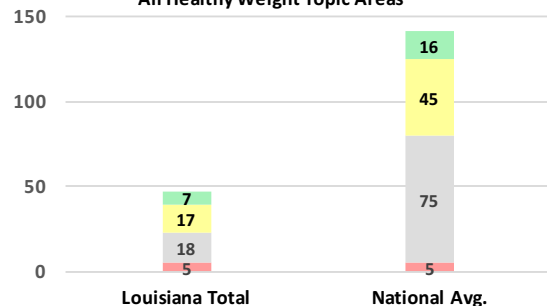
2010 Louisiana Frequency of Each Rating by Healthy Weight Practices Topic Area



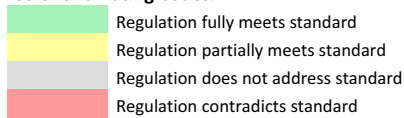
2016 Louisiana and National Ratings for All Healthy Weight Topic Areas



2010 Louisiana and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



Louisiana Regulation Rating History: 2010 (CTR); 2015 (CTR, LRG)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

MAINE

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|--|---|---------|-------|---------|-------|---------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 4 / 4 | | 4 / 4 | | 3 / 3 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 2 / 2 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | + 4 / 2 | | + 4 / 2 | | + 4 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 2 / 2 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 3 / 3 | | 2 / 2 |
| | NC1 | Use only 100% juice with no added sweeteners | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC2 | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | ND1 | Make water available both inside and outside | + 4 / 3 | | + 4 / 3 | | + 4 / 2 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NH1 | Do not force or bribe children to eat | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NH2 | Do not use food as a reward or punishment | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 / 3 | | 3 / 3 | | 2 / 2 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 / 2 | | 2 / 2 | | 2 / 2 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

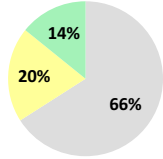
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

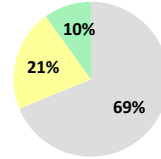
STATE PROFILES

MAINE

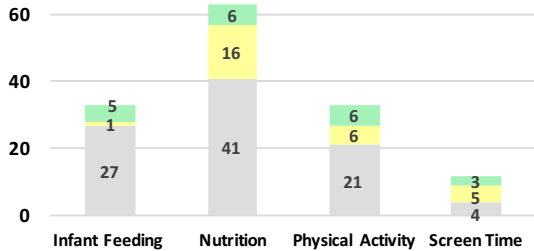
2016 Maine Percentage of Ratings for All Healthy Weight Topic Areas



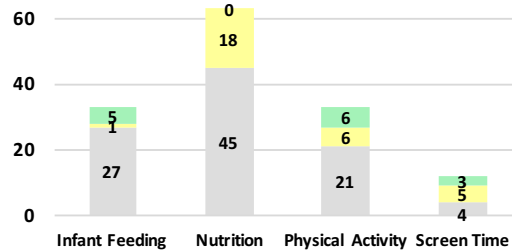
2010 Maine Percentage of Ratings for All Healthy Weight Topic Areas



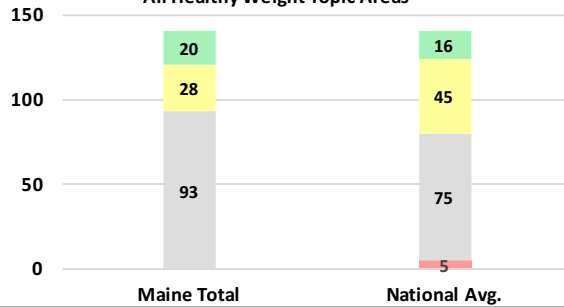
2016 Maine Frequency of Each Ratings by Healthy Weight Practices Topic Area



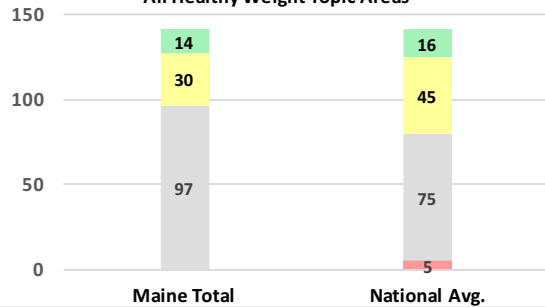
2010 Maine Frequency of Each Rating by Healthy Weight Practices Topic Area



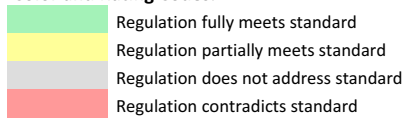
2016 Maine and National Ratings for All Healthy Weight Topic Areas



2010 Maine and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

NOTE: An asterisk after 2012 (2012*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

MARYLAND

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|-------|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | + | 4 / 3 | + | 4 / 3 | + | 4 / 3 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB1 | Feed infants on cue | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | | 3 / 3 | | 3 / 3 | | 2 / 2 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | | 3 / 3 | + | 4 / 3 | | 3 / 3 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | | 3 / 3 | | 3 / 3 | | 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 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | | 1 / 1 | | 1 / 1 | | 1 / 1 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC1 | Use only 100% juice with no added sweeteners | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | NC2 | Offer juice (100%) only during meal times | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | ND1 | Make water available both inside and outside | + | 4 / 3 | + | 4 / 3 | + | 4 / 2 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | | 4 / 4 | | 4 / 4 | | 3 / 3 |
| | NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | + | 3 / 1 | + | 3 / 1 | + | 3 / 1 |
| | NH1 | Do not force or bribe children to eat | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NH2 | Do not use food as a reward or punishment | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | + | 4 / 2 | + | 4 / 2 | + | 4 / 2 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | + | 4 / 2 | + | 4 / 2 | + | 4 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | | 2 / 2 | | 2 / 2 | | 2 / 2 | |

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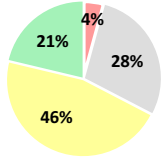
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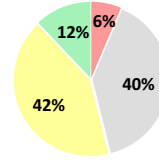
STATE PROFILES

MARYLAND

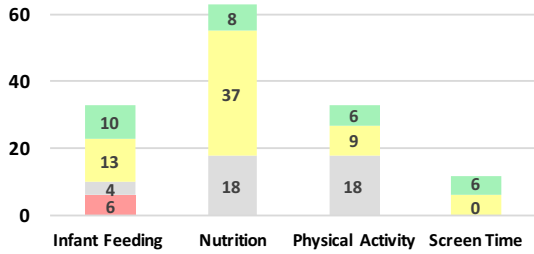
2016 Maryland Percentage of Ratings for All Healthy Weight Topic Areas



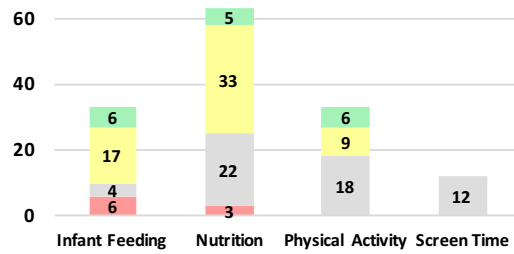
2010 Maryland Percentage of Ratings for All Healthy Weight Topic Areas



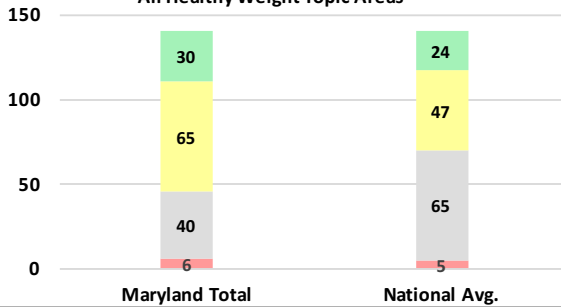
2016 Maryland Frequency of Each Ratings by Healthy Weight Practices Topic Area



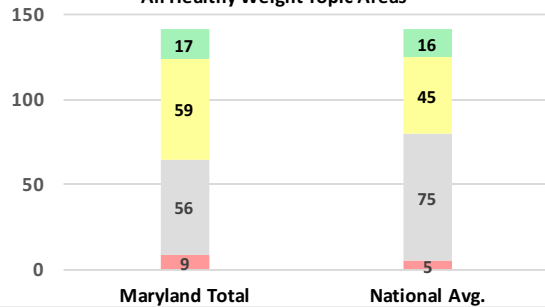
2010 Maryland Frequency of Each Rating by Healthy Weight Practices Topic Area



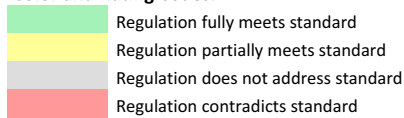
2016 Maryland and National Ratings for All Healthy Weight Topic Areas



2010 Maryland and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



Maryland Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG); 2015 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

MASSACHUSETTS

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|---|---|---------|-------|---------|-------|---------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | | 3 / 3 | | 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 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 3 / 3 | | 3 / 3 | | 3 / 3 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | + 4 / 2 | | + 4 / 2 | | + 4 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC1 | Use only 100% juice with no added sweeteners | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | NC2 | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | ND1 | Make water available both inside and outside | + 4 / 3 | | + 4 / 3 | | + 4 / 3 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | 4 / 4 | | 4 / 4 | | 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 | | 3 / 3 | | 3 / 3 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 / 1 | | 1 / 1 | | 1 / 1 |
| | NH1 | Do not force or bribe children to eat | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NH2 | Do not use food as a reward or punishment | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 / 3 | | 3 / 3 | | 3 / 3 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

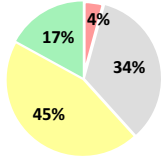
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

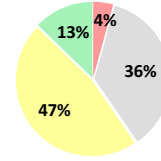
STATE PROFILES

MASSACHUSETTS

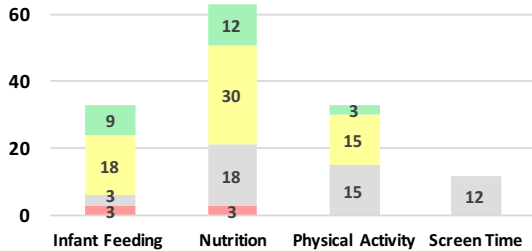
2016 Massachusetts Percentage of Ratings for All Healthy Weight Topic Areas



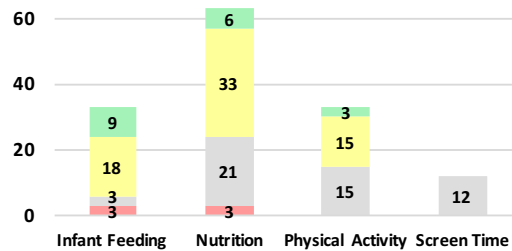
2010 Massachusetts Percentage of Ratings for All Healthy Weight Topic Areas



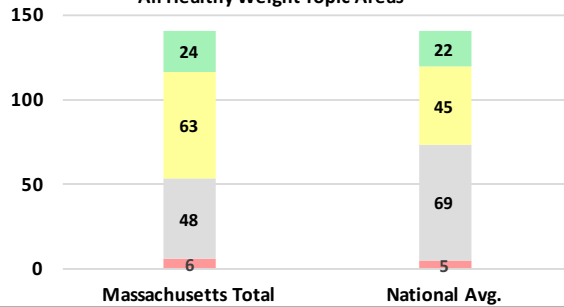
2016 Massachusetts Frequency of Each Ratings by Healthy Weight Practices Topic Area



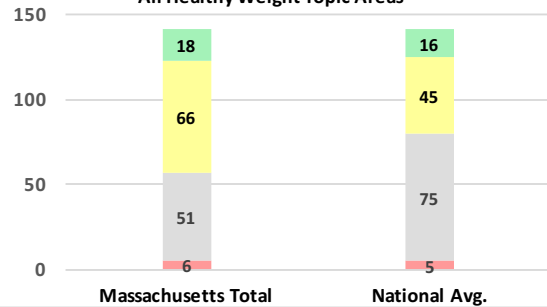
2010 Massachusetts Frequency of Each Rating by Healthy Weight Practices Topic Area



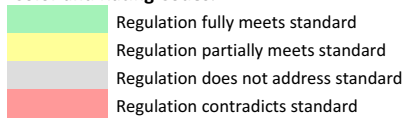
2016 Massachusetts and National Ratings for All Healthy Weight Topic Areas



2010 Massachusetts and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

NOTE: An asterisk after 2012 (2012*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

MICHIGAN

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|---|---|---------|-------|---------|-------|---------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 4 / 4 | 4 / 4 | 3 / 3 | 3 / 3 | 3 / 3 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | IB1 | Feed infants on cue | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 / 3 | 3 / 3 | 2 / 2 | 2 / 2 | 2 / 2 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 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 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 4 / 4 | 4 / 4 | 2 / 2 | 2 / 2 | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | 1 / 1 | 1 / 1 | 1 / 1 | 1 / 1 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | 1 / 1 | 1 / 1 | 1 / 1 | 1 / 1 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 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 | + 4 / 2 | 4 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | + 4 / 2 | 4 / 2 | + 4 / 2 | 4 / 2 | + 4 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | NC1 | Use only 100% juice with no added sweeteners | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | NC2 | Offer juice (100%) only during meal times | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | ND1 | Make water available both inside and outside | + 4 / 2 | 4 / 2 | 4 / 4 | 4 / 4 | 4 / 4 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | + 3 / 2 | 3 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 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 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 / 1 | 1 / 1 | 1 / 1 | 1 / 1 | 1 / 1 |
| | NH1 | Do not force or bribe children to eat | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| NH2 | Do not use food as a reward or punishment | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | + 4 / 2 | 4 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | + 4 / 3 | 4 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | + 3 / 2 | 3 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

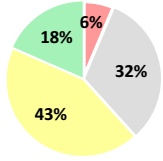
Δ (Change) Code:

- + = Improved Rating
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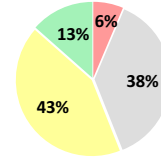
STATE PROFILES

MICHIGAN

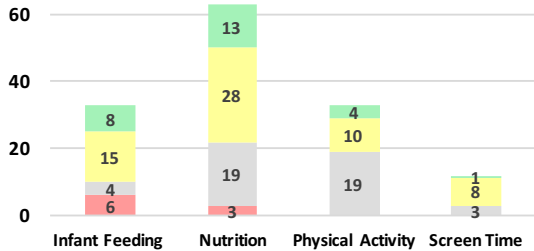
2016 Michigan Percentage of Ratings for All Healthy Weight Topic Areas



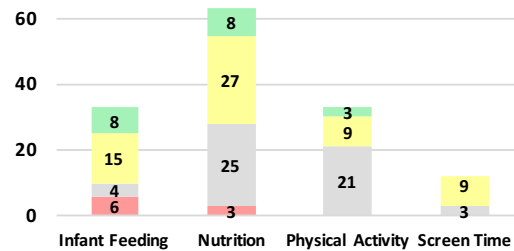
2010 Michigan Percentage of Ratings for All Healthy Weight Topic Areas



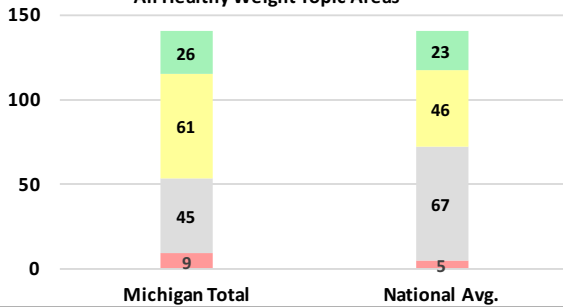
2016 Michigan Frequency of Each Ratings by Healthy Weight Practices Topic Area



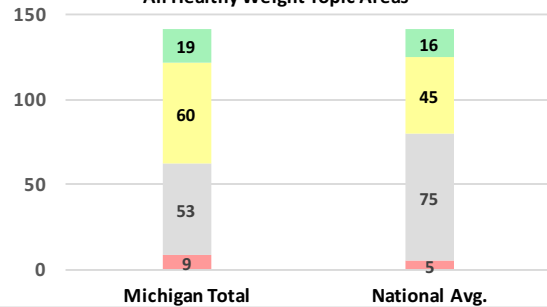
2010 Michigan Frequency of Each Rating by Healthy Weight Practices Topic Area



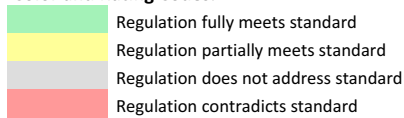
2016 Michigan and National Ratings for All Healthy Weight Topic Areas



2010 Michigan and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

MINNESOTA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|---|-------|---------|-------|---------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 3 / 3 | | 4 / 4 | | 4 / 4 | |
| | IB1 | Feed infants on cue | 3 / 3 | | 4 / 4 | | 4 / 4 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 2 / 2 | | 3 / 3 | | 3 / 3 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | | 3 / 3 | | 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 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + 4 / 2 | | + 4 / 2 | | + 4 / 2 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NC1 | | Use only 100% juice with no added sweeteners | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| NC2 | | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| ND1 | | Make water available both inside and outside | + 4 / 3 | | + 4 / 3 | | + 4 / 3 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | 4 / 4 | | 4 / 4 | | 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 | | 3 / 3 | | 3 / 3 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| NH1 | | Do not force or bribe children to eat | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NH2 | Do not use food as a reward or punishment | 3 / 3 | | 3 / 3 | | 3 / 3 | | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 / 3 | | 2 / 2 | | 2 / 2 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

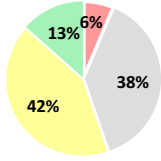
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

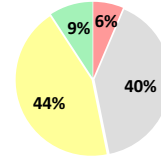
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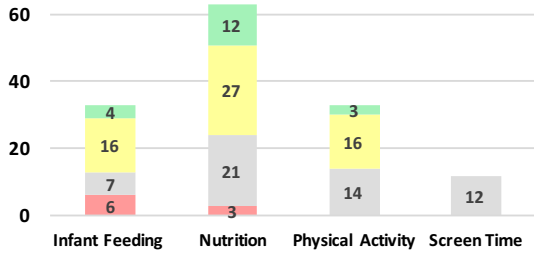
2016 Minnesota Percentage of Ratings for All Healthy Weight Topic Areas



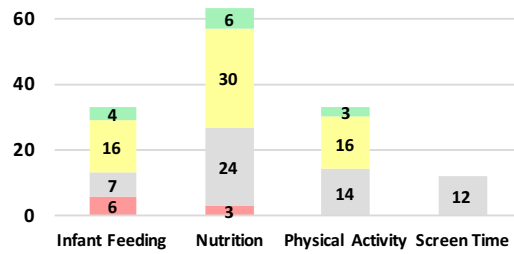
2010 Minnesota Percentage of Ratings for All Healthy Weight Topic Areas



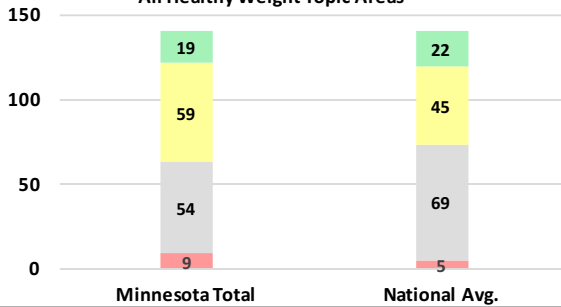
2016 Minnesota Frequency of Each Ratings by Healthy Weight Practices Topic Area



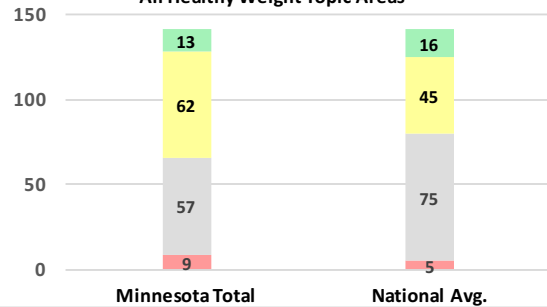
2010 Minnesota Frequency of Each Rating by Healthy Weight Practices Topic Area



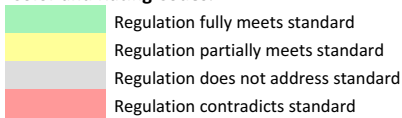
2016 Minnesota and National Ratings for All Healthy Weight Topic Areas



2010 Minnesota and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

NOTE: An asterisk after 2012 (2012*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

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Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|---|---|---------|---------|---------|---------|---------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | IB1 | Feed infants on cue | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 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 | 3 / 3 | 3 / 3 | 3 / 3 | 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 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | 1 / 1 | 1 / 1 | 1 / 1 | 1 / 1 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 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 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 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 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | NB1 | Serve whole grain breads, cereals, and pastas | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | NC1 | Use only 100% juice with no added sweeteners | 1 / 1 | 1 / 1 | 1 / 1 | 1 / 1 | 1 / 1 |
| | NC2 | Offer juice (100%) only during meal times | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | ND1 | Make water available both inside and outside | + 4 / 3 | + 4 / 3 | + 4 / 3 | + 4 / 3 | + 4 / 3 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | + 4 / 2 | + 4 / 2 | + 4 / 2 | + 4 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 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 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | NH1 | Do not force or bribe children to eat | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| NH2 | Do not use food as a reward or punishment | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
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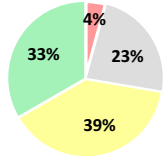
Δ (Change) Code:

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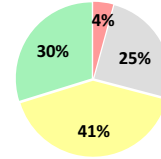
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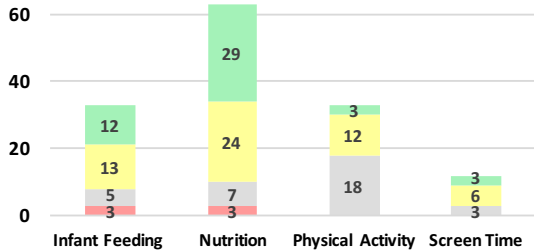
2016 Mississippi Percentage of Ratings for All Healthy Weight Topic Areas



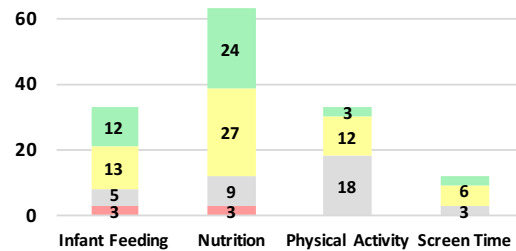
2010 Mississippi Percentage of Ratings for All Healthy Weight Topic Areas



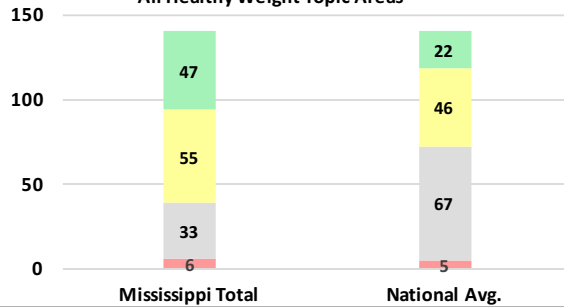
2016 Mississippi Frequency of Each Ratings by Healthy Weight Practices Topic Area



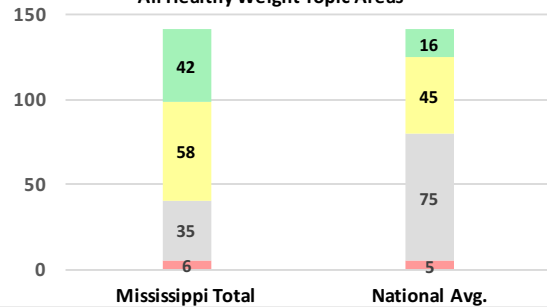
2010 Mississippi Frequency of Each Rating by Healthy Weight Practices Topic Area



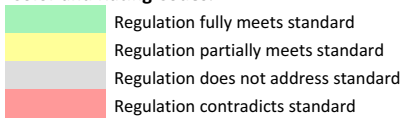
2016 Mississippi and National Ratings for All Healthy Weight Topic Areas



2010 Mississippi and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

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Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|--|--|---|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | - | 2 / 3 | - | 2 / 3 | 2 / 2 |
| | IB1 | Feed infants on cue | + | 3 / 2 | + | 3 / 2 | 2 / 2 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | - | 2 / 3 | - | 2 / 3 | 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 | | 3 / 3 | 3 / 3 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | + | 3 / 2 | + | 3 / 2 | 3 / 3 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | | 2 / 2 | | 2 / 2 | 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 | | 2 / 2 | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | | 2 / 2 | | 2 / 2 | 2 / 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | - | 2 / 2 | - | 2 / 2 | 2 / 2 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | | 3 / 3 | | 3 / 3 | 3 / 3 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | | 3 / 3 | | 3 / 3 | 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 | | 2 / 2 | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | | 4 / 4 | | 4 / 4 | 4 / 4 |
| | NC1 | Use only 100% juice with no added sweeteners | | 4 / 4 | | 4 / 4 | 4 / 4 |
| | NC2 | Offer juice (100%) only during meal times | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | | 3 / 3 | | 3 / 3 | 3 / 3 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | | 3 / 3 | | 3 / 3 | 3 / 3 |
| | ND1 | Make water available both inside and outside | | 3 / 3 | | 3 / 3 | 3 / 3 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | | 4 / 4 | | 4 / 4 | 4 / 4 |
| | NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NH1 | Do not force or bribe children to eat | | 3 / 3 | | 3 / 3 | 3 / 3 |
| NH2 | Do not use food as a reward or punishment | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | | 4 / 4 | | 4 / 4 | 4 / 4 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | | 4 / 4 | | 4 / 4 | 4 / 4 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | | 3 / 3 | | 3 / 3 | 3 / 3 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | | 3 / 3 | 3 / 3 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | | 3 / 3 | 3 / 3 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | + | 4 / 2 | + | 4 / 2 | + | 4 / 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 | | 3 / 3 | 3 / 3 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

- 1** = Regulation contradicts the standard
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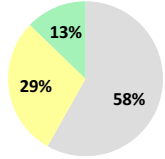
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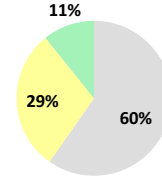
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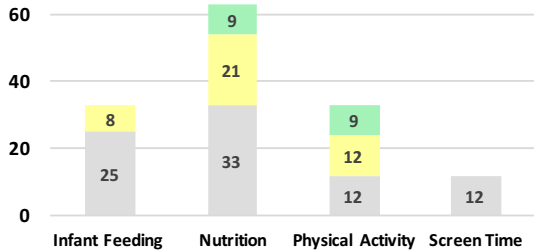
2016 Missouri Percentage of Ratings for All Healthy Weight Topic Areas



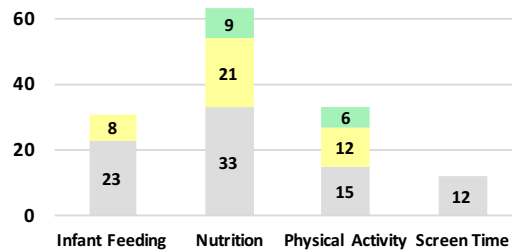
2010 Missouri Percentage of Ratings for All Healthy Weight Topic Areas



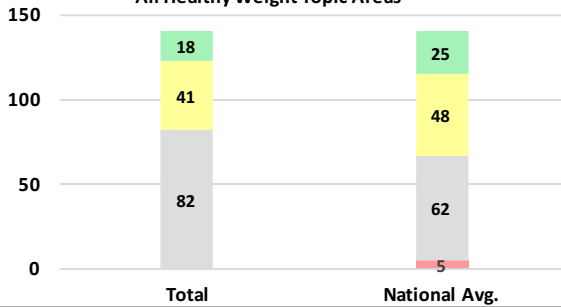
2016 Missouri Frequency of Each Ratings by Healthy Weight Practices Topic Area



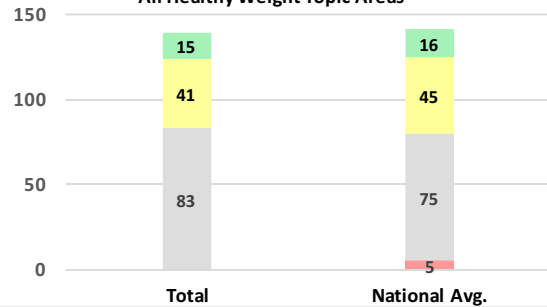
2010 Missouri Frequency of Each Rating by Healthy Weight Practices Topic Area



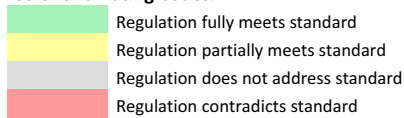
2016 Missouri and National Ratings for All Healthy Weight Topic Areas



2010 Missouri and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

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Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|---|---|---------|-------|---------|-------|---------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | | 3 / 3 | | 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 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | | 1 / 1 | | 1 / 1 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | + 4 / 2 | | + 4 / 2 | | + 4 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC1 | Use only 100% juice with no added sweeteners | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | NC2 | Offer juice (100%) only during meal times | 4 / 4 | | 2 / 2 | | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | ND1 | Make water available both inside and outside | + 4 / 3 | | + 4 / 3 | | + 4 / 3 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | 4 / 4 | | 4 / 4 | | 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 | | 3 / 3 | | 3 / 3 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 / 1 | | 1 / 1 | | 1 / 1 |
| | NH1 | Do not force or bribe children to eat | 2 / 2 | | 2 / 2 | | 2 / 2 |
| NH2 | Do not use food as a reward or punishment | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 / 2 | | 3 / 3 | | 3 / 3 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | | 3 / 3 | | 3 / 3 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 2 / 2 | | 3 / 3 | | 3 / 3 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 / 3 | | 3 / 3 | | 3 / 3 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

- 1 = Regulation contradicts the standard
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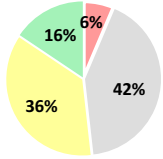
Δ (Change) Code:

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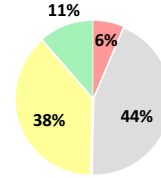
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MONTANA

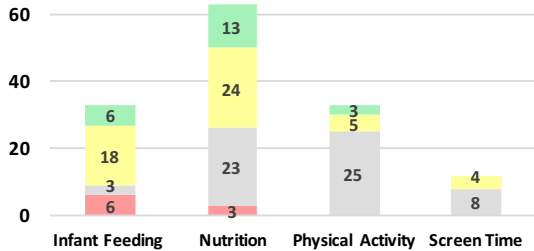
2016 Montana Percentage of Ratings for All Healthy Weight Topic Areas



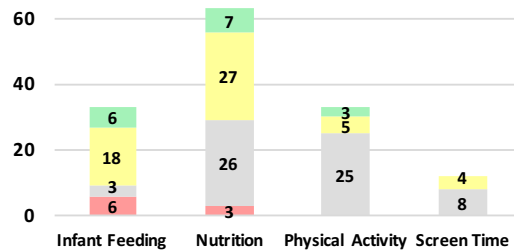
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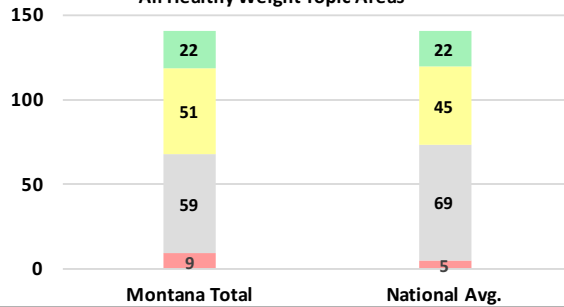
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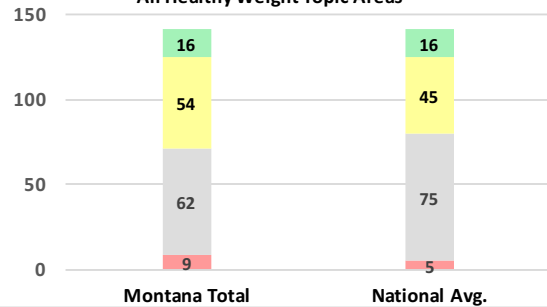
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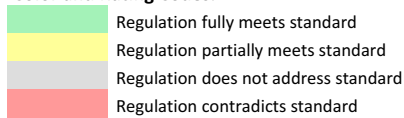
2016 Montana and National Ratings for All Healthy Weight Topic Areas



2010 Montana and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

NOTE: An asterisk after 2012 (2012*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

NEBRASKA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|---|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 / 2 | + | 3 / 2 | + | 3 / 2 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | + | 4 / 2 | + | 4 / 2 | |
| | IB1 | Feed infants on cue | 4 / 4 | + | 4 / 2 | + | 4 / 2 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | + | 4 / 2 | + | 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 | | 3 / 3 | | 3 / 3 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | + | 3 / 2 | + | 3 / 2 | |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 3 / 3 | + | 3 / 2 | + | 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 | | 2 / 2 | | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | - | 1 / 2 | - | 1 / 2 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | - | 1 / 2 | - | 1 / 2 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | + | 3 / 2 | + | 3 / 2 | |
| NA4 | | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + | 4 / 2 | | 2 / 2 | 2 / 2 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | 3 / 3 | + | 3 / 2 | + | 3 / 2 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NC1 | | Use only 100% juice with no added sweeteners | 4 / 4 | + | 4 / 2 | + | 4 / 2 | |
| NC2 | | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | + | 3 / 2 | + | 3 / 2 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | + | 3 / 2 | + | 3 / 2 | |
| ND1 | | Make water available both inside and outside | + | 4 / 3 | | 3 / 3 | 3 / 3 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | 3 / 3 | + | 4 / 2 | + | 4 / 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 | 3 / 3 | + | 3 / 2 | + | 3 / 2 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 / 1 | - | 1 / 2 | - | 1 / 2 | |
| NH1 | | Do not force or bribe children to eat | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NH2 | Do not use food as a reward or punishment | 3 / 3 | | 3 / 3 | | 3 / 3 | | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | + | 3 / 2 | + | 3 / 2 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 / 2 | | 2 / 2 | | 2 / 2 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

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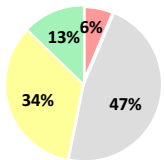
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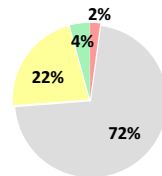
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NEBRASKA

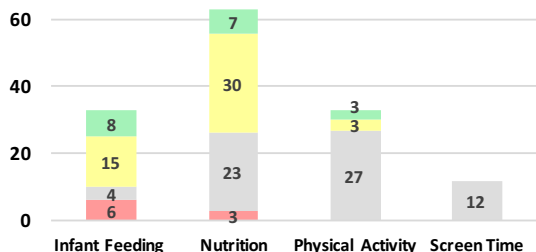
2016 Nebraska Percentage of Ratings for All Healthy Weight Topic Areas



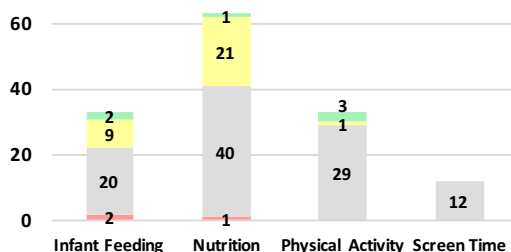
2010 Nebraska Percentage of Ratings for All Healthy Weight Topic Areas



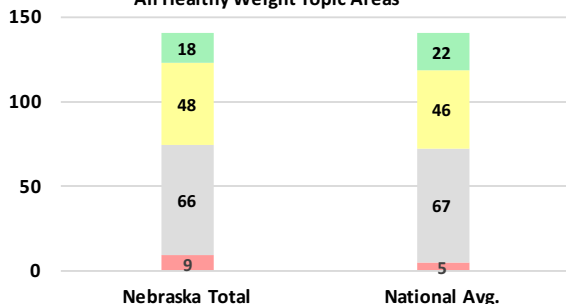
2016 Nebraska Frequency of Each Ratings by Healthy Weight Practices Topic Area



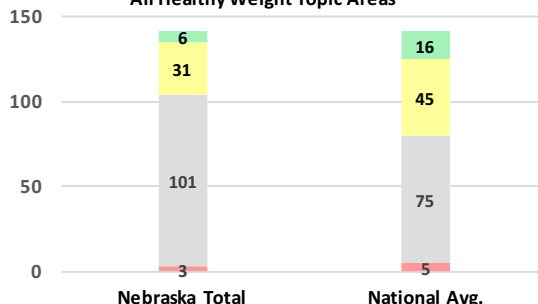
2010 Nebraska Frequency of Each Rating by Healthy Weight Practices Topic Area



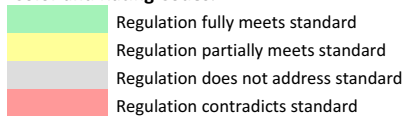
2016 Nebraska and National Ratings for All Healthy Weight Topic Areas



2010 Nebraska and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



Nebraska Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

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NEVADA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|-------|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IB1 | Feed infants on cue | - | 1 / 2 | - | 1 / 2 | - | 1 / 2 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | | 2 / 2 | | 2 / 2 | | 2 / 2 |
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| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | | 2 / 2 | | 2 / 2 | | 2 / 2 |
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| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | - | 2 / 3 | - | 2 / 3 | - | 2 / 3 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | + | 3 / 1 | + | 3 / 1 | + | 3 / 1 |
| | NH1 | Do not force or bribe children to eat | | 3 / 3 | | 3 / 3 | | 3 / 3 |
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| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | | 2 / 2 | | 2 / 2 | | 2 / 2 |
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| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | | 3 / 3 | | 3 / 3 | | 3 / 3 |
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| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | | 3 / 3 | | 3 / 3 | | 3 / 3 | |

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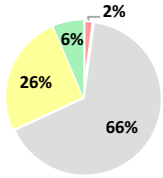
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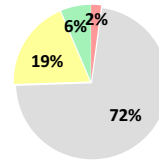
STATE PROFILES

NEVADA

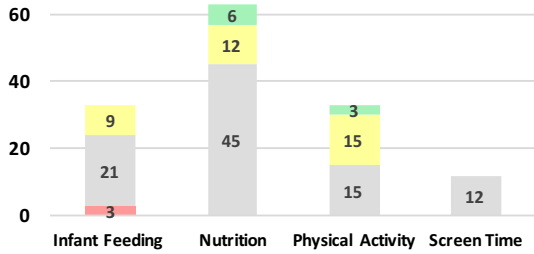
2016 Nevada Percentage of Ratings for All Healthy Weight Topic Areas



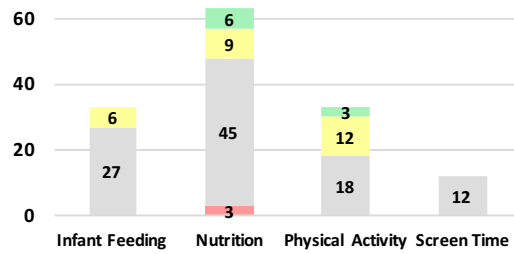
2010 Nevada Percentage of Ratings for All Healthy Weight Topic Areas



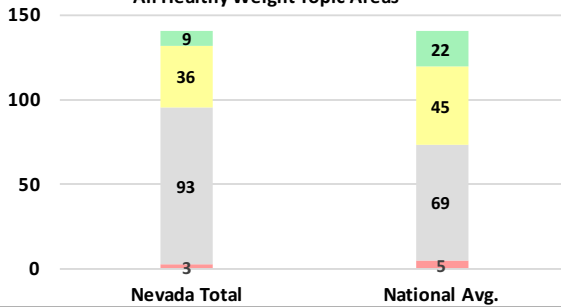
2016 Nevada Frequency of Each Ratings by Healthy Weight Practices Topic Area



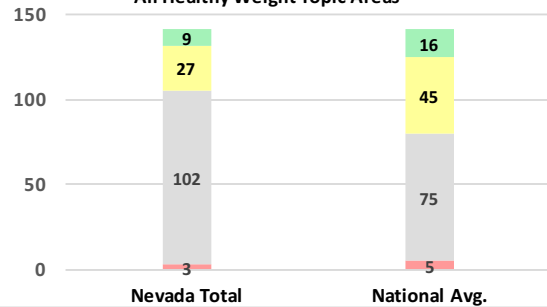
2010 Nevada Frequency of Each Rating by Healthy Weight Practices Topic Area



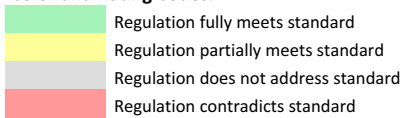
2016 Nevada and National Ratings for All Healthy Weight Topic Areas



2010 Nevada and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

NEW HAMPSHIRE

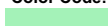

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|---|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | |
| | IB1 | Feed infants on cue | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 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 | 3 / 3 | 3 / 3 | 3 / 3 | 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 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | 1 / 1 | 1 / 1 | 1 / 1 | 1 / 1 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | 1 / 1 | 1 / 1 | 1 / 1 | 1 / 1 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| NA4 | | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| NC1 | | Use only 100% juice with no added sweeteners | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | |
| NC2 | | Offer juice (100%) only during meal times | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| ND1 | | Make water available both inside and outside | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | |
| NF2 | | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| NH1 | | Do not force or bribe children to eat | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| NH2 | | Do not use food as a reward or punishment | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| Physical Activity and Screen Time | | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| | PB1 | 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 | |
| | PB2 | 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 | |
| | PB3 | 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 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | |
| | PC2 | 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 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 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 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

 Regulation fully meets the standard
 Regulation contradicts the standard

Rating Code:

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

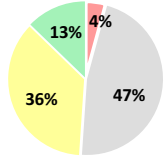
Δ (Change) Code:

+ = Improved Rating
 - = Lowered Rating

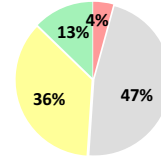
STATE PROFILES

NEW HAMPSHIRE

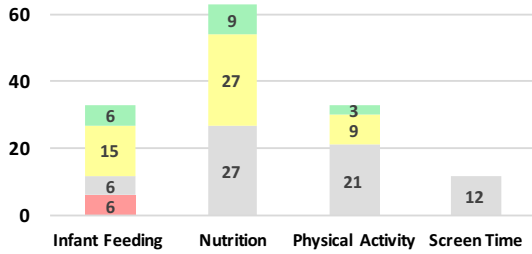
2016 New Hampshire Percentage of Ratings for All Healthy Weight Topic Areas



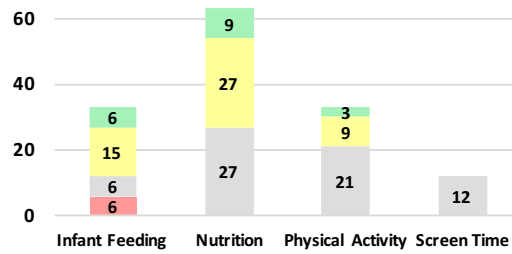
2010 New Hampshire Percentage of Ratings for All Healthy Weight Topic Areas



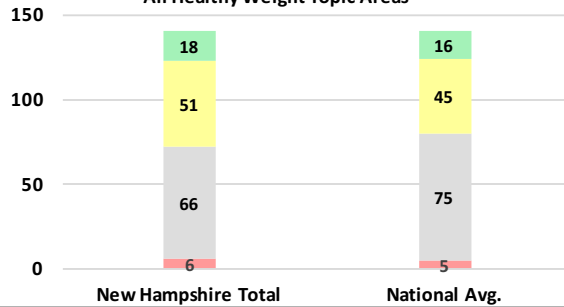
2016 New Hampshire Frequency of Each Ratings by Healthy Weight Practices Topic Area



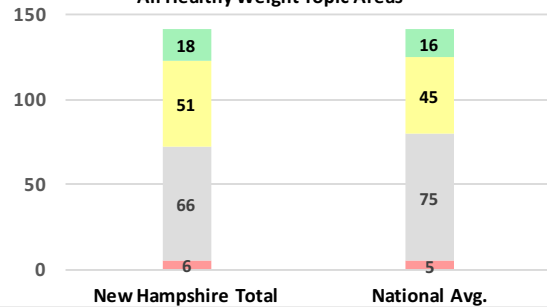
2010 New Hampshire Frequency of Each Rating by Healthy Weight Practices Topic Area



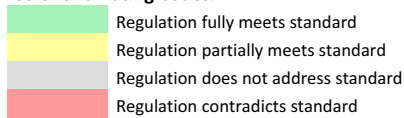
2016 New Hampshire and National Ratings for All Healthy Weight Topic Areas



2010 New Hampshire and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

NEW JERSEY

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|---|---|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | + | 3 / 2 | + | 3 / 2 | 2 / 2 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | + | 4 / 2 | + | 4 / 2 | 2 / 2 |
| | IB1 | Feed infants on cue | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | + | 4 / 2 | + | 4 / 2 | 2 / 2 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | | 3 / 3 | | 3 / 3 | 2 / 2 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | + | 4 / 3 | + | 4 / 3 | 2 / 2 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | + | 4 / 2 | + | 4 / 2 | 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 | + | 3 / 2 | 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 | | 2 / 2 | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | - | 1 / 2 | - | 1 / 2 | 2 / 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | - | 1 / 2 | - | 1 / 2 | 2 / 2 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | + | 3 / 2 | + | 3 / 2 | 2 / 2 |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | | 3 / 3 | | 3 / 3 | 2 / 2 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | + | 3 / 2 | + | 3 / 2 | 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 | + | 4 / 2 | + | 4 / 2 | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | + | 4 / 2 | + | 4 / 2 | 2 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | + | 4 / 3 | + | 4 / 3 | 2 / 2 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | + | 4 / 3 | + | 4 / 3 | 2 / 2 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | + | 4 / 3 | + | 4 / 3 | 2 / 2 |
| | NC1 | Use only 100% juice with no added sweeteners | + | 4 / 3 | + | 4 / 3 | 2 / 2 |
| | NC2 | Offer juice (100%) only during meal times | + | 3 / 2 | + | 3 / 2 | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | + | 3 / 2 | + | 3 / 2 | 2 / 2 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | + | 3 / 2 | + | 3 / 2 | 2 / 2 |
| | ND1 | Make water available both inside and outside | | 3 / 3 | | 3 / 3 | 4 / 4 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | + | 4 / 3 | + | 4 / 3 | 3 / 3 |
| | NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | | 3 / 3 | | 3 / 3 | 3 / 3 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | + | 4 / 2 | + | 4 / 2 | 2 / 2 |
| NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | + | 3 / 2 | + | 3 / 2 | 2 / 2 | |
| NH1 | Do not force or bribe children to eat | | 3 / 3 | | 3 / 3 | 3 / 3 | |
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| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | | 4 / 4 | | 4 / 4 | 4 / 4 |
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| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | | 3 / 3 | | 3 / 3 | 2 / 2 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | + | 3 / 2 | + | 3 / 2 | 3 / 3 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | + | 3 / 2 | + | 3 / 2 | 3 / 3 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | + | 4 / 2 | + | 4 / 2 | 2 / 2 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | | 3 / 3 | | 3 / 3 | 2 / 2 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | + | 4 / 3 | + | 4 / 3 | 3 / 3 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | | 3 / 3 | 3 / 3 |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | + | 3 / 2 | + | 3 / 2 | 2 / 2 |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | | 2 / 2 | | 2 / 2 | 2 / 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | | 2 / 2 | | 2 / 2 | 3 / 3 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

- 1 = Regulation contradicts the standard
- 2 = Regulation does not address standard
- 3 = Regulation partially meets standard
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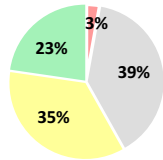
Δ (Change) Code:

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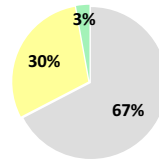
STATE PROFILES

NEW JERSEY

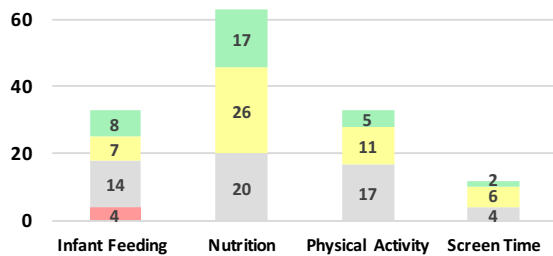
2016 New Jersey Percentage of Ratings for All Healthy Weight Topic Areas



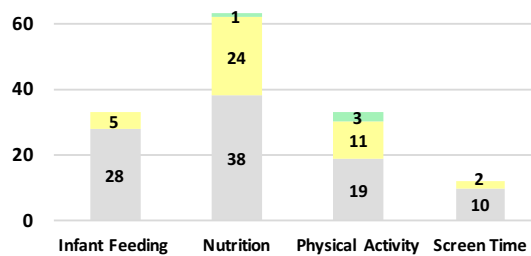
2010 New Jersey Percentage of Ratings for All Healthy Weight Topic Areas



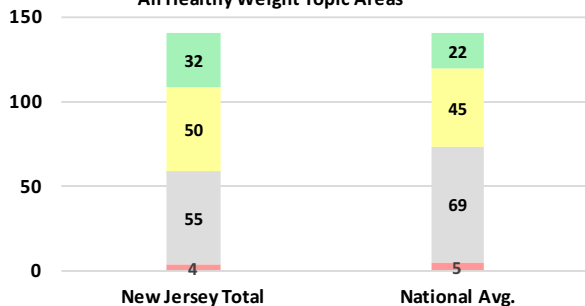
2016 New Jersey Frequency of Each Ratings by Healthy Weight Practices Topic Area



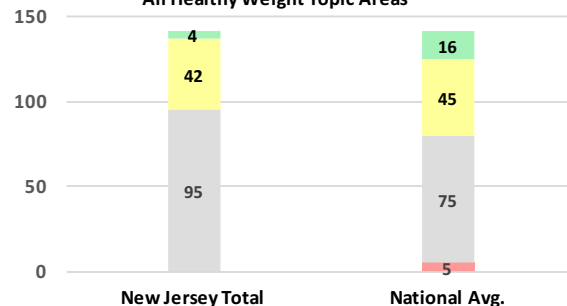
2010 New Jersey Frequency of Each Rating by Healthy Weight Practices Topic Area



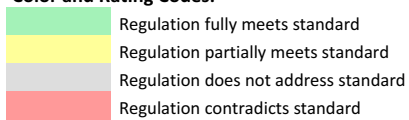
2016 New Jersey and National Ratings for All Healthy Weight Topic Areas



2010 New Jersey and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

NEW MEXICO

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|---|-------|---------|-------|---------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | | 3 / 3 | | 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 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 | | 3 / 3 | | 3 / 3 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + 4 / 3 | | + 4 / 3 | | + 4 / 3 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | + 4 / 3 | | + 4 / 3 | | + 4 / 3 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| NC1 | | Use only 100% juice with no added sweeteners | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NC2 | | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| ND1 | | Make water available both inside and outside | + 4 / 3 | | + 4 / 3 | | + 4 / 3 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| NF2 | | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| NH1 | | Do not force or bribe children to eat | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NH2 | | Do not use food as a reward or punishment | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | + 4 / 3 | | + 4 / 3 | | + 4 / 3 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 / 2 | | 2 / 2 | | 2 / 2 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

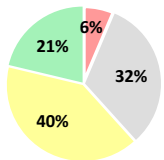
Δ (Change) Code:

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- = Lowered Rating

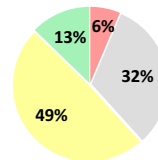
STATE PROFILES

NEW MEXICO

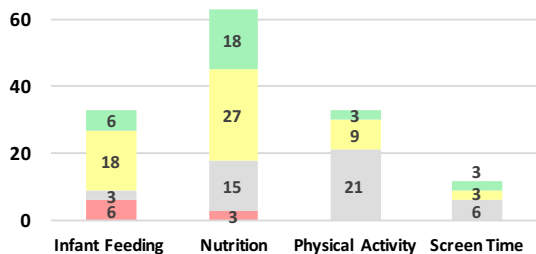
2016 New Mexico Percentage of Ratings for All Healthy Weight Topic Areas



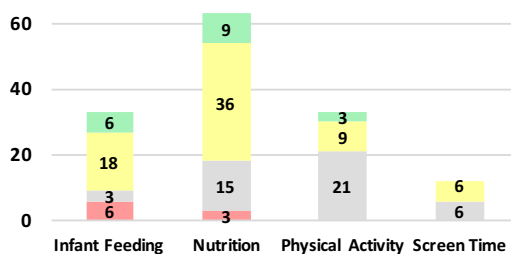
2010 New Mexico Percentage of Ratings for All Healthy Weight Topic Areas



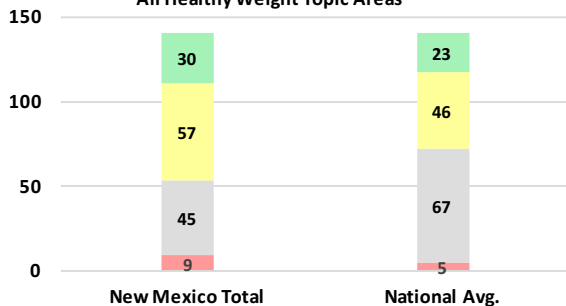
2016 New Mexico Frequency of Each Ratings by Healthy Weight Practices Topic Area



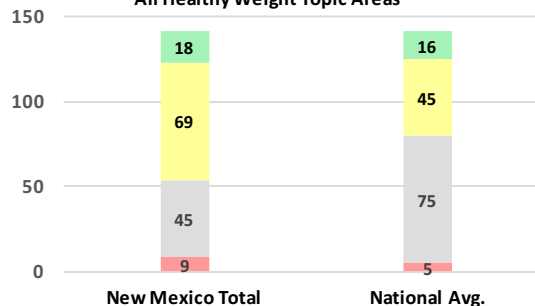
2010 New Mexico Frequency of Each Rating by Healthy Weight Practices Topic Area



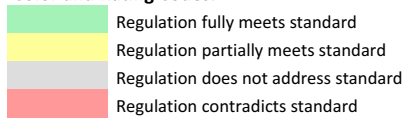
2016 New Mexico and National Ratings for All Healthy Weight Topic Areas



2010 New Mexico and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



New Mexico Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

NEW YORK

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|--|---|-------|-------|-------|---------|---------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | | 3 / 3 | + | 3 / 2 | 3 / 3 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | + | 3 / 2 | | 2 / 2 | 2 / 2 |
| | IB1 | Feed infants on cue | + | 4 / 2 | | 2 / 2 | 2 / 2 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | + | 4 / 2 | | 2 / 2 | 2 / 2 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | - | 3 / 4 | | 3 / 3 | 3 / 3 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | + | 3 / 2 | + | 3 / 2 | + 3 / 2 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | + | 3 / 2 | | 2 / 2 | 2 / 2 |
| | IC3 | x | + | 3 / 2 | | 2 / 2 | 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 | | 2 / 2 | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | - | 1 / 2 | | 2 / 2 | 2 / 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | - | 1 / 2 | | 2 / 2 | 2 / 2 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | + | 3 / 2 | | 2 / 2 | 2 / 2 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | + | 3 / 2 | | 2 / 2 | 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 | | 2 / 2 | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | + | 3 / 2 | + | 3 / 2 | + 3 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | + | 3 / 2 | | 2 / 2 | 2 / 2 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | + | 3 / 2 | | 2 / 2 | 2 / 2 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | + | 3 / 2 | | 2 / 2 | 2 / 2 |
| | NC1 | Use only 100% juice with no added sweeteners | + | 3 / 2 | + | 3 / 2 | + 3 / 2 |
| | NC2 | Offer juice (100%) only during meal times | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | | 3 / 3 | | 3 / 3 | 3 / 3 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | | 3 / 3 | | 3 / 3 | 3 / 3 |
| | ND1 | Make water available both inside and outside | | 4 / 4 | | 4 / 4 | 4 / 4 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | | 4 / 4 | | 4 / 4 | 4 / 4 |
| | NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | | 4 / 4 | | 4 / 4 | 4 / 4 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | - | 1 / 2 | | 2 / 2 | 2 / 2 |
| | NH1 | Do not force or bribe children to eat | | 3 / 3 | + | 4 / 3 | + 4 / 3 |
| NH2 | Do not use food as a reward or punishment | | 3 / 3 | + | 4 / 3 | + 4 / 3 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | | 4 / 4 | | 4 / 4 | 4 / 4 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | + | 3 / 2 | + | 3 / 2 | + 3 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | | 3 / 3 | | 3 / 3 | 3 / 3 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | + | 3 / 2 | | 2 / 2 | 2 / 2 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | + | 4 / 2 | + | 4 / 2 | + 4 / 2 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | + | 4 / 2 | + | 4 / 2 | + 4 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | | 3 / 3 | | 3 / 3 | 3 / 3 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | + | 3 / 2 | + | 3 / 2 | + 3 / 2 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | + | 3 / 2 | + | 3 / 2 | + 3 / 2 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | + | 4 / 2 | + | 3 / 2 | + 3 / 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 | | 3 / 3 | 3 / 3 | |

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Color Code:

- Regulation fully meets the standard
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Rating Code:

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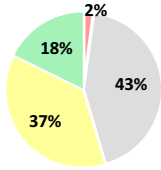
Δ (Change) Code:

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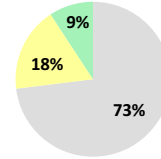
STATE PROFILES

NEW YORK

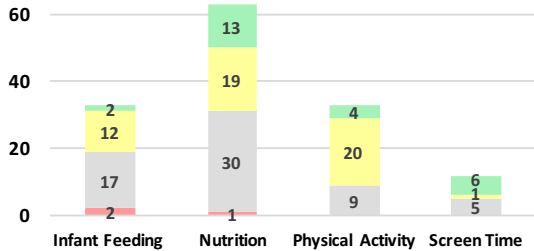
2016 New York Percentage of Ratings for All Healthy Weight Topic Areas



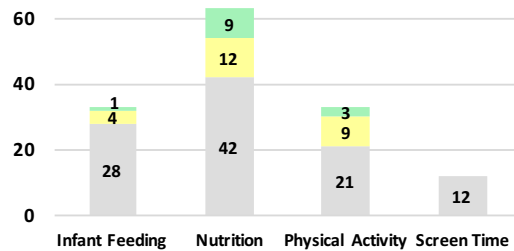
2010 New York Percentage of Ratings for All Healthy Weight Topic Areas



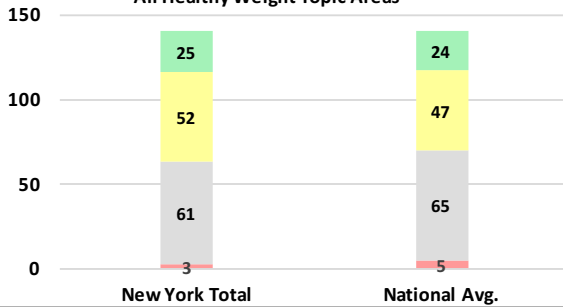
2016 New York Frequency of Each Ratings by Healthy Weight Practices Topic Area



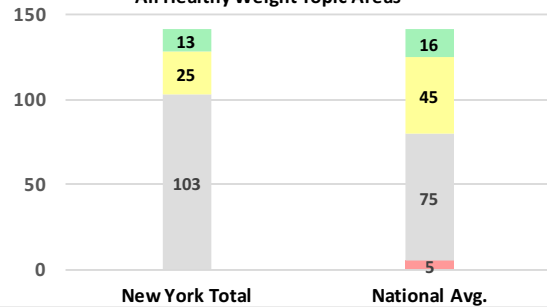
2010 New York Frequency of Each Rating by Healthy Weight Practices Topic Area



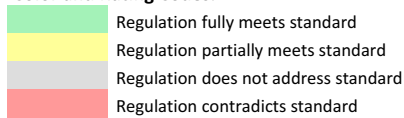
2016 New York and National Ratings for All Healthy Weight Topic Areas



2010 New York and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

NORTH CAROLINA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|---|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | + | 4 / 3 | | 4 / 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 | | 3 / 3 | | 3 / 3 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | | 3 / 3 | | 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 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | + | 3 / 1 | | 3 / 1 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 / 2 | + | 3 / 2 | + | 3 / 2 |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + | 4 / 2 | + | 4 / 2 | + | 4 / 2 |
| NB1 | | Serve whole grain breads, cereals, and pastas | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | + | 4 / 3 | + | 4 / 3 | + | 4 / 3 |
| NC1 | | Use only 100% juice with no added sweeteners | - | 3 / 4 | - | 3 / 4 | - | 3 / 4 |
| NC2 | | Offer juice (100%) only during meal times | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| ND1 | | Make water available both inside and outside | + | 4 / 3 | + | 4 / 3 | + | 4 / 3 |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| NF1 | | Serve small-sized, age-appropriate portions | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| NF2 | | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | + | 4 / 3 | + | 4 / 3 | + | 4 / 3 |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | - | 1 / 3 | | 1 / 1 | | 1 / 1 |
| NH1 | | Do not force or bribe children to eat | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| NH2 | Do not use food as a reward or punishment | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | - | 2 / 4 | - | 2 / 4 | - | 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 | | 2 / 2 | | 2 / 2 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

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Rating Code:

- 1 = Regulation contradicts the standard
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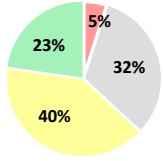
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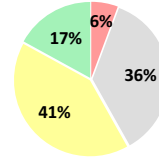
STATE PROFILES

NORTH CAROLINA

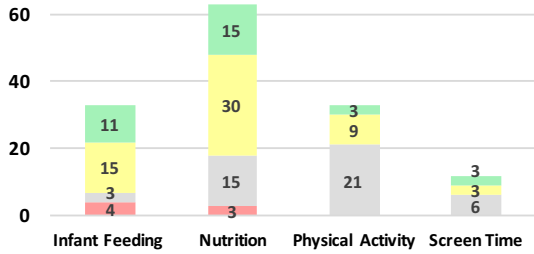
2016 North Carolina Percentage of Ratings for All Healthy Weight Topic Areas



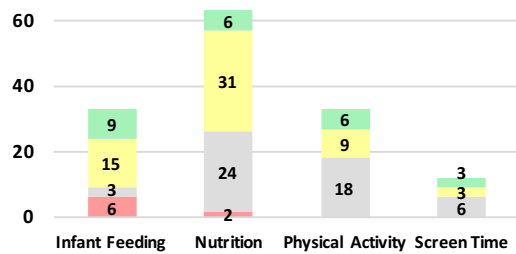
2010 North Carolina Percentage of Ratings for All Healthy Weight Topic Areas



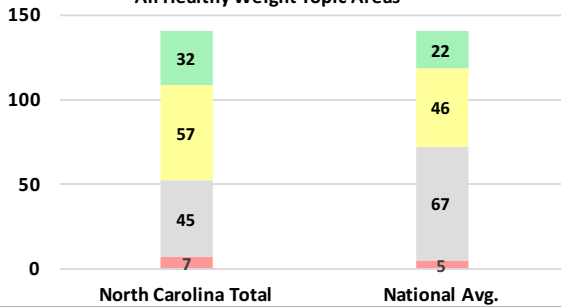
2016 North Carolina Frequency of Each Ratings by Healthy Weight Practices Topic Area



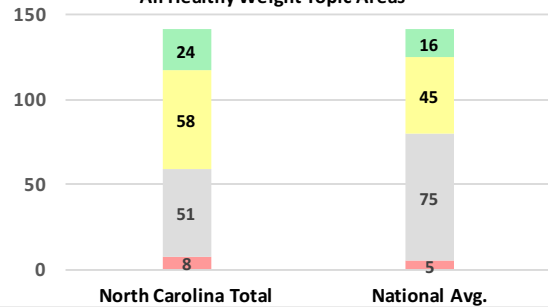
2010 North Carolina Frequency of Each Rating by Healthy Weight Practices Topic Area



2016 North Carolina and National Ratings for All Healthy Weight Topic Areas



2010 North Carolina and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:

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

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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

NORTH DAKOTA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|--|--|---|-------|-------|-------|---------|---------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | | 3 / 3 | - | 3 / 4 | + 3 / 1 |
| | IB1 | Feed infants on cue | | 4 / 4 | | 4 / 4 | + 4 / 2 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | + | 4 / 3 | + | 4 / 3 | + 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 | + | 3 / 2 | 3 / 3 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | | 3 / 3 | | 3 / 3 | + 3 / 2 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | + | 4 / 3 | + | 4 / 3 | + 4 / 2 |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | | 3 / 3 | | 3 / 3 | + 3 / 2 |
| | ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | + | 4 / 3 | + | 4 / 3 | + 4 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | | 1 / 1 | | 1 / 1 | - 1 / 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | | 1 / 1 | | 1 / 1 | - 1 / 2 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | | 3 / 3 | | 3 / 3 | + 3 / 2 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | | 3 / 3 | | 3 / 3 | + 3 / 2 |
| | NA4 | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | + | 4 / 2 | + | 4 / 2 | + 4 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | | 3 / 3 | | 3 / 3 | + 3 / 2 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | | 3 / 3 | | 3 / 3 | + 3 / 2 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | | 3 / 3 | | 3 / 3 | + 3 / 2 |
| | NC1 | Use only 100% juice with no added sweeteners | | 4 / 4 | | 4 / 4 | + 4 / 2 |
| | NC2 | Offer juice (100%) only during meal times | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | | 3 / 3 | | 3 / 3 | + 3 / 2 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | | 3 / 3 | | 3 / 3 | + 3 / 2 |
| | ND1 | Make water available both inside and outside | + | 4 / 3 | + | 4 / 2 | + 4 / 2 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | | 3 / 3 | | 3 / 3 | + 3 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | | 4 / 4 | | 4 / 4 | + 4 / 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 | | 3 / 3 | | 3 / 3 | + 3 / 2 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | | 1 / 1 | | 1 / 1 | - 1 / 2 |
| | NH1 | Do not force or bribe children to eat | | 3 / 3 | | 3 / 3 | 3 / 3 |
| NH2 | Do not use food as a reward or punishment | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | | 4 / 4 | | 4 / 4 | 4 / 4 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | + | 3 / 2 | + | 3 / 2 | + 3 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | + | 4 / 2 | + | 4 / 2 | + 4 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | + | 4 / 3 | + | 4 / 3 | + 4 / 3 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | + | 4 / 2 | + | 4 / 3 | + 4 / 3 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | + | 4 / 2 | + | 4 / 2 | + 4 / 2 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | + | 3 / 2 | + | 3 / 2 | + 3 / 2 |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | + | 3 / 2 | + | 3 / 2 | + 3 / 2 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

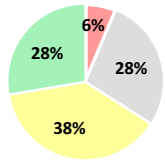
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

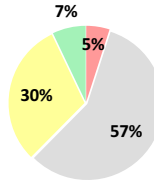
STATE PROFILES

NORTH DAKOTA

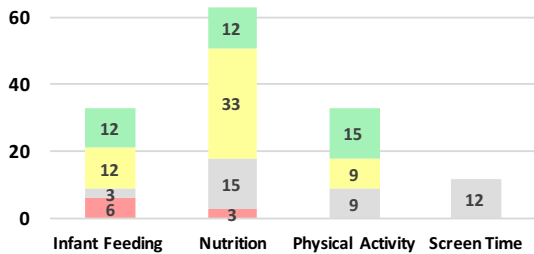
2016 North Dakota Percentage of Ratings for All Healthy Weight Topic Areas



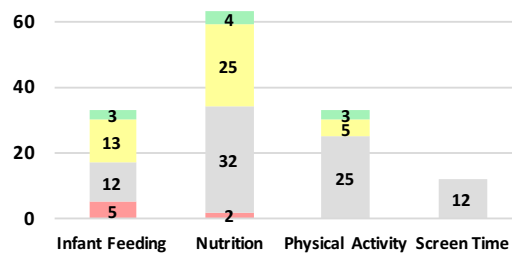
2010 North Dakota Percentage of Ratings for All Healthy Weight Topic Areas



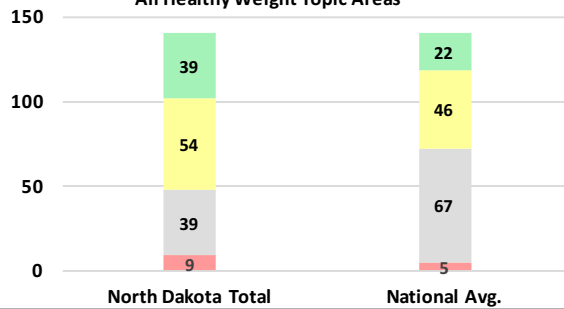
2016 North Dakota Frequency of Each Ratings by Healthy Weight Practices Topic Area



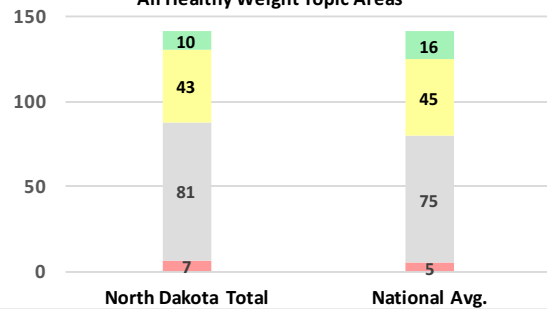
2010 North Dakota Frequency of Each Rating by Healthy Weight Practices Topic Area



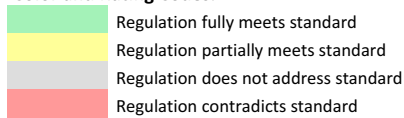
2016 North Dakota and National Ratings for All Healthy Weight Topic Areas



2010 North Dakota and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



North Dakota Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2013 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

OHIO

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|--|---|---|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | IB1 | Feed infants on cue | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | + | 4 / 3 | + | 4 / 3 | + | 4 / 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 | | 3 / 3 | 3 / 3 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | | 4 / 4 | + | 4 / 3 | + | 4 / 3 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | | 3 / 3 | | 3 / 3 | 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 | | 3 / 3 | 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 | | 2 / 2 | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | | 1 / 1 | | 1 / 1 | 1 / 1 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | | 1 / 1 | | 1 / 1 | 1 / 1 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | | 3 / 3 | | 3 / 3 | 3 / 3 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | | 3 / 3 | | 3 / 3 | 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 | | 3 / 3 | 3 / 3 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + | 4 / 2 | + | 4 / 2 | + | 4 / 2 |
| NB1 | | Serve whole grain breads, cereals, and pastas | - | 3 / 4 | - | 3 / 4 | - | 3 / 4 |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| NC1 | | Use only 100% juice with no added sweeteners | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| NC2 | | Offer juice (100%) only during meal times | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| ND1 | | Make water available both inside and outside | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | - | 2 / 3 | - | 2 / 3 | 2 / 2 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | | 4 / 4 | | 4 / 4 | + | 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 child; Teach children who require limited portions about portion size and monitor their portions | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | | 1 / 1 | | 1 / 1 | 1 / 1 | |
| NH1 | | Do not force or bribe children to eat | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| NH2 | Do not use food as a reward or punishment | | 3 / 3 | | 3 / 3 | 3 / 3 | | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | | 3 / 3 | + | 3 / 2 | 3 / 3 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | + | 4 / 2 | + | 4 / 2 | + | 4 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | | 2 / 2 | | 2 / 2 | 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 | | 2 / 2 | 2 / 2 | | |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | + | 4 / 2 | + | 4 / 2 | + | 4 / 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 | | 2 / 2 | 2 / 2 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

Regulation fully meets the standard
 Regulation contradicts the standard

Rating Code:

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

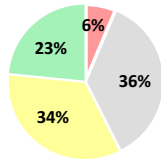
Δ (Change) Code:

+ = Improved Rating
 - = Lowered Rating

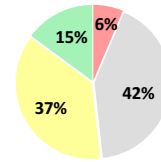
STATE PROFILES

OHIO

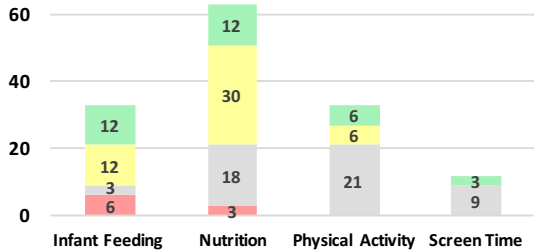
2016 Ohio Percentage of Ratings for All Healthy Weight Topic Areas



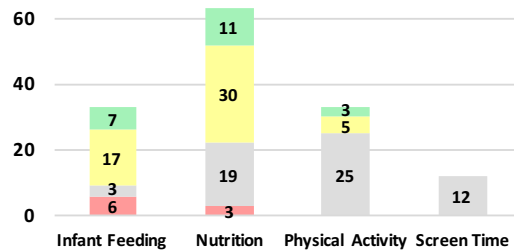
2010 Ohio Percentage of Ratings for All Healthy Weight Topic Areas



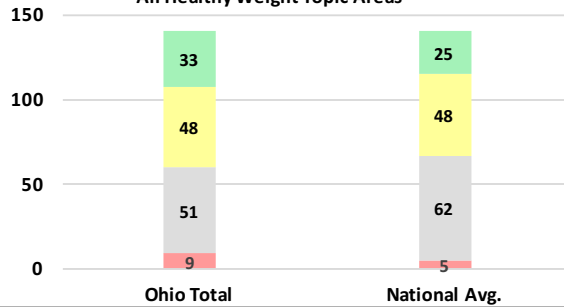
2016 Ohio Frequency of Each Ratings by Healthy Weight Practices Topic Area



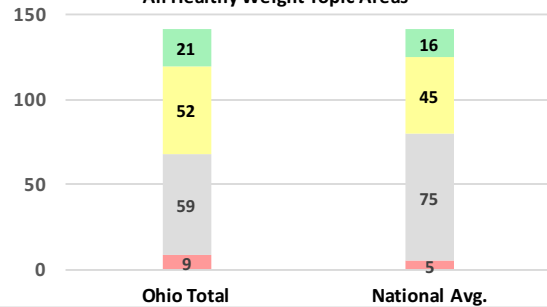
2010 Ohio Frequency of Each Rating by Healthy Weight Practices Topic Area



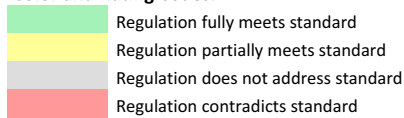
2016 Ohio and National Ratings for All Healthy Weight Topic Areas



2010 Ohio and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

NOTE: An asterisk after 2012 (2012*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

OKLAHOMA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|----------------|-----------------------------------|-------|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | + | 3 / 2 | | 2 / 2 | | 2 / 2 |
| | IA2 | | 4 / 4 | | 2 / 2 | | 2 / 2 |
| | IB1 | | 4 / 4 | | 2 / 2 | | 2 / 2 |
| | IB2 | + | 4 / 2 | | 2 / 2 | | 2 / 2 |
| | IB3 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC1 | | 3 / 3 | | 2 / 2 | | 2 / 2 |
| | IC2 | + | 3 / 2 | | 2 / 2 | | 2 / 2 |
| | IC3 | + | 3 / 2 | | 2 / 2 | | 2 / 2 |
| | ID1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | ID2 | - | 1 / 2 | | 2 / 2 | | 2 / 2 |
| | ID3 | - | 1 / 2 | | 2 / 2 | | 2 / 2 |
| | NA1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NA2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NA3 | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NA4 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NA5 | + | 4 / 2 | | 2 / 2 | | 2 / 2 | |
| Nutrition | NB1 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB3 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC1 | + | 4 / 2 | | 2 / 2 | | 2 / 2 |
| | NC2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC3 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC4 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | ND1 | | 4 / 4 | | 3 / 3 | | 3 / 3 |
| | NE1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NF1 | + | 4 / 3 | | 3 / 3 | | 3 / 3 |
| | NF2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NG1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NG2 | - | 1 / 2 | | 2 / 2 | | 2 / 2 |
| | NH1 | + | 4 / 2 | | 3 / 3 | | 3 / 3 |
| | NH2 | + | 4 / 3 | | 3 / 3 | | 3 / 3 |
| | Physical Activity and Screen Time | PA1 | | 4 / 4 | | 4 / 4 | |
| PA2 | | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PA3 | | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PA4 | | + | 3 / 2 | | 2 / 2 | | 2 / 2 |
| PA5 | | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| PB1 | | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| PB2 | | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| PB3 | | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PB4 | | + | 3 / 2 | | 2 / 2 | | 2 / 2 |
| PC1 | | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| PC2 | | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PC3 | | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PD1 | | + | 3 / 2 | | 2 / 2 | | 2 / 2 |
| PE1 | | + | 4 / 2 | | 2 / 2 | | 2 / 2 |
| PE2 | | 3 / 3 | | 3 / 3 | | 3 / 3 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

- 1** = Regulation contradicts the standard
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- 3** = Regulation partially meets standard
- 4** = Regulation fully meets standard

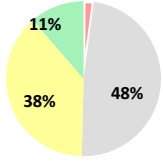
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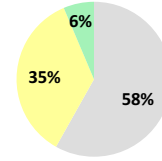
STATE PROFILES

OKLAHOMA

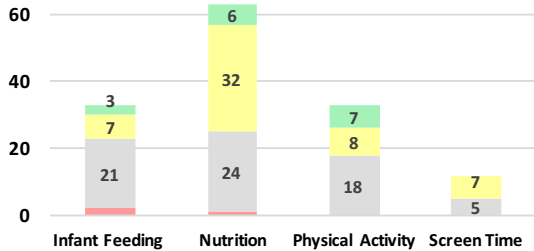
2016 Oklahoma Percentage of Ratings for All Healthy Weight Topic Areas



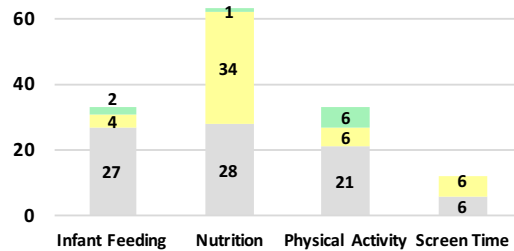
2010 Oklahoma Percentage of Ratings for All Healthy Weight Topic Areas



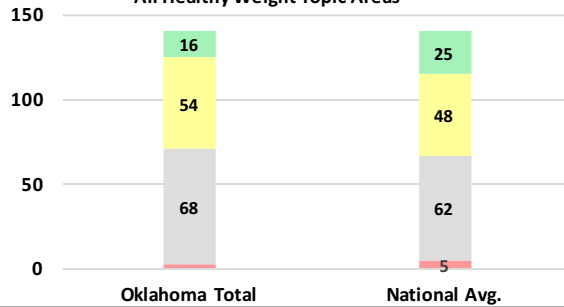
2016 Oklahoma Frequency of Each Ratings by Healthy Weight Practices Topic Area



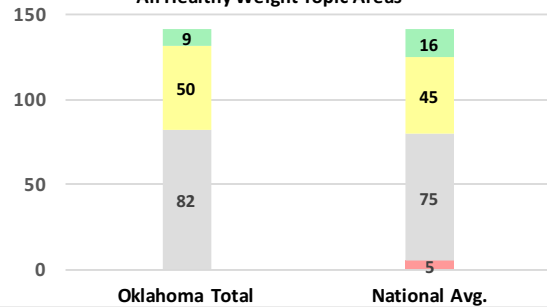
2010 Oklahoma Frequency of Each Rating by Healthy Weight Practices Topic Area



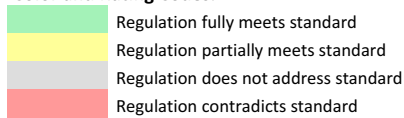
2016 Oklahoma and National Ratings for All Healthy Weight Topic Areas



2010 Oklahoma and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

OREGON

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|---|---|---------|-------|---------|-------|---------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 / 2 | | 3 / 3 | | 3 / 3 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 1 / 1 | | 1 / 1 | | 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 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | | 1 / 1 | | 1 / 1 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | + 4 / 2 | | + 4 / 2 | | + 4 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC1 | Use only 100% juice with no added sweeteners | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | NC2 | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | ND1 | Make water available both inside and outside | + 4 / 3 | | + 4 / 3 | | + 4 / 2 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | 4 / 4 | | 4 / 4 | | 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 | | 3 / 3 | | 3 / 3 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 3 / 3 | | 3 / 3 | | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 3 / 3 | | 3 / 3 | | 1 / 1 |
| | NH1 | Do not force or bribe children to eat | 3 / 3 | | 3 / 3 | | 2 / 2 |
| NH2 | Do not use food as a reward or punishment | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 2 / 2 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 / 2 | | 3 / 3 | | 3 / 3 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | | 3 / 3 | | 3 / 3 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 2 / 2 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 / 2 | | 2 / 2 | | 2 / 2 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

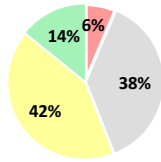
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

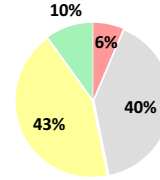
STATE PROFILES

OREGON

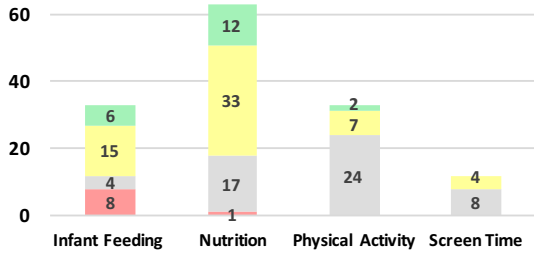
2016 Oregon Percentage of Ratings for All Healthy Weight Topic Areas



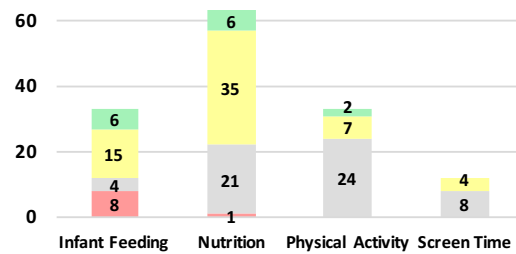
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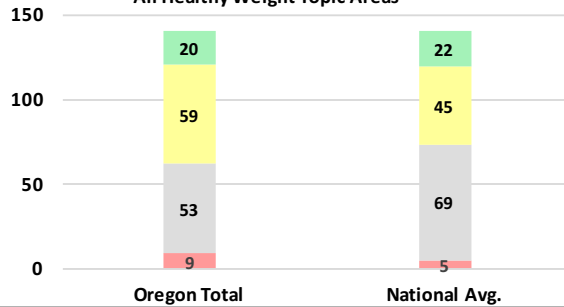
2016 Oregon Frequency of Each Ratings by Healthy Weight Practices Topic Area



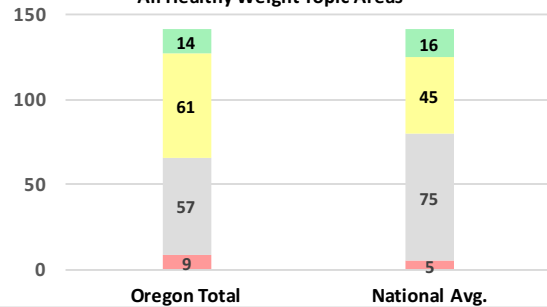
2010 Oregon Frequency of Each Rating by Healthy Weight Practices Topic Area



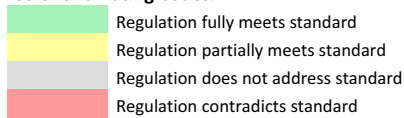
2016 Oregon and National Ratings for All Healthy Weight Topic Areas



2010 Oregon and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

NOTE: An asterisk after 2012 (2012*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

PENNSYLVANIA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|--|---|---|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | IB1 | Feed infants on cue | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 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 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 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 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | NC1 | Use only 100% juice with no added sweeteners | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NC2 | Offer juice (100%) only during meal times | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | ND1 | Make water available both inside and outside | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | 4 / 4 | 4 / 4 | 4 / 4 | 4 / 4 | 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 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | NH1 | Do not force or bribe children to eat | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| NH2 | Do not use food as a reward or punishment | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | 4 / 4 | 4 / 4 | 2 / 2 | 2 / 2 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PB1 | 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 |
| | PB2 | 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 |
| | PB3 | 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 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 | 3 / 3 |
| | PC2 | 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 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 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 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | 2 / 2 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

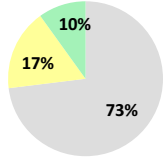
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

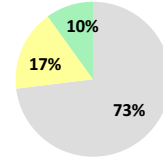
STATE PROFILES

PENNSYLVANIA

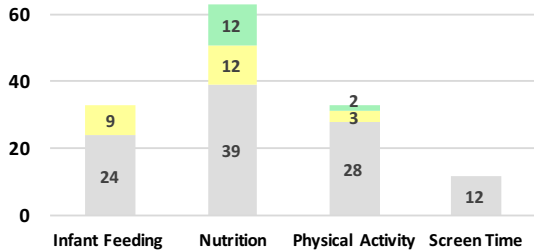
2016 Pennsylvania Percentage of Ratings for All Healthy Weight Topic Areas



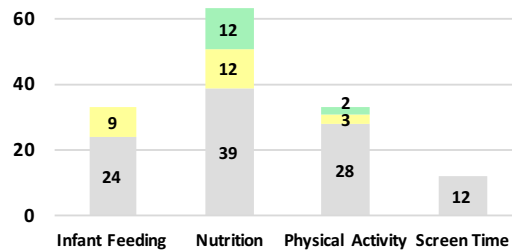
2010 Pennsylvania Percentage of Ratings for All Healthy Weight Topic Areas



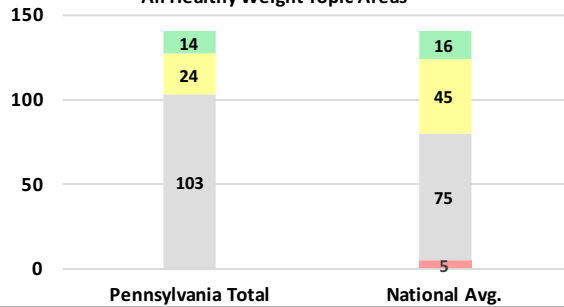
2016 Pennsylvania Frequency of Each Ratings by Healthy Weight Practices Topic Area



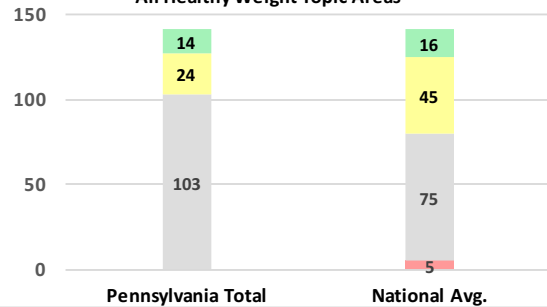
2010 Pennsylvania Frequency of Each Rating by Healthy Weight Practices Topic Area



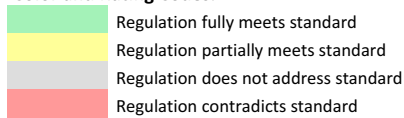
2016 Pennsylvania and National Ratings for All Healthy Weight Topic Areas



2010 Pennsylvania and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

RHODE ISLAND

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|--|---|-------|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | + | 3 / 2 | | 3 / 3 | 3 / 3 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | + | 4 / 3 | | 4 / 4 | 4 / 4 | |
| | IB1 | Feed infants on cue | + | 4 / 3 | | 4 / 4 | 4 / 4 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | + | 4 / 2 | | 3 / 3 | 3 / 3 | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | | 3 / 3 | | 2 / 2 | 2 / 2 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | + | 3 / 2 | | 3 / 3 | 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 | | 3 / 3 | 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 | | 2 / 2 | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | - | 1 / 2 | | 1 / 1 | 1 / 1 | |
| ID3 | Serve no fruit juice to children younger than 12 months of age | + | 4 / 2 | | 1 / 1 | 1 / 1 | | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | + | 3 / 2 | | 2 / 2 | 2 / 2 | |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | + | 3 / 2 | | 3 / 3 | 3 / 3 | |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | + | 3 / 2 | | 3 / 3 | 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 / 2 | | 3 / 3 | 3 / 3 | |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | + | 4 / 2 | + | 4 / 3 | + | 4 / 3 |
| | NB1 | Serve whole grain breads, cereals, and pastas | + | 3 / 2 | | 3 / 3 | 3 / 3 | |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | + | 3 / 2 | | 3 / 3 | 3 / 3 | |
| | NB3 | Serve fruits of several varieties, especially whole fruits | + | 3 / 2 | | 3 / 3 | 3 / 3 | |
| | NC1 | Use only 100% juice with no added sweeteners | + | 4 / 2 | | 4 / 4 | 4 / 4 | |
| | NC2 | Offer juice (100%) only during meal times | | 2 / 2 | | 4 / 4 | 4 / 4 | |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | + | 4 / 2 | | 4 / 4 | 4 / 4 | |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | + | 4 / 2 | | 4 / 4 | 4 / 4 | |
| | ND1 | Make water available both inside and outside | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | + | 3 / 2 | | 2 / 2 | 2 / 2 | |
| | NF1 | Serve small-sized, age-appropriate portions | + | 4 / 2 | | 4 / 4 | 4 / 4 | |
| | NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | + | 3 / 2 | | 3 / 3 | 3 / 3 | |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | + | 4 / 2 | | 2 / 2 | 2 / 2 | |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | + | 4 / 2 | | 3 / 3 | 3 / 3 | |
| | NH1 | Do not force or bribe children to eat | + | 3 / 2 | | 2 / 2 | 2 / 2 | |
| NH2 | Do not use food as a reward or punishment | + | 4 / 3 | | 3 / 3 | 3 / 3 | | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | + | 3 / 2 | | 2 / 2 | 2 / 2 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | + | 4 / 2 | | 2 / 2 | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | + | 4 / 2 | | 4 / 4 | 4 / 4 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | + | 4 / 2 | | 3 / 3 | 3 / 3 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | + | 3 / 2 | | 3 / 3 | 3 / 3 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | + | 3 / 2 | | 2 / 2 | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | + | 3 / 2 | | 3 / 3 | 3 / 3 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | + | 4 / 3 | | 3 / 3 | 3 / 3 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | + | 4 / 2 | | 2 / 2 | 2 / 2 | | |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | + | 4 / 2 | | 2 / 2 | 2 / 2 | | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | + | 3 / 2 | | 2 / 2 | 2 / 2 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

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- 2 = Regulation does not address standard
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- 4 = Regulation fully meets standard

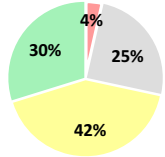
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

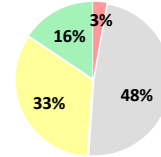
STATE PROFILES

RHODE ISLAND

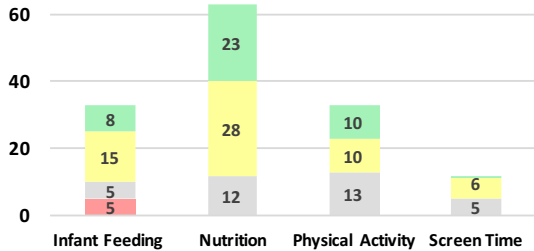
2016 Rhode Island Percentage of Ratings for All Healthy Weight Topic Areas



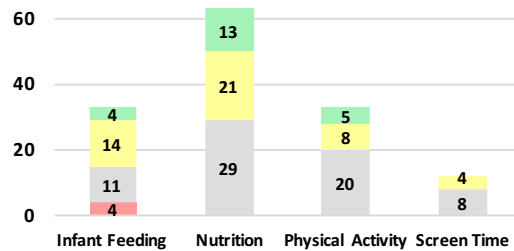
2010 Rhode Island Percentage of Ratings for All Healthy Weight Topic Areas



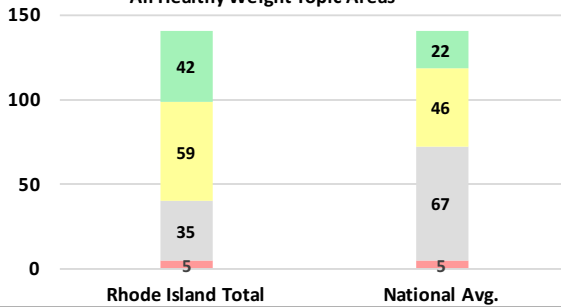
2016 Rhode Island Frequency of Each Ratings by Healthy Weight Practices Topic Area



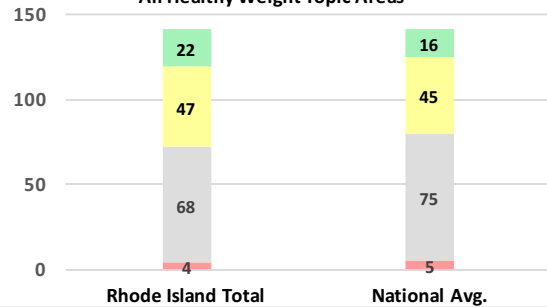
2010 Rhode Island Frequency of Each Rating by Healthy Weight Practices Topic Area



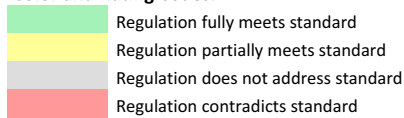
2016 Rhode Island and National Ratings for All Healthy Weight Topic Areas



2010 Rhode Island and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



Rhode Island Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

SOUTH CAROLINA

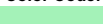

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|---|-------|---------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | | 4 / 4 | | 0 / 0 | |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 0 / 0 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| | ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | | 1 / 1 | | 0 / 0 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | | 1 / 1 | | 0 / 0 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 0 / 0 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 0 / 0 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 those who are at risk for hypercholesterolemia or obesity | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + 4 / 2 | | + 4 / 2 | | 0 / 0 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| NC1 | | Use only 100% juice with no added sweeteners | 4 / 4 | | 4 / 4 | | 0 / 0 | |
| NC2 | | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| ND1 | | Make water available both inside and outside | 4 / 4 | | 4 / 4 | | 0 / 0 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| NF1 | | Serve small-sized, age-appropriate portions | 4 / 4 | | 4 / 4 | | 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 child; Teach children who require limited portions about portion size and monitor their portions | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 / 1 | | 1 / 1 | | 0 / 0 | |
| NH1 | | Do not force or bribe children to eat | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| NH2 | Do not use food as a reward or punishment | 3 / 3 | | 3 / 3 | | 0 / 0 | | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 3 / 3 | | 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 | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 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 | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 3 / 3 | | 0 / 0 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 2 / 2 | | 2 / 2 | | 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 day—indoor or outdoor | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | | 2 / 2 | | 0 / 0 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 / 3 | | 3 / 3 | | 0 / 0 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

 Regulation fully meets the standard
 Regulation contradicts the standard

Rating Code:

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

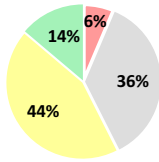
Δ (Change) Code:

+ = Improved Rating
 - = Lowered Rating

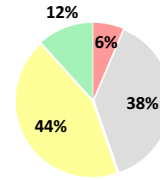
STATE PROFILES

SOUTH CAROLINA

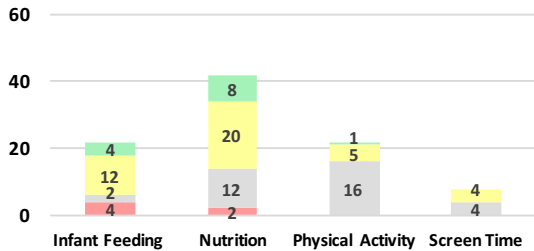
2016 South Carolina Percentage of Ratings for All Healthy Weight Topic Areas



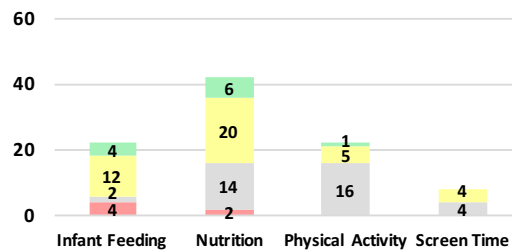
2010 South Carolina Percentage of Ratings for All Healthy Weight Topic Areas



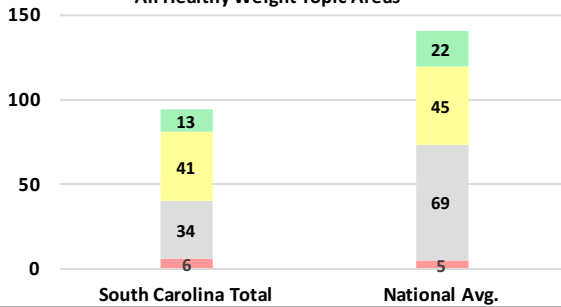
2016 South Carolina Frequency of Each Ratings by Healthy Weight Practices Topic Area



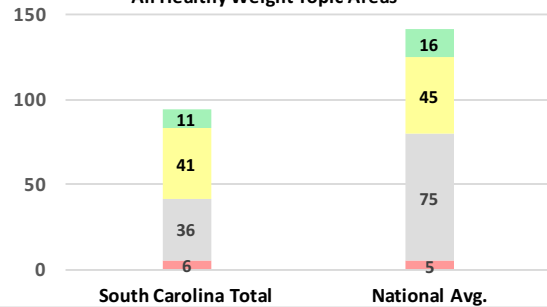
2010 South Carolina Frequency of Each Rating by Healthy Weight Practices Topic Area



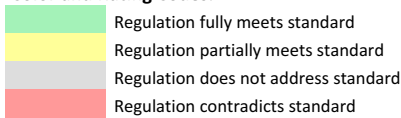
2016 South Carolina and National Ratings for All Healthy Weight Topic Areas



2010 South Carolina and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



South Carolina Regulation Rating History: 2010 (CTR, LRG); 2012*

NOTE: An asterisk after 2012 (2012*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

SOUTH DAKOTA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|---|---|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC1 | Use only 100% juice with no added sweeteners | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC2 | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | ND1 | Make water available both inside and outside | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NH1 | Do not force or bribe children to eat | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NH2 | Do not use food as a reward or punishment | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 2 / 2 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 2 / 2 | | 2 / 2 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 2 / 2 | | 2 / 2 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 / 2 | | 2 / 2 | | 2 / 2 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

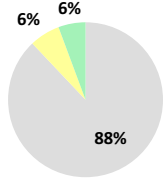
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

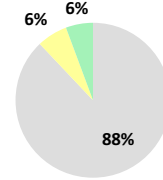
STATE PROFILES

SOUTH DAKOTA

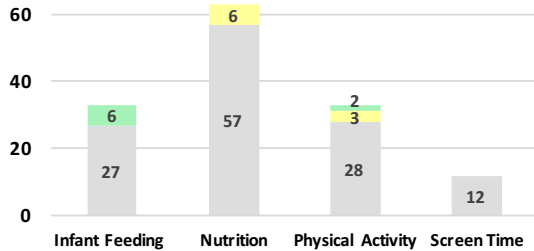
2016 South Dakota Percentage of Ratings for All Healthy Weight Topic Areas



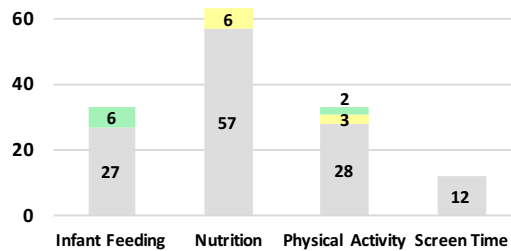
2010 South Dakota Percentage of Ratings for All Healthy Weight Topic Areas



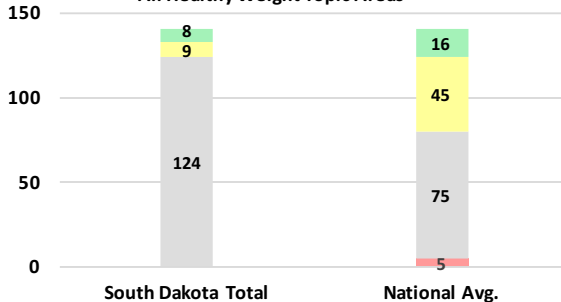
2016 South Dakota Frequency of Each Ratings by Healthy Weight Practices Topic Area



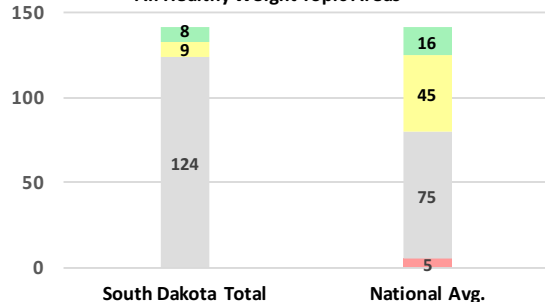
2010 South Dakota Frequency of Each Rating by Healthy Weight Practices Topic Area



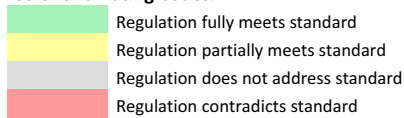
2016 South Dakota and National Ratings for All Healthy Weight Topic Areas



2010 South Dakota and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

NOTE: In 2013, 2010 ratings adjusted due to retirement of MyPyramid.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

TENNESSEE

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|---|---|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 / 3 | | 2 / 2 | | 2 / 2 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 / 3 | | 2 / 2 | | 3 / 3 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 2 / 2 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 2 / 2 | | 2 / 2 | | 2 / 2 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 3 / 3 | | 2 / 2 | | 2 / 2 |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 2 / 2 | | 1 / 1 | | 1 / 1 |
| | 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 | | 2 / 2 | | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | 2 / 2 | | 3 / 3 | | 3 / 3 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 4 / 4 | | 3 / 3 |
| | NC1 | Use only 100% juice with no added sweeteners | 2 / 2 | | 4 / 4 | | 4 / 4 |
| | NC2 | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 / 2 | | 3 / 3 | | 3 / 3 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 / 2 | | 3 / 3 | | 3 / 3 |
| | ND1 | Make water available both inside and outside | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | 2 / 2 | | 4 / 4 | | 4 / 4 |
| | NF2 | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | 2 / 2 | | 3 / 3 | | 3 / 3 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 4 / 4 | | 3 / 3 | | 3 / 3 |
| | NH1 | Do not force or bribe children to eat | 4 / 4 | | 3 / 3 | | 3 / 3 |
| NH2 | Do not use food as a reward or punishment | 4 / 4 | | 3 / 3 | | 3 / 3 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 3 / 3 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | 4 / 4 | | 2 / 2 | | 2 / 2 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 2 / 2 | | 2 / 2 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 / 3 | | 2 / 2 | | 2 / 2 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

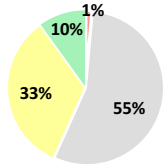
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

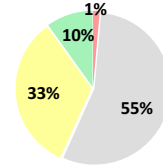
STATE PROFILES

TENNESSEE

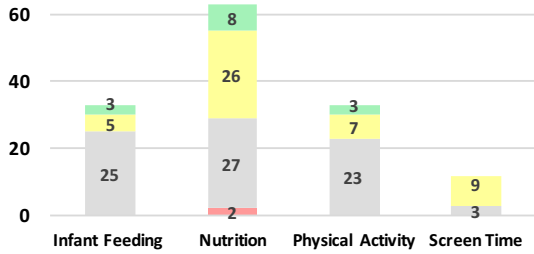
2016 Tennessee Percentage of Ratings for All Healthy Weight Topic Areas



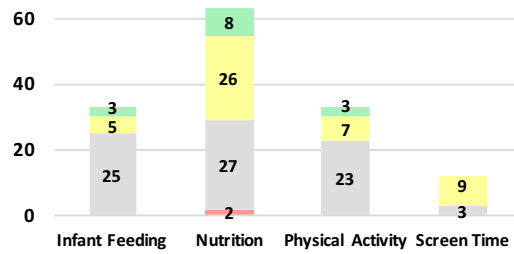
2010 Tennessee Percentage of Ratings for All Healthy Weight Topic Areas



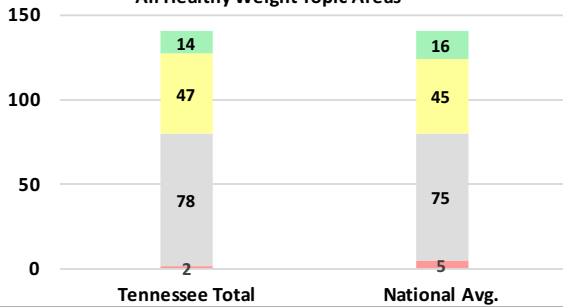
2016 Tennessee Name Frequency of Each Ratings by Healthy Weight Practices Topic Area



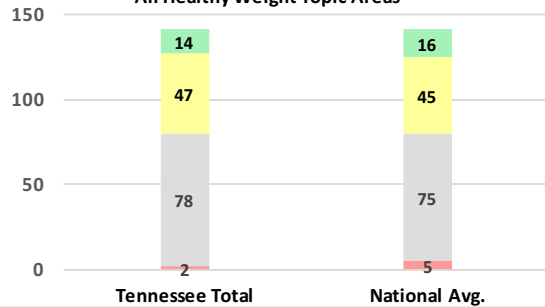
2010 Tennessee Frequency of Each Rating by Healthy Weight Practices Topic Area



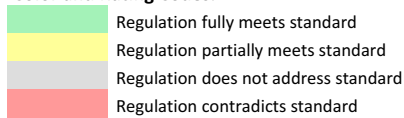
2016 Tennessee and National Ratings for All Healthy Weight Topic Areas



2010 Tennessee and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

TEXAS

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|-----------|-------|-------|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | + | 4 / 2 | + | 4 / 2 | + | 4 / 2 | |
| | IA2 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | IB1 | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IB2 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | IB3 | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IC1 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | IC2 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | IC3 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | ID1 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | ID2 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | ID3 | + | 4 / 2 | + | 4 / 2 | + | 4 / 2 | |
| | Nutrition | NA1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | | NA2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NA3 | | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NA4 | | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NA5 | | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NB1 | | + | 4 / 3 | + | 4 / 3 | + | 4 / 3 | |
| NB2 | | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NB3 | | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NC1 | | + | 4 / 4 | + | 4 / 4 | + | 4 / 4 | |
| NC2 | | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NC3 | | + | 4 / 3 | + | 4 / 3 | + | 4 / 3 | |
| NC4 | | + | 4 / 3 | + | 4 / 3 | + | 4 / 3 | |
| ND1 | | + | 4 / 4 | + | 4 / 4 | + | 4 / 4 | |
| NE1 | | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NE2 | | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NF1 | | | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| NF2 | | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NG1 | | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NG2 | | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 | |
| NH1 | | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NH2 | + | 4 / 4 | + | 4 / 4 | + | 4 / 4 | | |
| Physical Activity and Screen Time | PA1 | | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | PA2 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA3 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA4 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA5 | + | 4 / 4 | + | 4 / 4 | + | 4 / 4 | |
| | PB1 | + | 4 / 3 | + | 3 / 3 | + | 3 / 3 | |
| | PB2 | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PB3 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB4 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PC1 | + | 4 / 3 | + | 4 / 3 | + | 4 / 3 | |
| | PC2 | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PC3 | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PD1 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PE1 | + | 4 / 4 | + | 4 / 4 | + | 4 / 4 | |
| PE2 | | 3 / 3 | | 3 / 3 | | 3 / 3 | | |

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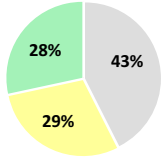
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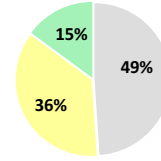
STATE PROFILES

TEXAS

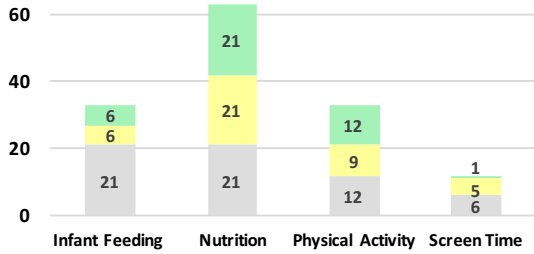
20146 Texas Percentage of Ratings for All Healthy Weight Topic Areas



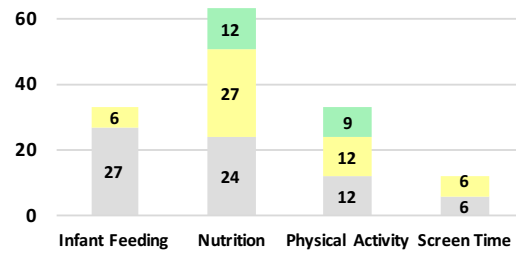
2010 Texas Percentage of Ratings for All Healthy Weight Topic Areas



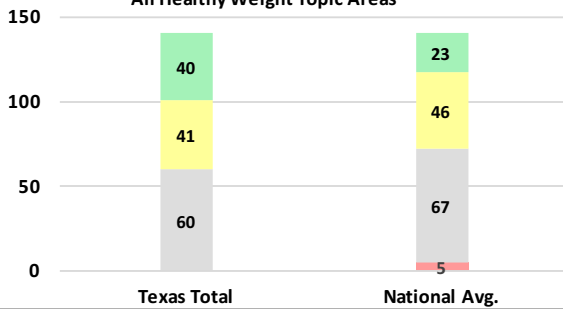
2016 Texas Frequency of Each Ratings by Healthy Weight Practices Topic Area



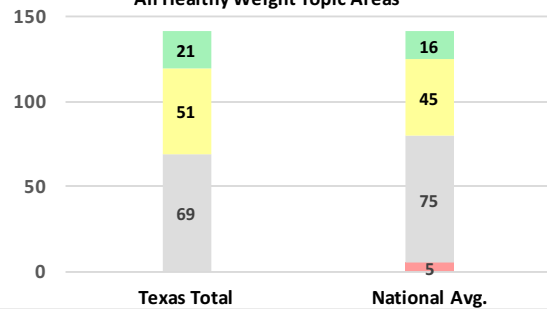
2010 Texas Frequency of Each Rating by Healthy Weight Practices Topic Area



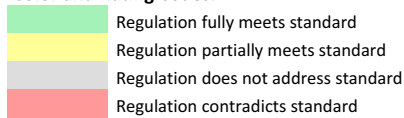
2016 Texas and National Ratings for All Healthy Weight Topic Areas



2010 Texas and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

UTAH

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|--|-------|---------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 / 3 | | 3 / 3 | | 2 / 2 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | | 4 / 4 | | 3 / 3 | |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 2 / 2 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | | 3 / 3 | | 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 | | 3 / 3 | | 3 / 3 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 2 / 2 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | | 3 / 3 | | 2 / 2 | |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | | 1 / 1 | | 2 / 2 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | | 1 / 1 | | 2 / 2 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 2 / 2 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + 4 / 2 | | + 4 / 2 | | 2 / 2 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 2 / 2 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 3 / 3 | | 2 / 2 | |
| NC1 | | Use only 100% juice with no added sweeteners | 4 / 4 | | 4 / 4 | | 2 / 2 | |
| NC2 | | Offer juice (100%) only during meal times | 3 / 3 | | 3 / 3 | | 2 / 2 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | | 3 / 3 | | 2 / 2 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | | 3 / 3 | | 2 / 2 | |
| ND1 | | Make water available both inside and outside | + 4 / 3 | | + 4 / 3 | | 3 / 3 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | 4 / 4 | | 4 / 4 | | 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 | 3 / 3 | | 3 / 3 | | 2 / 2 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 / 1 | | 1 / 1 | | 2 / 2 | |
| NH1 | | Do not force or bribe children to eat | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NH2 | | Do not use food as a reward or punishment | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| Physical Activity and Screen Time | | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 2 / 2 | | 2 / 2 |
| | | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 2 / 2 | | 2 / 2 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 2 / 2 | | 2 / 2 | | 3 / 3 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 2 / 2 | | 2 / 2 | | 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 | | 2 / 2 | | 2 / 2 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 3 / 3 | | 2 / 2 | | 2 / 2 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

- 1 = Regulation contradicts the standard
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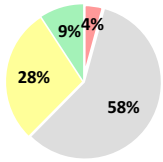
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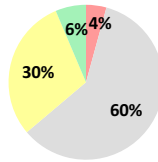
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UTAH

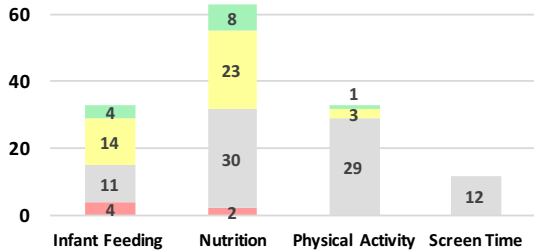
2016 Utah Percentage of Ratings for All Healthy Weight Topic Areas



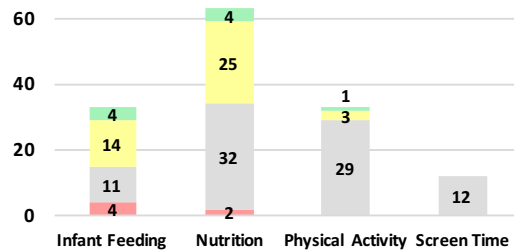
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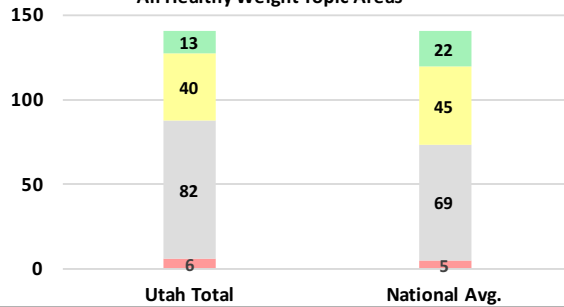
2016 Utah Frequency of Each Ratings by Healthy Weight Practices Topic Area



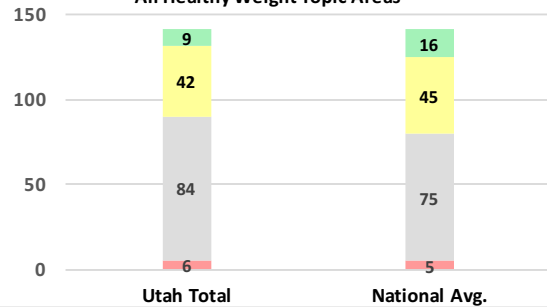
2010 Utah Frequency of Each Rating by Healthy Weight Practices Topic Area



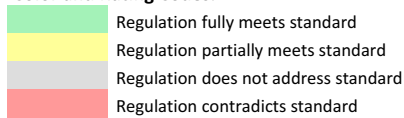
2016 Utah and National Ratings for All Healthy Weight Topic Areas



2010 Utah and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

NOTE: An asterisk after 2012 (2012*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

VERMONT

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | | |
|-----------------------------------|--|---|---|-------|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | + | 4 / 3 | + | 4 / 3 | + | 4 / 3 | |
| | IB1 | Feed infants on cue | | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | + | 4 / 2 | + | 4 / 2 | + | 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 | | 3 / 3 | | 3 / 3 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | | 3 / 3 | | 3 / 2 | | 3 / 2 | |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 | |
| | ID1 | Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction | + | 4 / 2 | + | 4 / 2 | + | 4 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | - | 1 / 2 | - | 1 / 2 | - | 1 / 2 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | - | 1 / 3 | - | 1 / 2 | - | 1 / 2 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 | |
| NA4 | | Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + | 4 / 2 | + | 4 / 2 | + | 4 / 2 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NC1 | | Use only 100% juice with no added sweeteners | + | 4 / 2 | + | 4 / 2 | + | 4 / 2 | |
| NC2 | | Offer juice (100%) only during meal times | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 | |
| ND1 | | Make water available both inside and outside | + | 4 / 3 | + | 4 / 3 | + | 4 / 3 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | + | 4 / 2 | + | 4 / 2 | + | 4 / 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 | + | 3 / 2 | + | 3 / 2 | + | 3 / 2 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | | 2 / 2 | | 2 / 2 | | 2 / 4 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | - | 1 / 2 | - | 1 / 2 | - | 1 / 3 | |
| NH1 | | Do not force or bribe children to eat | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NH2 | Do not use food as a reward or punishment | | 3 / 3 | | 3 / 3 | | 3 / 3 | | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | | 4 / 4 | + | 4 / 2 | + | 4 / 3 | |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | - | 2 / 4 | - | 2 / 4 | - | 2 / 4 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | + | 4 / 3 | + | 4 / 3 | + | 4 / 3 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | - | 3 / 4 | - | 3 / 4 | - | 3 / 4 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | | 3 / 3 | + | 3 / 2 | | 3 / 3 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | + | 4 / 3 | + | 4 / 2 | + | 4 / 2 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | + | 3 / 2 | + | 3 / 2 | |
| PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | | 2 / 2 | | 2 / 2 | | 2 / 2 | | |
| PE1 | Ensure that infants have supervised tummy time every day when they are awake | | 2 / 2 | | 2 / 2 | | 2 / 2 | | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | | 3 / 3 | + | 3 / 2 | + | 3 / 2 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

- 1 = Regulation contradicts the standard
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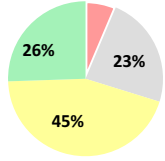
Δ (Change) Code:

- + = Improved Rating
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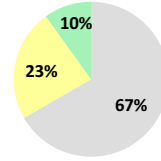
STATE PROFILES

VERMONT

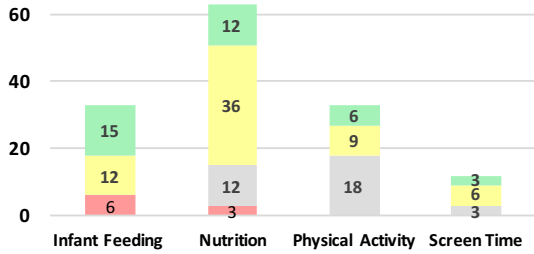
2016 Vermont Percentage of Ratings for All Healthy Weight Topic Areas



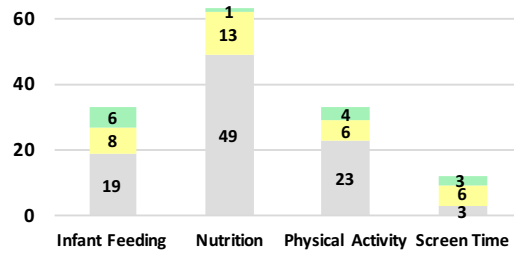
2010 Vermont Percentage of Ratings for All Healthy Weight Topic Areas



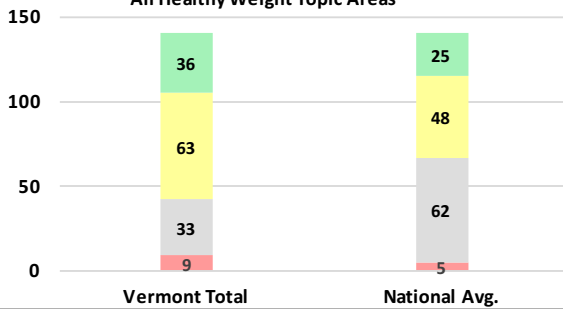
2016 Vermont Frequency of Each Ratings by Healthy Weight Practices Topic Area



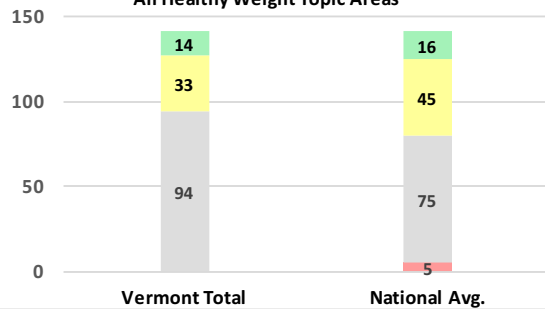
2010 Vermont Frequency of Each Rating by Healthy Weight Practices Topic Area



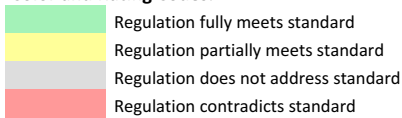
2016 Vermont and National Ratings for All Healthy Weight Topic Areas



2010 Vermont and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

VIRGINIA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|-----------------------------------|---|---|--|-------|---------|-------|---------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 / 2 | | 4 / 4 | | 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 | | 3 / 3 | | 3 / 3 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | | 4 / 4 | | 4 / 4 | |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 | | 4 / 4 | | 4 / 4 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + 4 / 2 | | + 4 / 2 | | + 4 / 2 | |
| NB1 | | Serve whole grain breads, cereals, and pastas | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NC1 | | Use only 100% juice with no added sweeteners | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| NC2 | | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| ND1 | | Make water available both inside and outside | 4 / 4 | | + 4 / 3 | | + 4 / 3 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 3 / 3 | | 2 / 2 | | 2 / 2 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | 4 / 4 | | 4 / 4 | | 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 | | 3 / 3 | | 3 / 3 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| NH1 | | Do not force or bribe children to eat | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NH2 | | Do not use food as a reward or punishment | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| Physical Activity and Screen Time | | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | | 4 / 4 | | 4 / 4 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 / 2 | | 3 / 3 | | 3 / 3 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | | 3 / 3 | | 3 / 3 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 4 / 4 | | 4 / 4 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 2 / 2 | | 3 / 3 | | 3 / 3 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 2 / 2 | | 3 / 3 | | 3 / 3 | |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 / 2 | | 4 / 4 | | 4 / 4 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 4 / 4 | | 3 / 3 | | 3 / 3 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 / 2 | | 3 / 3 | | 3 / 3 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

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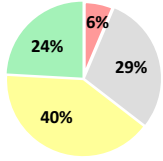
Δ (Change) Code:

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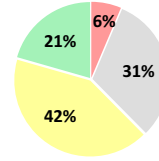
STATE PROFILES

VIRGINIA

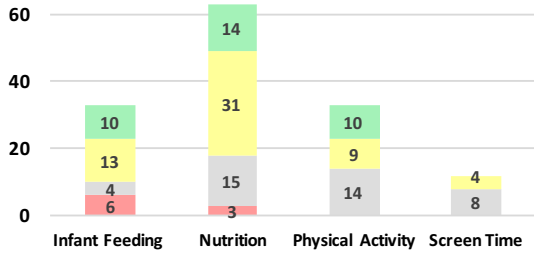
2016 Virginia Percentage of Ratings for All Healthy Weight Topic Areas



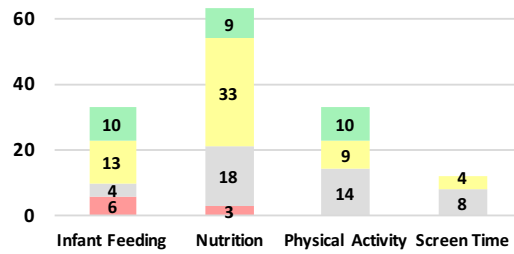
2010 Virginia Percentage of Ratings for All Healthy Weight Topic Areas



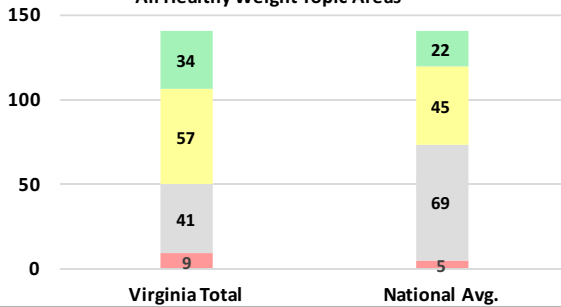
2016 Virginia Frequency of Each Ratings by Healthy Weight Practices Topic Area



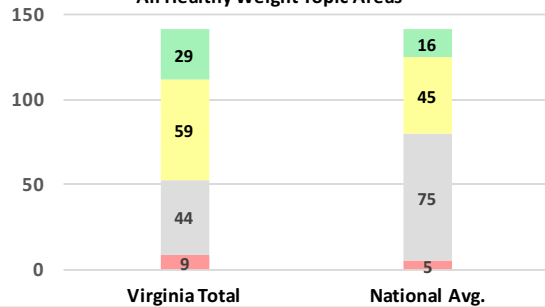
2010 Virginia Frequency of Each Rating by Healthy Weight Practices Topic Area



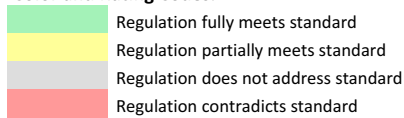
2016 Virginia and National Ratings for All Healthy Weight Topic Areas



2010 Virginia and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

NOTES: 1) 2011 baseline correction added family child care; 2) Asterisk after 2012 (2012*) means better ratings in 2 indicators due to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

WASHINGTON

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|--|---|---|--|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 2 / 2 | + | 3 / 2 | + | 3 / 2 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 2 / 2 | + | 4 / 3 | + | 4 / 3 | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 4 / 4 | | 3 / 3 | | 3 / 3 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | IC3 | Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months | 4 / 4 | | 3 / 3 | | 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 | + | 3 / 2 | + | 3 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 | | 3 / 3 | | 3 / 3 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | - | 1 / 2 | + | 4 / 2 | + | 4 / 2 |
| NB1 | | Serve whole grain breads, cereals, and pastas | 2 / 2 | | 3 / 3 | | 3 / 3 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| NC1 | | Use only 100% juice with no added sweeteners | 4 / 4 | | 4 / 4 | | 4 / 4 | |
| NC2 | | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 2 / 2 | | 3 / 3 | | 3 / 3 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 2 / 2 | | 3 / 3 | | 3 / 3 | |
| ND1 | | Make water available both inside and outside | + | 4 / 2 | | 4 / 4 | | 4 / 4 |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | 2 / 2 | | 4 / 4 | | 4 / 4 | |
| NF2 | | Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions | 2 / 2 | | 3 / 3 | | 3 / 3 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 3 / 3 | | 1 / 1 | | 1 / 1 | |
| NH1 | | Do not force or bribe children to eat | 2 / 2 | + | 3 / 2 | + | 3 / 2 | |
| NH2 | | Do not use food as a reward or punishment | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| Physical Activity and Screen Time | | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
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| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | 2 / 2 | + | 4 / 2 | + | 4 / 2 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 2 / 2 | | 3 / 3 | | 3 / 3 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 2 / 2 | | 3 / 3 | | 3 / 3 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 4 / 4 | | 4 / 4 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 3 / 3 | | 3 / 3 | |
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| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 4 / 4 | + | 4 / 2 | + | 4 / 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 | | 2 / 2 | | 2 / 2 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

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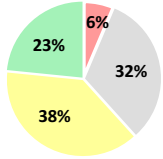
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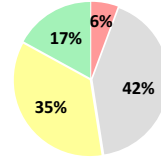
STATE PROFILES

WASHINGTON

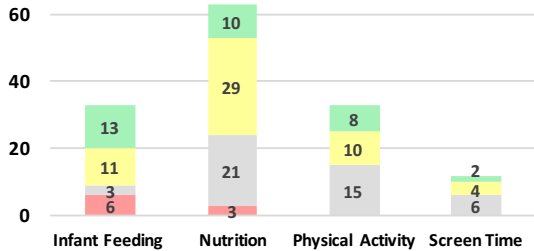
2016 State Name Percentage of Ratings for All Healthy Weight Topic Areas



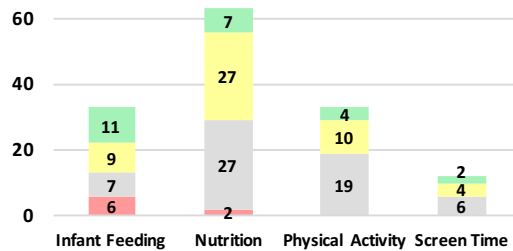
2010 State Name Percentage of Ratings for All Healthy Weight Topic Areas



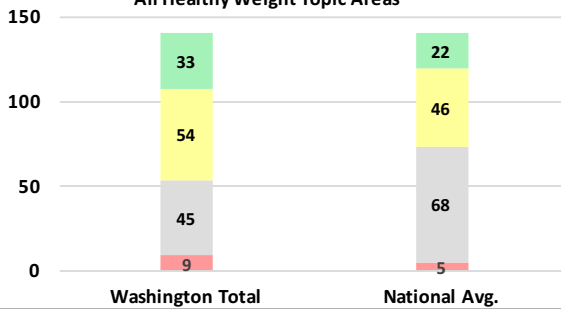
2016 State Name Frequency of Each Ratings by Healthy Weight Practices Topic Area



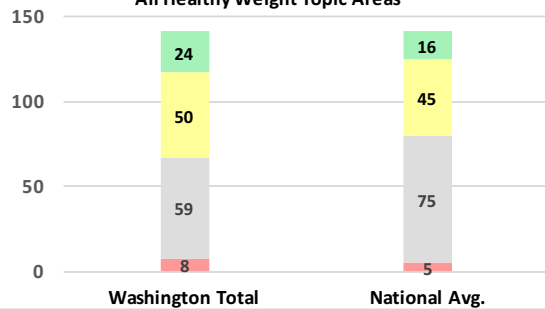
2010 State Name Frequency of Each Rating by Healthy Weight Practices Topic Area



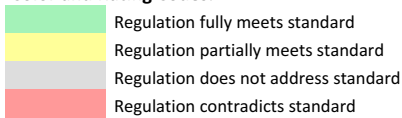
2016 State Name and National Ratings for All Healthy Weight Topic Areas



2010 State Name and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



Washington Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

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STATE PROFILES

WEST VIRGINIA

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML | |
|--|---|---|---|-------|-------|-------|-------|-------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | | 3 / 3 | | 3 / 3 | 4 / 4 | |
| | IB1 | Feed infants on cue | | 4 / 4 | | 2 / 2 | 4 / 4 | |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | | 4 / 4 | | 3 / 3 | 3 / 3 | |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | | 3 / 3 | | 3 / 3 | 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 | | 3 / 3 | 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 | | 2 / 2 | 2 / 2 | |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | | 1 / 1 | | 1 / 1 | 1 / 1 | |
| | ID3 | Serve no fruit juice to children younger than 12 months of age | | 1 / 1 | | 1 / 1 | 1 / 1 | |
| | Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | | 2 / 2 | | 2 / 2 | 2 / 2 |
| | | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | | 3 / 3 | | 3 / 3 | 3 / 3 |
| NA3 | | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | | 3 / 3 | | 3 / 3 | 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 | | 2 / 2 | 2 / 2 | |
| NA5 | | Serve skim or 1% pasteurized milk to children two years of age and older | + | 4 / 2 | + | 3 / 2 | + | 4 / 2 |
| NB1 | | Serve whole grain breads, cereals, and pastas | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| NB2 | | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| NB3 | | Serve fruits of several varieties, especially whole fruits | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| NC1 | | Use only 100% juice with no added sweeteners | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| NC2 | | Offer juice (100%) only during meal times | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| NC3 | | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| NC4 | | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| ND1 | | Make water available both inside and outside | | 4 / 4 | + | 4 / 2 | 4 / 4 | |
| NE1 | | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| NE2 | | Require adults eating meals with children to eat items that meet nutrition standards | | 4 / 4 | | 2 / 2 | 2 / 2 | |
| NF1 | | Serve small-sized, age-appropriate portions | | 4 / 4 | | 4 / 4 | 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 | | 3 / 3 | 3 / 3 | |
| NG1 | | Limit salt by avoiding salty foods such as chips and pretzels | | 2 / 2 | | 4 / 4 | 2 / 2 | |
| NG2 | | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | | 1 / 1 | | 4 / 4 | 1 / 1 | |
| NH1 | | Do not force or bribe children to eat | + | 4 / 3 | | 3 / 3 | 3 / 3 | |
| NH2 | Do not use food as a reward or punishment | + | 4 / 3 | | 3 / 3 | 3 / 3 | | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PA5 | Do not withhold active play from children who misbehave | | 4 / 4 | | 4 / 4 | 4 / 4 | |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | | 3 / 3 | | 3 / 3 | 2 / 2 | |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | | 3 / 3 | | 3 / 3 | 2 / 2 | |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | | 3 / 3 | | 3 / 3 | 3 / 3 | |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | | 2 / 2 | | 2 / 2 | 2 / 2 | |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | + | 4 / 2 | | 2 / 2 | 2 / 2 | |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | + | 4 / 2 | | 1 / 1 | 2 / 2 | | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

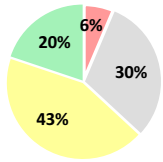
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

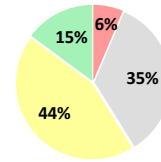
STATE PROFILES

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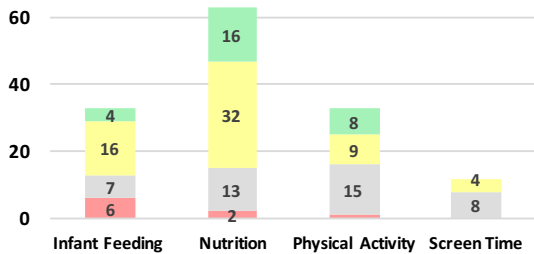
2016 West Virginia Percentage of Ratings for All Healthy Weight Topic Areas



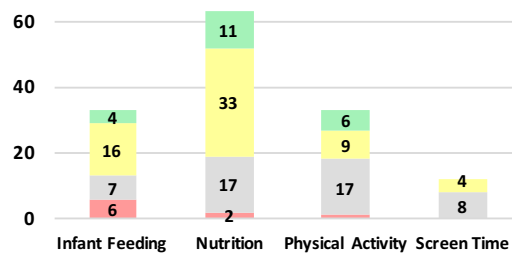
2010 West Virginia Percentage of Ratings for All Healthy Weight Topic Areas



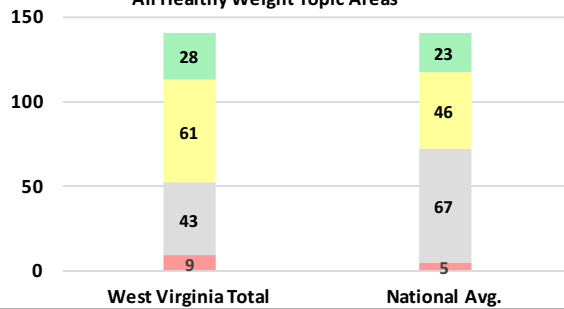
2016 West Virginia Frequency of Each Ratings by Healthy Weight Practices Topic Area



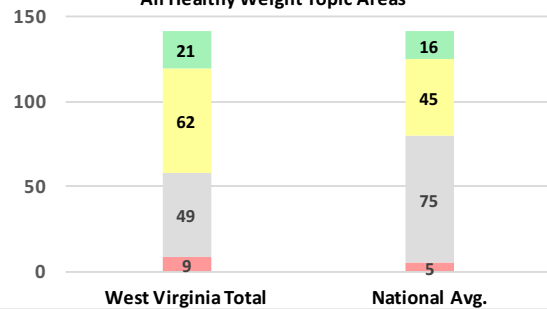
2010 West Virginia Frequency of Each Rating by Healthy Weight Practices Topic Area



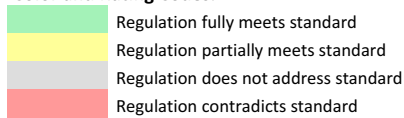
2016 West Virginia and National Ratings for All Healthy Weight Topic Areas



2010 West Virginia and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

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Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|---|---|---------|-------|---------|-------|---------|
| Infant Feeding | IA1 | Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IA2 | Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB1 | Feed infants on cue | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB2 | Do not feed infants beyond satiety; Allow infant to stop the feeding | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IB3 | Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC1 | Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC2 | Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age | 3 / 3 | | 3 / 3 | | 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 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 |
| | ID2 | Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age | 1 / 1 | | 1 / 1 | | 1 / 1 |
| ID3 | Serve no fruit juice to children younger than 12 months of age | 1 / 1 | | 1 / 1 | | 1 / 1 | |
| Nutrition | NA1 | Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NA2 | Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NA3 | Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older | 3 / 3 | | 3 / 3 | | 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 | | 2 / 2 | | 2 / 2 |
| | NA5 | Serve skim or 1% pasteurized milk to children two years of age and older | + 4 / 2 | | + 4 / 2 | | + 4 / 2 |
| | NB1 | Serve whole grain breads, cereals, and pastas | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB2 | Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NB3 | Serve fruits of several varieties, especially whole fruits | 3 / 3 | | 3 / 3 | | 4 / 4 |
| | NC1 | Use only 100% juice with no added sweeteners | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | NC2 | Offer juice (100%) only during meal times | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC3 | Serve no more than 4 to 6 oz juice/day for children 1-6 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | NC4 | Serve no more than 8 to 12 oz juice/day for children 7-12 years of age | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | ND1 | Make water available both inside and outside | 4 / 4 | | 4 / 4 | | + 4 / 2 |
| | NE1 | Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE2 | Require adults eating meals with children to eat items that meet nutrition standards | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NF1 | Serve small-sized, age-appropriate portions | 4 / 4 | | 4 / 4 | | 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 | | 3 / 3 | | 3 / 3 |
| | NG1 | Limit salt by avoiding salty foods such as chips and pretzels | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NG2 | Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk | 1 / 1 | | 1 / 1 | | 1 / 1 |
| | NH1 | Do not force or bribe children to eat | 3 / 3 | | 3 / 3 | | 3 / 3 |
| NH2 | Do not use food as a reward or punishment | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| Physical Activity and Screen Time | PA1 | Provide children with adequate space for both inside and outside play | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | PA2 | Provide orientation and annual training opportunities for caregivers/teachers to learn age-appropriate gross motor activities and games that promote physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA3 | Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA4 | Require caregivers/teachers to promote children's active play, and participate in active games at times when they can safely do so | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA5 | Do not withhold active play from children who misbehave | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | PB1 | Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PB2 | Limit total media time for children 2 years and older to not more than 30 min. weekly | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PB3 | Use screen media with children age two years and older only for educational purposes or physical activity | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB4 | Do not utilize TV, video, or DVD viewing during meal or snack time | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PC1 | Provide daily for all children, birth to 6 years, two to three occasions of active play outdoors, weather permitting | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PC2 | Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PC3 | Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PD1 | Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PE1 | Ensure that infants have supervised tummy time every day when they are awake | 4 / 4 | | 4 / 4 | | 4 / 4 |
| PE2 | Use infant equipment such as swings, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all | 2 / 2 | | 2 / 2 | | 2 / 2 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

- Regulation fully meets the standard
- Regulation contradicts the standard

Rating Code:

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

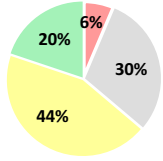
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

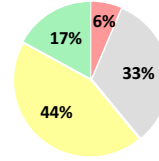
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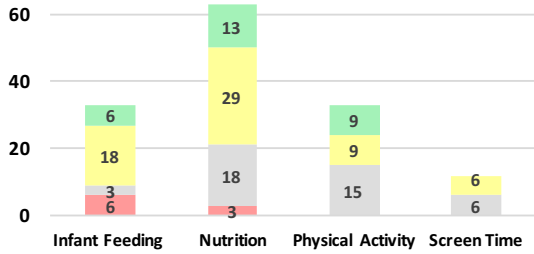
2016 Wisconsin Percentage of Ratings for All Healthy Weight Topic Areas



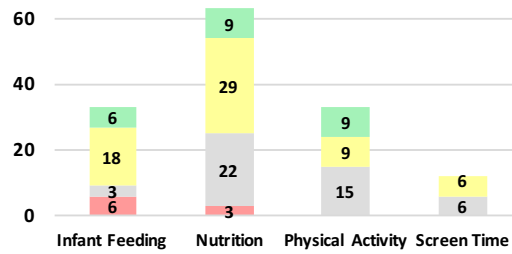
2010 Wisconsin Percentage of Ratings for All Healthy Weight Topic Areas



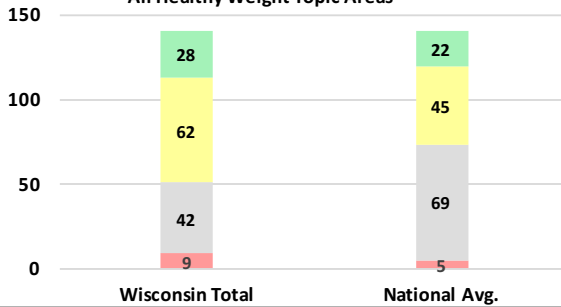
2016 Wisconsin Frequency of Each Ratings by Healthy Weight Practices Topic Area



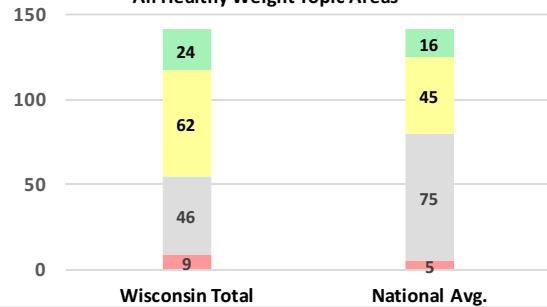
2010 Wisconsin Frequency of Each Rating by Healthy Weight Practices Topic Area



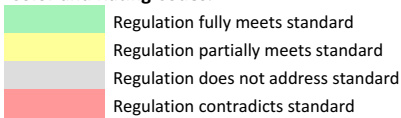
2016 Wisconsin and National Ratings for All Healthy Weight Topic Areas



2010 Wisconsin and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

NOTE: An asterisk after 2012 (2012*) signifies improved ratings in 2 indicators related to 2011 CACFP changes.

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

WYOMING

Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline

2016/2010

| | | Δ | CTR | Δ | LRG | Δ | SML |
|-----------------------------------|-----|-------|---------|-------|---------|-------|---------|
| Infant Feeding | IA1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IA2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IB1 | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | IB2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IB3 | | + 3 / 2 | | + 3 / 2 | | + 3 / 2 |
| | IC1 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | IC2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | IC3 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | ID1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | ID2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| ID3 | | 2 / 2 | | 2 / 2 | | 2 / 2 | |
| Nutrition | NA1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NA2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NA3 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NA4 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NA5 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NB1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NB2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NB3 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC3 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NC4 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | ND1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NE1 | | + 3 / 2 | | + 3 / 2 | | + 3 / 2 |
| | NE2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NF1 | | + 4 / 2 | | + 4 / 2 | | + 4 / 2 |
| | NF2 | | + 3 / 2 | | + 3 / 2 | | + 3 / 2 |
| | NG1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NG2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | NH1 | | - 3 / 4 | | - 3 / 4 | | - 3 / 4 |
| NH2 | | 3 / 3 | | 3 / 3 | | 3 / 3 | |
| Physical Activity and Screen Time | PA1 | | 4 / 4 | | 4 / 4 | | 4 / 4 |
| | PA2 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PA3 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA4 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PA5 | | 3 / 3 | | 3 / 3 | | 3 / 3 |
| | PB1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB3 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PB4 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PC1 | | + 3 / 2 | | + 3 / 2 | | + 3 / 2 |
| | PC2 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PC3 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PD1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| | PE1 | | 2 / 2 | | 2 / 2 | | 2 / 2 |
| PE2 | | 3 / 3 | | 3 / 3 | | 3 / 3 | |

Abbreviation Key: Δ=Change from baseline, CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home

Color Code:

-
 Regulation fully meets the standard
-
 Regulation contradicts the standard

Rating Code:

- 1 = Regulation contradicts the standard
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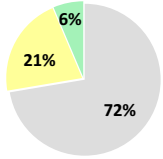
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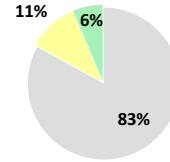
STATE PROFILES

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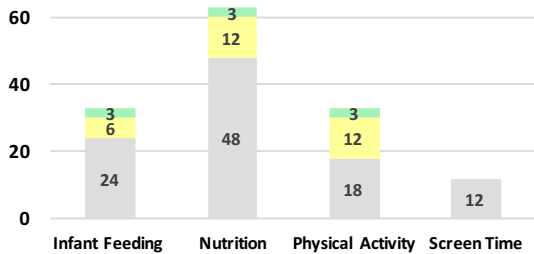
2016 Wyoming Percentage of Ratings for All Healthy Weight Topic Areas



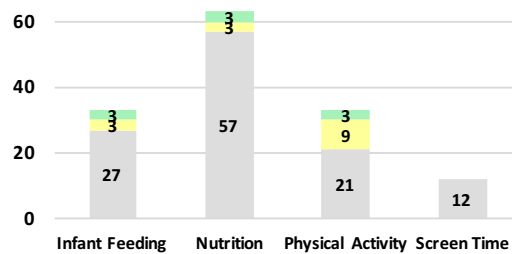
2010 Wyoming Percentage of Ratings for All Healthy Weight Topic Areas



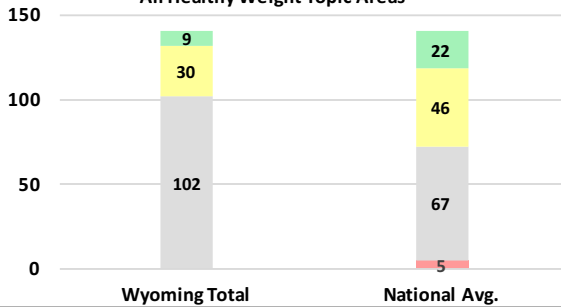
2016 Wyoming Frequency of Each Ratings by Healthy Weight Practices Topic Area



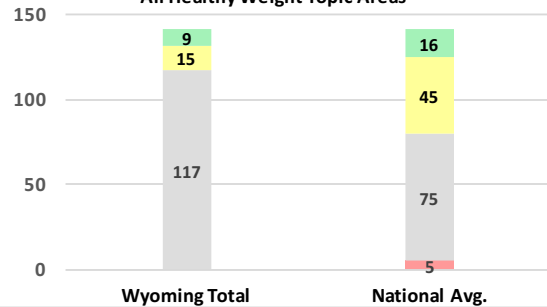
2010 Wyoming Frequency of Each Rating by Healthy Weight Practices Topic Area



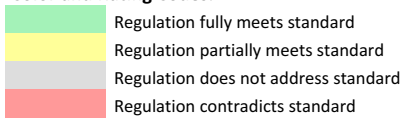
2016 Wyoming and National Ratings for All Healthy Weight Topic Areas



2010 Wyoming and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:

<http://nrckids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

TABLE 1: Assessment Years for Each State

Assessment Years for Each State (all states at baseline, and updated ratings when states made pertinent changes to their licensing regulations)

| State | Year Rated | | | | | | | State | Year Rated | | | | | | |
|----------------------|------------|------|------|------|------|------|------|----------------|------------|------|------|------|------|------|------|
| | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 | | 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 |
| Alabama | X | | X | | | | | Montana | X | | X | | | | |
| Alaska | X | | X | | | | | Nebraska | X | | X | X | | | |
| Arizona | X | X | | | | | | Nevada | X | | X | | | | |
| Arkansas | X | X | | | | X | | New Hampshire | X | | | | | | |
| California | X | | X | | | | | New Jersey | X | | | X | | | |
| Colorado | X | | X | | | X | X | New Mexico | X | | X | | X | | |
| Connecticut | X | | X | | | | | New York | X | | | | X | X | |
| Delaware | X | | X | | | X | | North Carolina | X | | X | X | | | |
| District of Columbia | X | | | | | | X | North Dakota | X | X | X | X | | | |
| Florida | X | | X | X | | | | Ohio | X | | X | | | | X |
| Georgia* | X | | X | | X | | | Oklahoma | X | | | | | | X |
| Hawaii | X | | X | | | | | Oregon | X | | X | | | | |
| Idaho | X | | | | | | | Pennsylvania | X | | | | | | |
| Illinois | X | | | | X | | | Rhode Island | X | | X | X | | | |
| Indiana | X | | | | | | | South Carolina | X | | X | | | | |
| Iowa | X | | X | | | | | South Dakota | X | | | | | | |
| Kansas | X | | X | X | | | | Tennessee | X | | | | | | |
| Kentucky | X | | | X | | | | Texas | X | | X | | X | | |
| Louisiana | X | | X | | | X | | Utah | X | | X | | | | |
| Maine | X | | X | | | | | Vermont | X | | | | | | X |
| Maryland | X | | X | | | X | | Virginia | X | | X | | | | |
| Massachusetts | X | | X | | | | | Washington | X | | X | | | | |
| Michigan | X | | X | | X | | | West Virginia | X | | X | | X | | |
| Minnesota | X | | X | | | | | Wisconsin | X | | X | | | | |
| Mississippi | X | | X | X | | | | Wyoming | X | | X | X | | | |
| Missouri | X | | | | | | X | | | | | | | | |

Legend:

| | |
|---|--|
| X | Baseline Rating in 2010 (all states, all regulated child care types, all variables) |
| X | Assessed new or changed rules in year indicated |
| X | Changed ratings due ONLY to automatic application of CACFP changes |
| X | Assessed new or changed rules and revised 2010 baseline ratings due to retirement of MyPyramid |
| | Revised 2010 baseline ratings only due only to retirement of MyPyramid |

*Georgia 2016: In October 2016, Georgia updated *Rules for Child Care Learning Centers Chapter 591-1-1*. The document was screened for ASHW 2016, but revealed no new text that changed the ratings of content related to ASHW indicators. The revised document newly specified a lower threshold of seven as the number of children to be cared for in a "Child Care Learning Center" or "Center." This chapter of Georgia regulations now covers programs previously regulated as Group Day Care Programs. *The Rules and Regulations, Group Day Care Homes, Chapter 290-2-1* (last updated March 16, 2014) have been removed from the Georgia Department of Early Care and Learning website (<http://dec.al.gov/CCS/RulesAndRegulations.aspx>). Thus, the care of children formerly in Group Day Care Programs continues to be regulated, but under the rules for center-based programs.

The previous Group Day Care regulations and the 2016 Center regulations were substantially consistent. The rating of only one ASHW variable differed: IA1-Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children on-site. IA1 was previously rated "3" for large/group family child care, but in 2016 has been re-assigned a rating of "4," consistent with the Georgia center rating. The ratings for the remaining 46 ASHW indicators were identical for the center and the large/group family child care regulations. The Georgia State Profile page in the 2016 Supplement continues to show both center and large/group family child care ratings, so that readers may view the consistent ratings. In 2017, the large/group family child care column will have ratings removed, and those ratings will be deleted from the ASHW national ratings database."

TABLE 2: State Documents Assessed for ASHW: 2010 to Date

| State | Regulation Document Title <small>For links to states' documents, click here</small> | Document Date | ASHW Assessment Year | Child Care Types Covered by Document | | |
|-----------|---|---------------|----------------------|--------------------------------------|-----|-----|
| | | | | CTR | LRG | SML |
| AL | Alabama | | | | | |
| | Minimum Standards for Family Day Care Homes, Family Nighttime Homes, Group Day Care Homes, and Group Nighttime Homes Regulations and Procedures | 1/22/2001 | 2010 | | X | X |
| | Minimum Standards for Day Care Centers and Nighttime Centers | 1/22/2001 | 2010 | X | | |
| AK | Alaska | | | | | |
| | Title 7 AAC 57- Child Care Facilities Licensing | 6/23/2006 | 2010 | X | X | X |
| AZ | Arizona | | | | | |
| | 9 A.A.C. 3, Arizona Dept. of Health Services, Child Care Group Homes | 9/1/2004 | 2010 | | X | |
| | 9 A.A.C. 5, Arizona Dept. of Health Services, Child Care Facilities | 9/30/2010 | 2010 | X | X | |
| | 6 A.A.C.5, Article 52: Arizona Dept. of Economic Security, Certification and Supervision of Family Child Care Home Providers (<i>document and associated ratings removed from ASHW assessment in 2015, retroactive to 2010</i>) | 5/19/1999 | 2010 | | | |
| | Arizona Bureau of Child Care Licensing for Child Care Group Homes | 9/2011 | 2011 | | X | |
| AR | Arkansas | | | | | |
| | Minimum Licensing Requirements for Child Care Centers | 3/2010 | 2010 | X | | |
| | Minimum Licensing Requirements for Child Care Family Homes | 3/2010 | 2010 | | X | |
| | Minimum Licensing Requirements for Voluntary Registered Child Care Family Homes | 3/2010 | 2010 | | | X |
| | Minimum Licensing Requirements for Child Care Centers | 11/1/2011 | 2011 | X | | |
| | Minimum Licensing Requirements for Child Care Family Homes | 11/1/2011 | 2011 | | X | |
| | Minimum Licensing Requirements for Registered Child Care Family Homes | 11/1/2011 | 2011 | | | X |
| | Minimum Licensing Requirements for Child Care Centers | 1/1/2015 | 2015 | X | | |
| | Minimum Licensing Requirements for Child Care Family Homes | 1/1/2015 | 2015 | | X | |
| | Minimum Licensing Requirements for Registered Child Care Family Homes | 1/1/2015 | 2015 | | | X |

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|-----------|---|--------------------|----------------------|--------------------------------------|-----|-----|
| | | | | CTR | LRG | SML |
| CA | California | | | | | |
| | Title 22, Division 12, Chapter 1, Articles 1, 2 - Child Care Centers General Licensing Requirements | 6/15/2005 | 2010 | X | | |
| | Title 22, Division 12, Chapter 1, Article 6 - Child Care Centers Continuing Requirements (continued) | 6/8/2005 | 2010 | X | | |
| | Title 22, Division 12, Chapter 1, Article 7 - Child Care Physical Environment | 11/1/2008 | 2010 | X | | |
| | Title 22, Division 12, Chapter 1 Subchapters 2, 3 - Child Care Infant Centers and School Age Day Care | 11/1/1998 | 2010 | X | | |
| | Community Care Licensing Division Child Care Update - Winter/Spring 2011 | Winter/Spring 2011 | 2012 | X | X | X |
| CO | Colorado | | | | | |
| | Volume of Child Care Facility Licensing | 5/1/2010 | 2010 | X | X | X |
| | Rules and Regulations Governing the Health and Sanitation of Child Care Facilities | 5/30/2005 | 2010 | | X | |
| | Rules Regulating Family Child Care Homes | 6/1/2012 | 2012 | | X | X |
| | Rules Regulating Child Care Centers (Less than 24 hrs) | 7/1/2012 | 2012 | X | X | |
| | General Rules for Child Care Facilities | 10/1/2015 | 2015 | X | X | X |
| | Rules Regulating Child Care Centers (Less than 24-hour care) | 2/1/2016 | 2016 | X | | |
| CT | Connecticut | | | | | |
| | Statutes and Regulations for Licensing Child Day Care Centers and Group Day Care Homes | 7/2009 | 2010 | X | X | |
| | Statutes and Regulations for Licensing Family Day Care Homes | 7/2009 | 2010 | | | X |
| DE | Delaware | | | | | |
| | Rules for Early Care and Education and School-Age Centers | 1/1/2007 | 2010 | X | | |
| | Rules for Large Family Child Care Homes | 1/1/2009 | 2010 | | X | |
| | Rules for Family Child Care Homes | 1/1/2009 | 2010 | | | X |

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|-----------|--|---------------|----------------------|--------------------------------------|-----|-----|
| | | | | CTR | LRG | SML |
| | Regulations for Early Care and Education and School-Age Centers | 7/1/2015 | 2015 | X | | |
| DC | Washington DC | | | | | |
| | DCMR 29 Public Welfare Chapter 3 Child Development Facilities | 4/27/2007 | 2010 | X | | X |
| | Title 5-A DCMR Chapter 1 Child Development Facilities: Licensing | 11/15/2016 | 2016 | X | X | X |
| FL | Florida | | | | | |
| | Chapter 65C-20 Family Day Care Standards and Large Family Child Care Homes <i>(ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)</i> | 1/13/2010 | 2010 | | X | X |
| | Chapter 65C-22 Child Care Standards <i>(ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)</i> | 1/13/2010 | 2010 | X | | |
| | 2012 Florida Child Care Statutes Section 402 | 2012 | 2012 | X | X | X |
| | Chapter 65C-22 Florida Administrative Code Child Care Standards | 8/2013 | 2013 | X | | |
| GA | Georgia | | | | | |
| | Rules and Regulations for Child Care Learning Centers | 1/1/2010 | 2010 | X | | |
| | Rules and Regulations for Group Day Care Homes | 1/1/2010 | 2010 | | X | |
| | Rules and Regulations for Family Day Care Homes | 1/1/2010 | 2010 | | | X |
| | Chapter 591-1-1 Rules for Child Care Learning Centers | 3/2014 | 2014 | X | | |
| | Chapter 290-2-1 Rules and Regulations Group Day Care Homes | 3/2014 | 2014 | | X | |
| | Chapter 290-2-3 Rules and Regulations Family Day Care Homes | 3/2014 | 2014 | | | X |
| HI | Hawaii | | | | | |
| | Title 17: Chapter 891.1 Registration of Family Child Care Homes | 12/19/2002 | 2010 | | | X |
| | Title 17: Chapter 892.1 Licensing of Group Child Care Centers and Group Child Care Homes | 12/19/2002 | 2010 | X | X | |
| | Title 17: Chapter 895 Licensing of Infant and Toddler Child Care Centers | 12/19/2002 | 2010 | X | | |
| | Title 17: Chapter 896 Licensing of Before and After School Child Care Facilities | 12/19/2002 | 2010 | X | | |

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|-----------|--|---------------|----------------------|--------------------------------------|-----|-----|
| | | | | CTR | LRG | SML |
| ID | Idaho | | | | | |
| | 16.06.02 Rules Governing Standards for Child Care Licensing | 7/1/2010 | 2010 | X | X | X |
| IL | Illinois | | | | | |
| | Part 406: Licensing Standards for Day Care Homes | 7/1/2008 | 2010 | | | X |
| | Part 407: Licensing Standards for Day Care Centers | 4/1/2010 | 2010 | X | | |
| | Part 408: Licensing Standards for Group Day Care Homes | 7/1/2008 | 2010 | | X | |
| | Part 407 Licensing Standards for Day Care Centers | 9/2014 | 2014 | X | | |
| IN | Indiana | | | | | |
| | Rule 1.1 Child Care Homes (470 IAC 3-1.1) | 7/3/1996 | 2010 | | | X |
| | Rule 1.2 Infant and Toddler Services in a Child Care Home (470 IAC 3-1.2-1 - 470 IAC 3-1.2-3) | 7/3/1996 | 2010 | | X | X |
| | Rule 1.3 Class II Child Care Homes (470 IAC 3-1.3.1) | 9/27/1996 | 2010 | | X | |
| | Rule 4.7 Child Care Centers; Licensing (470 IAC 3-4.7) | 11/7/2003 | 2010 | X | | |
| IA | Iowa | | | | | |
| | Chapter 109: Child Care Centers | 6/1/2010 | 2010 | X | | |
| | Chapter 110: Child Development Homes | 11/1/2009 | 2010 | | X | X |
| | Chapter 109: Child Care Centers | 5/1/2012 | 2012 | X | X | |
| KS | Kansas | | | | | |
| | Regulations for Licensing Preschools and Child Care Centers | 7/11/2008 | 2010 | X | | |
| | Regulations for Licensing Day Care Homes and Group Day Care Homes | 7/2008 | 2010 | | X | X |
| | Regulations for Licensing Preschools and Child Care Centers | 2/3/2012 | 2012 | X | | |
| | Regulations for Licensing Day Care Homes and Group Day Care Homes | 2/3/2012 | 2012 | | X | X |
| | Kansas Laws and Regulations for Licensing Day Care Homes and Group Day Care Homes for Children | 2/2012 | 2013 | | X | X |
| KY | Kentucky | | | | | |
| | 922 KAR 2:100 Certification of Family Child Care Homes | 3/19/2008 | 2010 | | | X |

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|-----------|--|---------------|----------------------|--------------------------------------|-----|-----|
| | | | | CTR | LRG | SML |
| | 922 KAR 2:120 Child Care Facility Health and Safety Standards | 3/19/2008 | 2010 | X | X | |
| | 922 KAR 2:120. Child-care Center Health and Safety Standards | 9/2013 | 2013 | X | X | |
| LA | Louisiana | | | | | |
| | Child Day Care Center Class A Minimum Standards | 11/1/2003 | 2010 | X | | |
| | Child Day Care Center Class B Minimum Standards | 10/1/2000 | 2010 | X | | |
| | Bulletin 137—Louisiana Early Learning Center Licensing Regulations | 7/1/2015 | 2015 | X | X | |
| ME | Maine | | | | | |
| | Rules for the Licensing of Child Care Facilities | 8/27/2008 | 2010 | X | X | |
| | Rules for Family Child Care Providers | 09/1/2009 | 2010 | | X | X |
| MD | Maryland | | | | | |
| | COMAR 13A. 15. 01 - Family Child Care | 4/19/2010 | 2010 | | | X |
| | COMAR 13A. 16. 01 - Child Care Centers | 4/19/2010 | 2010 | X | X | |
| | COMAR 13A. 18.- Large Family Child Care Homes | 2/6/2012 | 2012 | | X | |
| | Title 13A State Board of Education Subtitle 15 Family Child Care | 7/20/2015 | 2015 | | | X |
| | Title 13A State Board of Education Subtitle 16 Child Care Centers | 7/20/2015 | 2015 | X | | |
| | Title 13A State Board of Education Subtitle 18 Large Family Child Care Homes | 7/20/2015 | 2015 | | X | |
| MA | Massachusetts | | | | | |
| | Standards for the Licensure of Child Care Programs | 10/2010 | 2010 | X | X | X |
| MI | Michigan | | | | | |
| | Licensing Rules for Child Care Centers | 6/4/2008 | 2010 | X | | |
| | Licensing Rules for Family and Group Child Care Homes | 6/3/2009 | 2010 | | X | X |
| | Licensing Rules for Child Care Centers | 1/2014 | 2014 | X | | |
| MN | Minnesota | | | | | |
| | Chapter 9502 Licensing of Day Care Facilities | 10/8/2007 | 2010 | | X | X |
| | Chapter 9503 Licensing Requirements for Child Care Centers | 10/8/2007 | 2010 | X | | |
| MS | Mississippi | | | | | |

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|-----------|--|---------------|----------------------|--------------------------------------|-----|-----|
| | | | | CTR | LRG | SML |
| | Regulations Governing Licensure of Child Care Facilities | 7/1/2009 | 2010 | X | | |
| | Regulations Governing Licensure of Child Care Facilities for 12 or Fewer Children in the Operators Home | 7/1/2009 | 2010 | | X | X |
| | Regulations Governing Licensure of Child Care Facilities for 12 or Fewer Children in the Operator's Home | 8/2013 | 2013 | | X | X |
| | Regulations Governing Licensure of Child Care Facilities | 8/2013 | 2013 | X | | |
| MO | Missouri | | | | | |
| | Licensing Rules for Group Child Care Homes and Child Care Centers | 1/2002 | 2010 | X | X | |
| | Licensing Rules for Family Child Care Homes | 5/2002 | 2010 | | X | X |
| | Licensing Rules for Group Child Care Homes and Child Care Centers | 2016 | 2016 | X | X | |
| | Licensing Rules for Family Day Care Homes | 2016 | 2016 | | | X |
| MT | Montana | | | | | |
| | Licensing Requirements for Child Day Care Centers | 9/1/2006 | 2010 | X | | |
| | Requirements for Registration of Family and Group Day Care Homes | 9/1/2006 | 2010 | | X | X |
| NE | Nebraska | | | | | |
| | Family Child Care Home Standards Chapter 6 | 3/1998 | 2010 | | X | X |
| | Child Care Center Standards Chapter 8 | 3/1998 | 2010 | X | | |
| | Chapter 1 Family Child Care Home I | 2/2013 | 2013 | | | X |
| | Chapter 2 Family Child Care Home II | 2/2013 | 2013 | | X | |
| NV | Nevada | | | | | |
| | Chapter 432A Services and Facilities for Care of Children | 10/31/2007 | 2010 | X | X | X |
| | Regulation R112-06 | 1/2010 | 2010 | X | X | X |
| | Chapter 432A Services and Facilities for Care of Children | 8/1/2012 | 2012 | X | X | X |
| NH | New Hampshire | | | | | |
| | Child Care Program Licensing Rules | 2008-2016 | 2010 | X | X | X |
| NJ | New Jersey | | | | | |

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|-----------|---|---------------|----------------------|--------------------------------------|-----|-----|
| | | | | CTR | LRG | SML |
| | Chapter 122 - Manual of Requirements for Child Care Centers | 8/25/2009 | 2010 | X | X | |
| | Chapter 126 - Manual of Requirements for Family Child Care Registration | 8/25/2009 | 2010 | | | X |
| | Chapter 122 Manual of Requirements for Child Care Centers | 9/2013 | 2013 | X | X | |
| NM | New Mexico | | | | | |
| | Title 8 Social Services Chapter 16 Part 2 Child Care Centers, Before and After School Programs, Family Child Care Homes and Other Early Care and Education Programs | 6/30/2010 | 2010 | X | X | X |
| | Title 8 Social Services Chapter 16 Part 2- Child Care Centers, Before and After School Programs Family Child Care Homes and Other Early Care and Education Programs | 11/20/2012 | 2012 | X | X | X |
| | Title 8 Chapter 16 Child Care Licensing: Child Care Centers, Out of School Time Programs, Family Child Care Homes, and Other Early Care and Education Programs | 7/2014 | 2014 | X | X | X |
| NY | New York | | | | | |
| | Part 416: Group Family Day Care Homes | 1/31/2005 | 2010 | | X | |
| | Part 417: Family Day Care Homes | 1/31/2005 | 2010 | | | X |
| | Part 418_1: Day Care Centers | 1/31/2005 | 2010 | X | | |
| | Part 418_2: Small Day Care Centers | 1/31/2005 | 2010 | X | | |
| | Section 416 Group Family Day Care Homes | 5/2014 | 2014 | | X | |
| | Section 417 Family Day Care Homes | 5/2014 | 2014 | | | X |
| | Part 418-1: Day Care Centers | 6/2015 | 2015 | X | | |
| | Part 418-2: Small Day Care Centers | 6/2015 | 2015 | | X | |
| NC | North Carolina | | | | | |
| | Chapter 9 - Child Care Rules | 8/1/2010 | 2010 | X | X | X |
| | Chapter 110- Article 7 | 8/1/2012 | 2012 | X | X | X |
| | Requirements for Family Child Care Homes | 12/1/2012 | 2012 | | X | X |
| | Family Child Care Home Requirements | 5/2013 | 2013 | | X | X |

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| | | | | | | |
|------|------|------|------|------|------|------|
| 2010 | 2011 | 2012 | 2013 | 2014 | 2015 | 2016 |
|------|------|------|------|------|------|------|

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|-----------|--|---------------|----------------------|--------------------------------------|-----|-----|
| | | | | CTR | LRG | SML |
| | Chapter 9- Child Care Rules | 1/2013 | 2013 | X | X | X |
| ND | North Dakota | | | | | |
| | Family Child Care Homes Early Childhood Services Chapter 75-03-08 | 1/1/1999 | 2010 | | | X |
| | Group Child Care Homes Early Childhood Services Chapter 75-03-09 | 1/1/1999 | 2010 | | X | |
| | Child Care Center Early Childhood Services Chapter 75-03-10 | 1/1/1999 | 2010 | X | | |
| | Family Child Care Homes Early Childhood Services Chapter 75-03-08 | 4/2011 | 2011 | | | X |
| | Group Child Care Homes Early Childhood Services Chapter 75-03-09 | 4/2011 | 2011 | | X | |
| | Child Care Center Early Childhood Services Chapter 75-03-10 | 4/2011 | 2011 | X | | |
| | Early Childhood Services Policies and Procedures Service Chapter 620-01 | 09/2013 | 2013 | X | X | X |
| OH | Ohio | | | | | |
| | Child Care Center Manual | 6/21/2010 | 2010 | X | | |
| | Child Care Type A Home Manual | 6/8/2010 | 2010 | | X | |
| | Child Care Type B Home Manual | 2/16/2010 | 2010 | | | X |
| | Child Care Center Manual | 12/23/2016 | 2016 | X | | |
| | Family Care Center Manual | 12/23/2016 | 2016 | | X | X |
| OK | Oklahoma | | | | | |
| | Licensing Requirements for Child Care Centers | 10/1/2009 | 2010 | X | | |
| | Licensing Requirements for Family Child Care Homes and Large Child Care Homes | 7/1/2010 | 2010 | | X | X |
| | Licensing Requirements for Child Care Programs | 1/1/2016 | 2016 | X | | |
| OR | Oregon | | | | | |
| | Rules For Certified Child Care Centers | 1/1/2010 | 2010 | X | | |
| | Rules For Certified Family Child Care Homes | 1/1/2010 | 2010 | | X | |
| | Rules for Registered Family Child Care Homes | 1/1/2010 | 2010 | | | X |
| PA | Pennsylvania | | | | | |
| | Chapter 3270 - Child Day Care Centers | 5/2009 | 2010 | X | | |

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|-----------|--|---------------|----------------------|--------------------------------------|-----|-----|
| | | | | CTR | LRG | SML |
| | Chapter 3280 - Group Child Day Care Homes | 7/2009 | 2010 | | X | |
| | Chapter 3290 - Family Child Day Care Homes | 7/2009 | 2010 | | | X |
| RI | Rhode Island | | | | | |
| | Child Day Care Center Regulations for Licensure | 1993 | 2010 | X | | |
| | Family Child Care Home Regulations for Licensure | 10/1/2007 | 2010 | | | X |
| | Group Family Child Care Home Regulations for Licensure | 10/1/2007 | 2010 | | X | |
| | Child Care Program Regulations for Licensure | 11/2013 | 2013 | X | | |
| SC | South Carolina | | | | | |
| | Regulations for the Licensing of Group Child Care Homes | 5/19/2005 | 2010 | | X | |
| | Regulations for the Licensing of Child Care Centers | 5/16/2005 | 2010 | X | | |
| SD | South Dakota | | | | | |
| | Chapter 67:42:03 Family Day Care Homes <i>(ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)</i> | 9/29/2004 | 2010 | | | X |
| | Chapter 67:42:04 Group Family Day Care Homes <i>(ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)</i> | 9/29/2004 | 2010 | | X | |
| | Chapter 67:42:10 Day Care Centers <i>(ratings based on MyPyramid removed from ASHW assessment in 2013, due to retirement of MyPyramid, retroactive to 2010)</i> | 9/29/2004 | 2010 | X | | |
| TN | Tennessee | | | | | |
| | Chapter 1240-4-1 Standards for Group Child Care Homes | 3/14/2009 | 2010 | | X | |
| | Chapter 1240-4-3 Licensure Rules for Child Care Centers | 3/14/2009 | 2010 | X | | |
| | Chapter 1240-4-4 Standards for Family Child Care Homes | 3/14/2009 | 2010 | | | X |
| | Chapter 1240-4-12 Registration of Family Day Care Homes | 12/13/1990 | 2010 | | | X |
| TX | Texas | | | | | |
| | Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers | 3/1/2008 | 2010 | X | | |

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|-----------|--|---------------|----------------------|--------------------------------------|-----|-----|
| | | | | CTR | LRG | SML |
| | Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes | 6/1/2008 | 2010 | | X | X |
| | Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers (replacement pages) | 3/1/2012 | 2012 | X | | |
| | Chapter 747: Minimum Standard Rules for Registered and Licensed Child-Care Homes (replacement pages) | 3/1/2012 | 2012 | | X | X |
| | Chapter 746: Minimum Standards for Child-Care Centers | 6/2014 | 2014 | X | | |
| | Chapter 747: Minimum Standards for Child-Care Homes | 6/2014 | 2014 | | X | X |
| UT | Utah | | | | | |
| | R430-50 Residential Certificate Child Care Standards | 9/1/2008 | 2010 | | | X |
| | R430-90 Licensed Family Child Care | 9/1/2008 | 2010 | | X | |
| | R430-100 Child Care Centers | 7/1/2009 | 2010 | X | | |
| VT | Vermont | | | | | |
| | Early Childhood Programs Licensing Regulations | 2/12/2001 | 2010 | X | | |
| | Family Child Care Licensing Regulations | 2/12/2001 | 2010 | | X | X |
| | Regulations for Family Day Care Homes | 9/17/2009 | 2010 | | | X |
| | Child Care Licensing Regulations: Center Based Child Care and Preschool Programs | 9/1/2016 | 2016 | X | | |
| | Child Care Licensing Regulations: Registered and Licensed Family Child Care Homes | 9/1/2016 | 2016 | | X | X |
| VA | Virginia | | | | | |
| | Standards for Licensed Child Day Centers | 3/6/2008 | 2010 | X | | |
| | Standards for Licensed Family Day Homes | 3/2011 | 2011 | | X | X |
| WA | Washington | | | | | |
| | Chapter 170-295 Minimum Licensing Requirements for Child Day Care Centers | 5/31/2008 | 2010 | X | | |
| | Chapter 170-296 Child Care Business Regulations for Family Home Child Care | 5/31/2008 | 2010 | | X | X |

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Color Code: Update years highlighted as follows:



TABLE 2: State Documents Assessed for ASHW: 2010 to Date

| State | Regulation Document Title <small>For links to states' documents, click here</small> | Document Date | ASHW Assessment Year | Child Care Types Covered by Document | | |
|-----------|--|---------------|----------------------|--------------------------------------|-----|-----|
| | | | | CTR | LRG | SML |
| | Chapter 170-296A Licensed Family Home Child Care Standards | 5/8/2012 | 2012 | | X | X |
| WV | West Virginia | | | | | |
| | Title 78, Series 1, Child Care Centers Licensing | 5/20/2009 | 2010 | X | | |
| | Title 78, Series 18, Family Child Care Facility Licensing Requirements | 7/1/2007 | 2010 | | X | |
| | Title 78, Series 19, Family Child Care Home Registration Requirements | 7/1/2007 | 2010 | | | X |
| | Title 78 Child Care Centers Licensing | 7/2014 | 2014 | X | | |
| WI | Wisconsin | | | | | |
| | DCF 202 - Child Care Certification | 11/2008 | 2010 | | | X |
| | DCF 250 - Licensing Rules for Family Child Care Centers | 1/1/2009 | 2010 | | | X |
| | DCF 251 - Licensing Rules for Group Child Care Centers | 1/1/2009 | 2010 | X | X | |
| WY | Wyoming | | | | | |
| | Administrative Rules For Certification of Child Care Facilities | 9/1/2008 | 2010 | X | X | X |
| | Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes | 4/1/2012 | 2012 | X | X | X |
| | Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers | 4/1/2012 | 2012 | X | X | X |
| | Chapter 6 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Homes | 12/2013 | 2013 | | | X |
| | Chapter 7 Administrative Rules for Certification of Child Care facilities Rules relating specifically to Family Child Care Centers | 12/2013 | 2013 | | X | |
| | Chapter 8- Administrative Rules for Certification of Child Care facilities Rules relating specifically to Child Care Centers | 12/2013 | 2013 | X | | |

Key to Abbreviations: CTR - Child Care Center, LRG = Large Family Child Care Home, SML = Small Family Child Care Home

Color Code: Update years highlighted as follows:

