



ACHIEVING A STATE OF HEALTHY WEIGHT 2018 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

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

ACKNOWLEDGEMENTS

NRC Director

Marilyn J. Krajicek, EdD, RN, FAAN

Research Associate and NRC Evaluator

Geraldine Steinke, PhD

2018 Healthy Weight Project Manager, Rater 1

Alison Pilsner, MPH, BSN, RN, CLC

Rater 2

Linda Satkowiak, ND, RN

Rater 3

Nicole R. Patterson, MSACN, NDTR

Advisors

Amy Lowry Warnock, MPA

CAPT Meredith Reynolds, PhD;

Early Care and Education Team Lead

Centers for Disease Control and Prevention

Division of Nutrition, Physical Activity and Obesity

Photo Credit

Community Partnership for Child Development

El Paso County, Colorado

Copyright 2019, National Resource Center for Health and Safety in Child Care and Early Education.

Suggested citation: National Resource Center for Health and Safety in Child Care and Early Education. 2019. *Achieving a state of healthy weight 2018 supplement: state profiles*. Aurora, CO: University of Colorado Anschutz Medical Campus. [<https://nrckids.org/HealthyWeight>]

Support for this project was provided by McKing Consulting Corporation (Project #UCDCN-02-4574) under McKing's prime contract number with the Department of Health and Human Services, Centers for Disease Control and Prevention.

The National Resource Center for Health and Safety in Child Care and Early Education (NRC) is a program of the University of Colorado College of Nursing, Anschutz Medical Campus, Aurora, Colorado.

TABLE OF CONTENTS

INTRODUCTION	1
INDIVIDUAL STATE PROFILES	2
TABLE 1. ASSESSMENT YEARS FOR EACH STATE	106
TABLE 2. STATE DOCUMENTS RATED FOR ASHW: 2010 TO DATE	107

Note: The full [ASHW 2018 Report](#) (released August 2019) contains the introduction, methods, and results of the 2018 assessment.

INTRODUCTION

Achieving a State of Healthy Weight 2018 Supplement: State Profiles is a compilation of supporting information and state-specific results of the ASHW 2018 assessment,¹ the eighth 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- 2018),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)*.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: (HWP = healthy weight practices)

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

Use of the ASHW 2018 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.”^{5,p124} 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 2018. 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 Rated for ASHW: 2010 to Date

NOTES:

- ¹ National Resource Center for Health and Safety in Child Care and Early Education. (2019). *Achieving a state of healthy weight: 2018 update*. Aurora, CO: University of Colorado Denver. <https://nrckids.org/HealthyWeight>
- 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 (2011-2017) may be accessed @ https://cfoc.nrckids.org/files/regulations_report_2010.pdf
- ³ American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. (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.
- ⁴ American Academy of Pediatrics, American Public Health Association, and National Resource Center for Health and Safety in Child Care and Early Education. *Preventing Childhood Obesity in Early Care and Education Programs: Selected Standards from Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd edition*. Elk Grove Village, IL: American Academy of Pediatrics:2010.
- ⁵ Buscemi J, Kanwischer K, Becker AB, Ward DS, Fitzgibbon ML; Society of Behavioral Medicine Health Policy Committee. Society of Behavioral Medicine position statement: early care and education (ECE) policies can impact obesity prevention among preschool-aged children. *Transl Behav Med*. 2015 Mar;5(1):122-5. doi: 10.1007/s13142-014-0297-5. Accessed July 1, 2019.

STATE PROFILES

Guide to State Profiles

In the following state profiles, *ASHW* results for each state through 2018 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 tables 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, 2018. 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 child care type column, see most recent year ratings on left / baseline ratings on right.

A plus (+) or minus (-) to the left of each child 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 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

		2018/2010						
		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		+ / 2	
	IB2 Do not feed infants beyond satiety. Allow infant to stop the feeding		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		+ / 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	
	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	
	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	
	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		- / 3	
	ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age		1 / 1		1 / 1		- / 3	
	ID3 Serve no fruit juice to children younger than 12 months of age		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
		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	
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	
NA5 Serve skim or 1% pasteurized milk to children 2 years of age and older			+ / 3		+ / 2		+ / 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		3 / 3		3 / 3	
NB3 Serve fruits of several varieties, especially whole fruits			- / 3		3 / 3		3 / 3	
NC1 Use only 100% juice with no added sweeteners			+ / 4		4 / 4		4 / 4	
NC2 Offer juice (100%) only during meal times			- / 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	
NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age			- / 3		3 / 3		3 / 3	
ND1 Make water available both inside and outside			+ / 4		+ / 2		+ / 2	
Physical Activity and Screen Time	NE1 Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs		- / 2		2 / 2		2 / 2	
	NE2 Require adults eating meals with children to eat items that meet nutrition standards		- / 2		2 / 2		2 / 2	
	NF1 Serve small-sized, age-appropriate portions		+ / 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	
	NG1 Limit salt by avoiding salty foods such as chips and pretzels		- / 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	
	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

(Change) Code:
 + = Improved Rating
 - = Lowered Rating

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

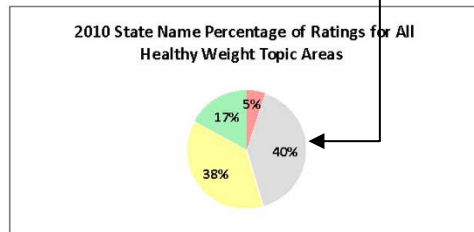
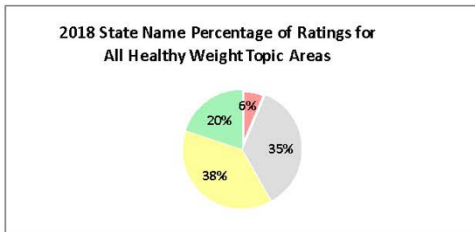
STATE PROFILES

Guide to State Profiles (cont.)

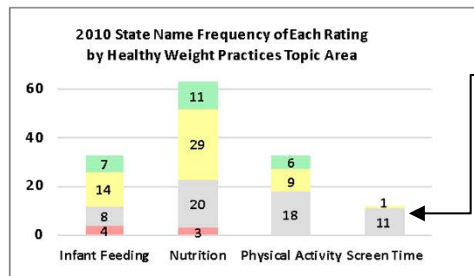
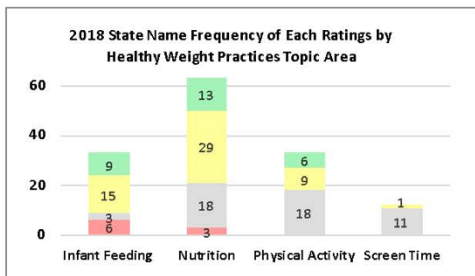
Second Page of State Profile

STATE NAME

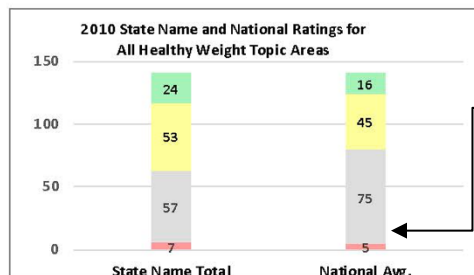
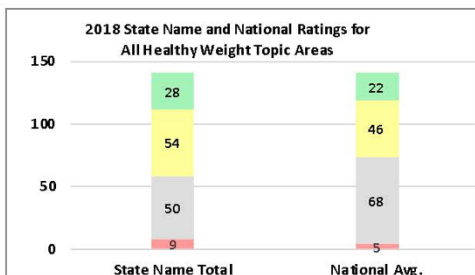
When two pie charts depict the relative frequencies of the state's ratings (1-4) in the baseline year (right) and most recently rated year (left). See Color and Rating Codes at bottom of page. Sum of % may ≠ 100 due to rounding.



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 rating 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

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

"State Name" Regulation Rating History: 2010 (CTR, LRG, SML); 2018 (CTR, LRG, SML)

A listing of all documents rated for ASHW, 2010 to date, is available at the following link:
<http://nrckids.org/files/ASHWDocumentsAssessed.pdf>

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

2018/2010

		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 / 3	-	2 / 3	-	2 / 3
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided	-	2 / 4	-	2 / 4	-	2 / 4
	IB1	Feed infants on cue		4 / 4	-	2 / 4	-	2 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	-	2 / 4	-	2 / 4	-	2 / 4
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap		4 / 4		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 / 3	-	2 / 3	-	2 / 3
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	-	2 / 3	-	2 / 3	-	2 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	-	2 / 3	-	2 / 3	-	2 / 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	+	2 / 1	+	2 / 1	+	2 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	+	2 / 1	+	2 / 1	+	2 / 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	-	2 / 3	-	2 / 3	-	2 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	-	2 / 3	-	2 / 3	-	2 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity		2 / 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		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	-	2 / 4	-	2 / 4	-	2 / 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 / 3	-	2 / 3	-	2 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	-	2 / 3	-	2 / 3	-	2 / 3
	ND1	Make water available both inside and outside	+	4 / 3		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		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 / 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	+	2 / 1	+	2 / 1	+	2 / 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		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 / 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

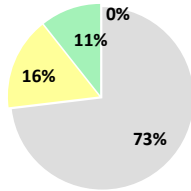
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

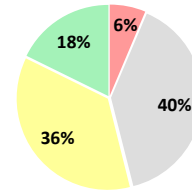
STATE PROFILES

ALABAMA

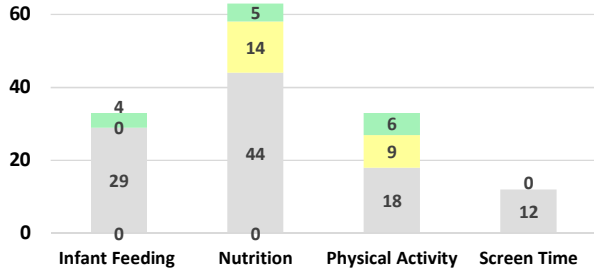
2018 Alabama Percentage of Ratings for All Healthy Weight Topic Areas



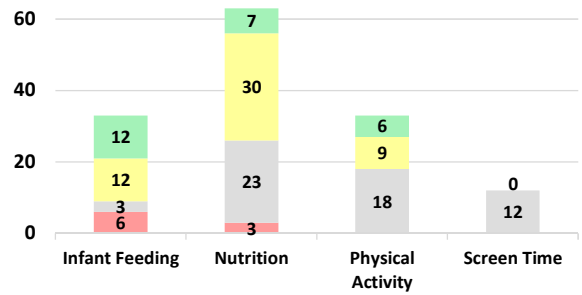
2010 Alabama Percentage of Ratings for All Healthy Weight Topic Areas



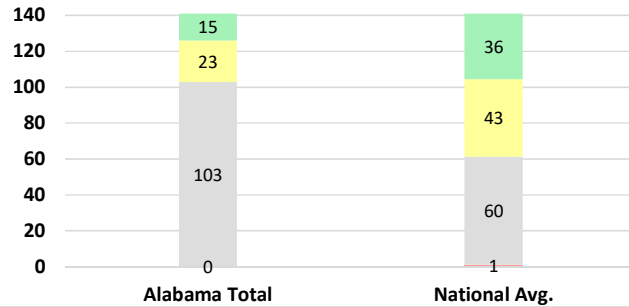
2018 Alabama Frequency of Each Rating by Healthy Weight Topic Area



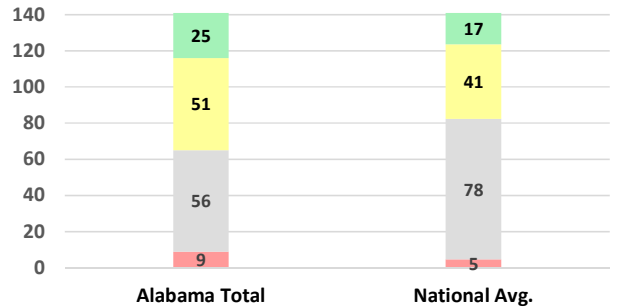
2010 Alabama Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

Alabama Regulation Rating History: 2010 (CTR, LRG, SML); 2012*; 2018 (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://nrkids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

ALASKA

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

2018/2010

		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	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	4 / 4	4 / 4	4 / 4	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	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	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 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	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 1	+ 4 / 1	+ 4 / 1	+ 4 / 1	+ 4 / 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	+ 3 / 2	+ 3 / 2	+ 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	+ 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	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	
ND1	Make water available both inside and outside	+ 4 / 2	+ 4 / 2	+ 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	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	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1	
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	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	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	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	4 / 4	4 / 4	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	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	4 / 4	4 / 4	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	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	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

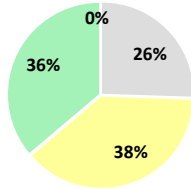
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

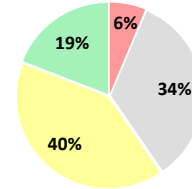
STATE PROFILES

ALASKA

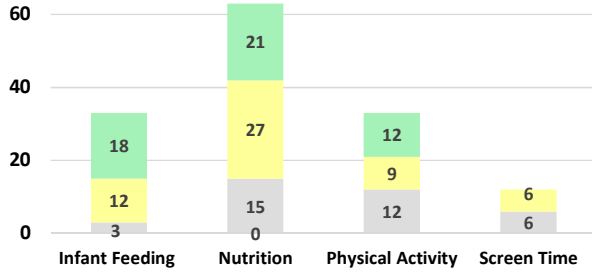
2018 Alaska Percentage of Ratings for All Healthy Weight Topic Areas



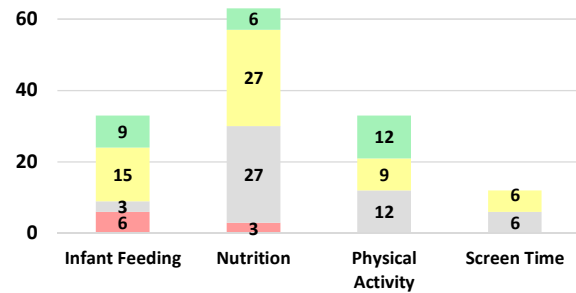
2010 Alaska Percentage of Ratings for All Healthy Weight Topic Areas



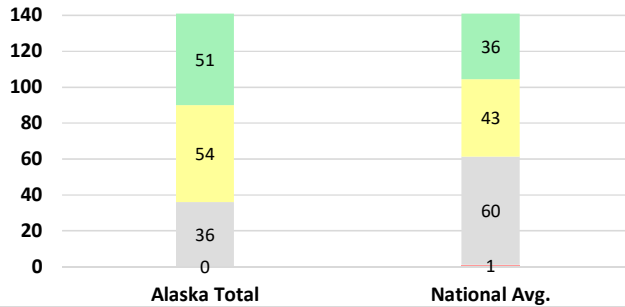
2018 Alaska Frequency of Each Rating by Healthy Weight Topic Area



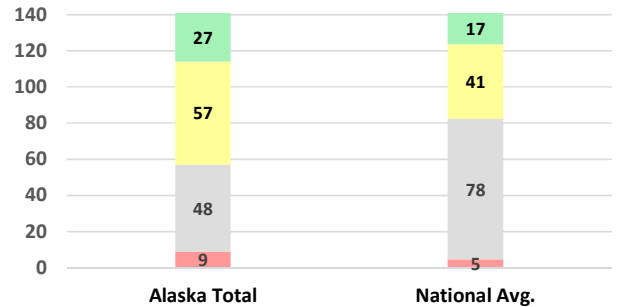
2010 Alaska Frequency of Each Rating by Healthy Weight Topic Area



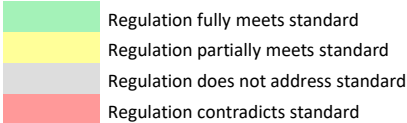
2018 Alaska and National Ratings for All Healthy Weight Topic Areas



2010 Alaska and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

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

An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

2018/2010

		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	-	3 / 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
Nutrition	ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2		2 / 2		0 / 0
	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		4 / 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 = Not regulated

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

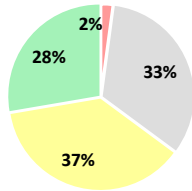
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

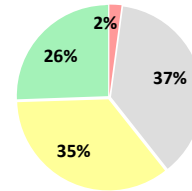
STATE PROFILES

ARIZONA

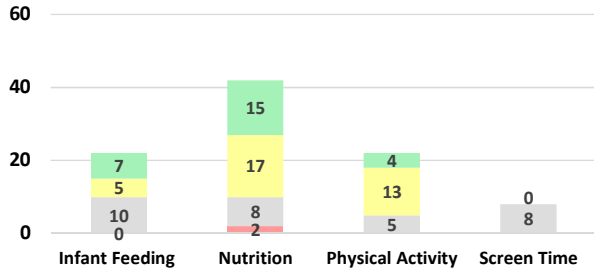
2018 Arizona Percentage of Ratings for All Healthy Weight Topic Areas



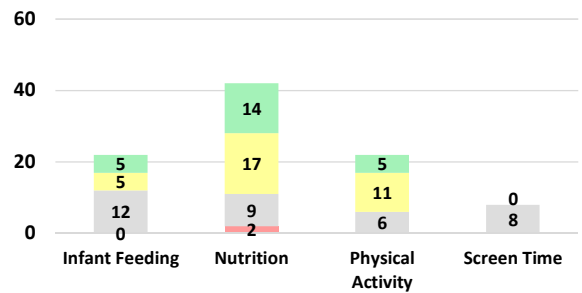
2010 Arizona Percentage of Ratings for All Healthy Weight Topic Areas



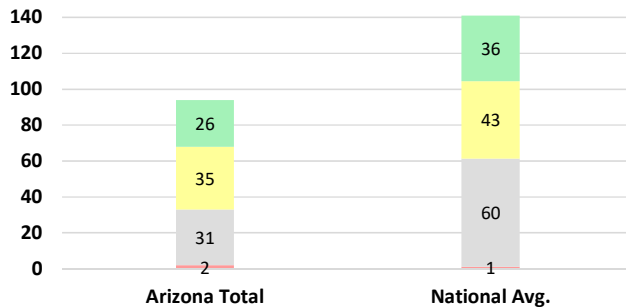
2018 Arizona Frequency of Each Rating by Healthy Weight Topic Area



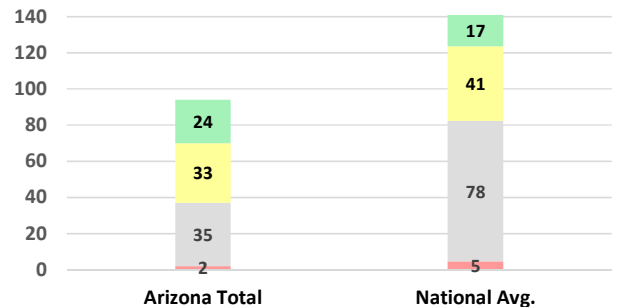
2010 Arizona Frequency of Each Rating by Healthy Weight Topic Area



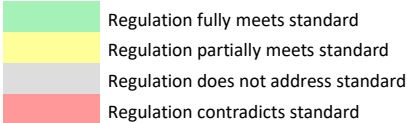
2018 Arizona and National Ratings for All Healthy Weight Topic Areas



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

2018/2010

		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	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	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 / 3	+	4 / 3	+	4 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	4 / 3	+	4 / 3	+	4 / 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 / 1	+	3 / 1	+	3 / 1
Nutrition	ID3	Serve no fruit juice to children younger than 12 months of age	4 / 1	+	4 / 1	+	4 / 1
	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	2 / 2		2 / 2		2 / 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 / 2	+	4 / 2	+	4 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	4 / 3	+	4 / 3	+	4 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4 / 3	+	4 / 3	+	4 / 3
	ND1	Make water available both inside and outside	3 / 3	+	4 / 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	3 / 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	+	3 / 1	+	3 / 1
NH1	Do not force or bribe children to eat	4 / 2	+	4 / 3	+	4 / 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	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		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 / 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	+	3 / 2	+	3 / 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	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

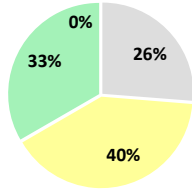
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

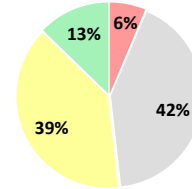
STATE PROFILES

ARKANSAS

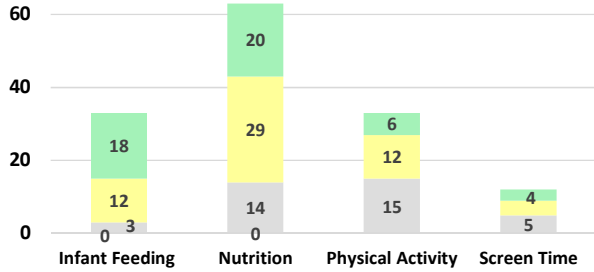
2018 Arkansas Percentage of Ratings for All Healthy Weight Topic Areas



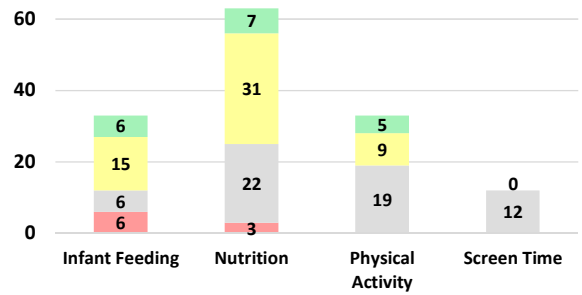
2010 Arkansas Percentage of Ratings for All Healthy Weight Topic Areas



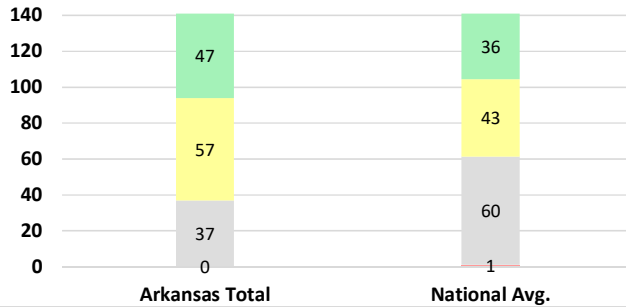
2018 Arkansas Frequency of Each Rating by Healthy Weight Topic Area



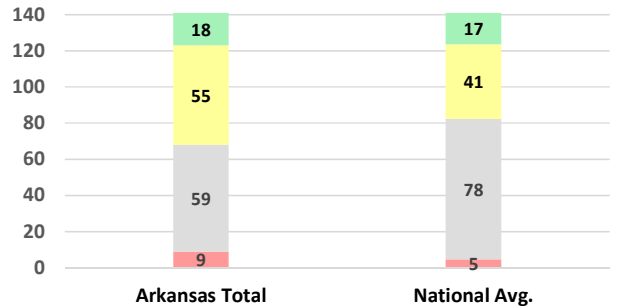
2010 Arkansas Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

Arkansas Regulation Rating History: 2010 (CTR, LRG, SML); 2011 (CTR, LRG, SML); 2015 (CTR, LRG, SML); 2017*
 NOTE: An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

CALIFORNIA

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

2018/2010

		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	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	2 / 2	2 / 2		2 / 2
	IB1	Feed infants on cue	4 / 4	2 / 2	2 / 2		2 / 2
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4 / 4	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	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	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	+ 4 / 3	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	+ 4 / 3	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
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+ 3 / 1	2 / 2	2 / 2		2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 1	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
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats	3 / 3	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	3 / 3	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	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
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	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	2 / 2	2 / 2		2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	4 / 4	2 / 2	2 / 2		2 / 2
	NC1	Use only 100% juice with no added sweeteners	4 / 4	+ 4 / 2	+ 4 / 2		+ 4 / 2
	NC2	Offer juice (100%) only during meal times	+ 4 / 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	+ 4 / 3	+ 3 / 2	+ 3 / 2		+ 3 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 3	+ 3 / 2	+ 3 / 2		+ 3 / 2
	ND1	Make water available both inside and outside	4 / 4	+ 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		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	2 / 2	2 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4	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	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
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	+ 3 / 1	+ 3 / 2	+ 3 / 2		+ 3 / 2
	NH1	Do not force or bribe children to eat	2 / 2	3 / 3	3 / 3		3 / 3
NH2	Do not use food as a reward or punishment	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	2 / 2	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
	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
	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
	PA5	Do not withhold active play from children who misbehave	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
	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
	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
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	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	2 / 2	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		2 / 2
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3 / 3	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	3 / 3	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
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	

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

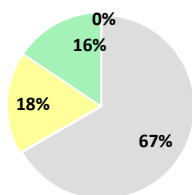
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

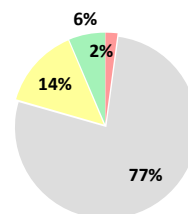
STATE PROFILES

CALIFORNIA

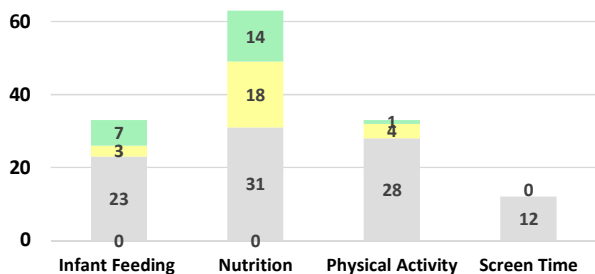
2018 California Percentage of Ratings for All Healthy Weight Topic Areas



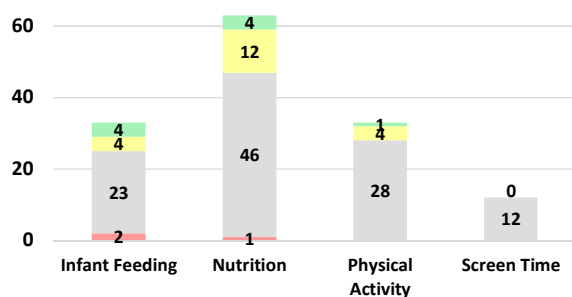
2010 California Percentage of Ratings for All Healthy Weight Topic Areas



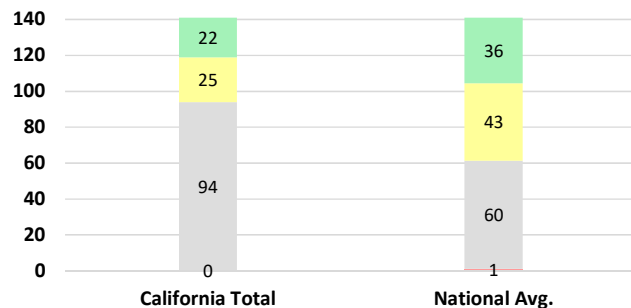
2018 California Frequency of Each Rating by Healthy Weight Topic Area



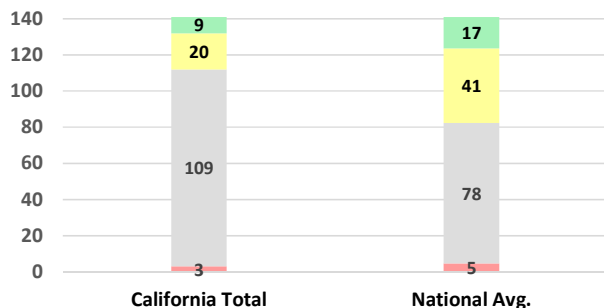
2010 California Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

NOTE: An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

COLORADO

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

2018/2010

		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		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 / 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	+	4 / 2	+	4 / 3	+	4 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 2	+	4 / 3	+	4 / 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	+	3 / 2	+	3 / 1	+	3 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 2	+	4 / 1	+	4 / 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	+	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 / 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	+	4 / 2	+	4 / 2
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 / 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

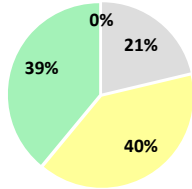
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

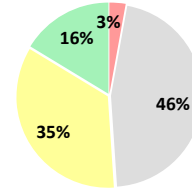
STATE PROFILES

COLORADO

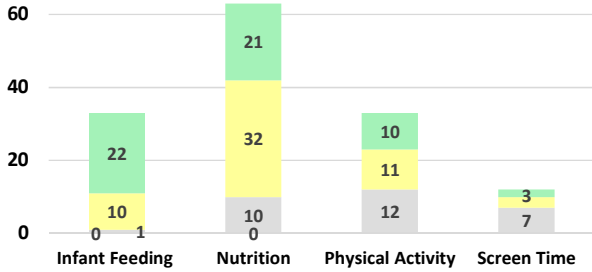
2018 Colorado Percentage of Ratings for All Healthy Weight Topic Areas



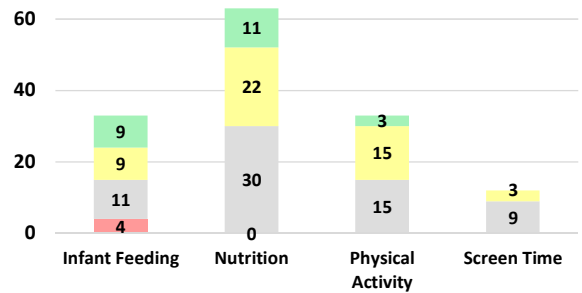
2010 Colorado Percentage of Ratings for All Healthy Weight Topic Areas



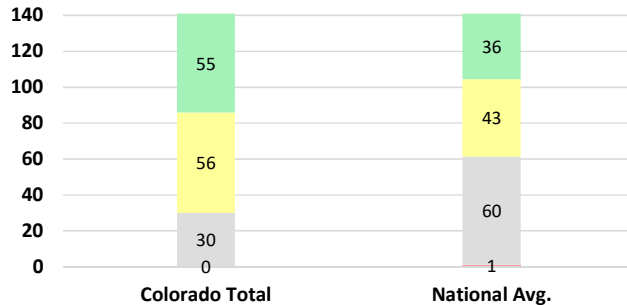
2018 Colorado Frequency of Each Rating by Healthy Weight Topic Area



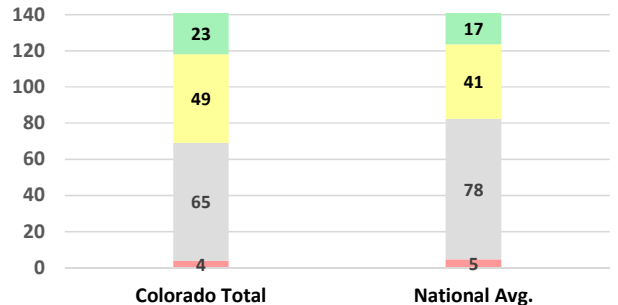
2010 Colorado Frequency of Each Rating by Healthy Weight Topic Area



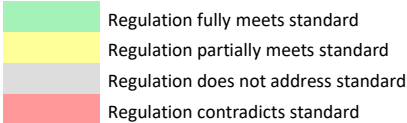
2018 Colorado and National Ratings for All Healthy Weight Topic Areas



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); 2017*

NOTE: An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

CONNECTICUT

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

2018/2010

		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	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	4 / 4	4 / 4	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	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	2 / 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	2 / 2		
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+ 4 / 3	+ 4 / 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	+ 3 / 1	+ 3 / 1	2 / 2		
ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 1	+ 4 / 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	+ 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 / 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	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	+ 4 / 2	+ 4 / 2	2 / 2		
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+ 4 / 3	+ 4 / 3	2 / 2		
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 3	+ 4 / 3	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	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	+ 3 / 1	+ 3 / 1	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	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	2 / 2		
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 / 3	3 / 3	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

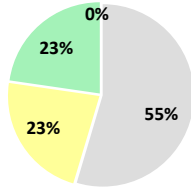
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

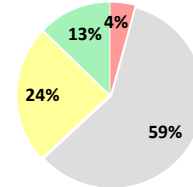
STATE PROFILES

CONNECTICUT

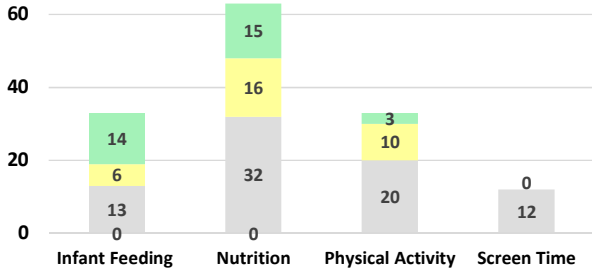
2018 Connecticut Percentage of Ratings for All Healthy Weight Topic Areas



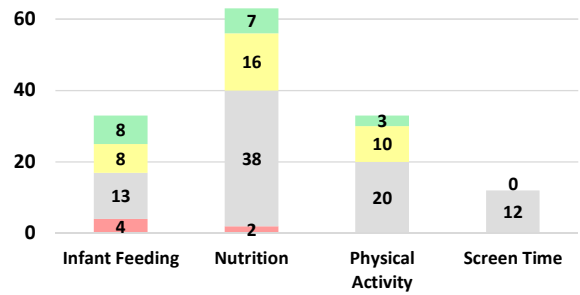
2010 Connecticut Percentage of Ratings for All Healthy Weight Topic Areas



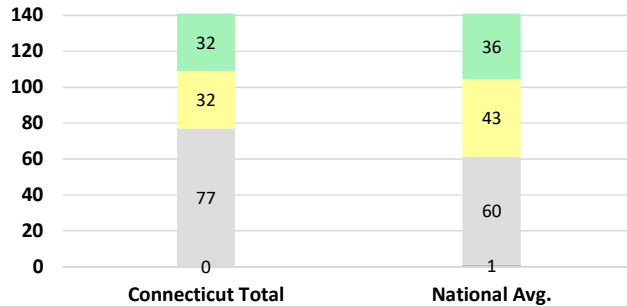
2018 Connecticut Frequency of Each Rating by Healthy Weight Topic Area



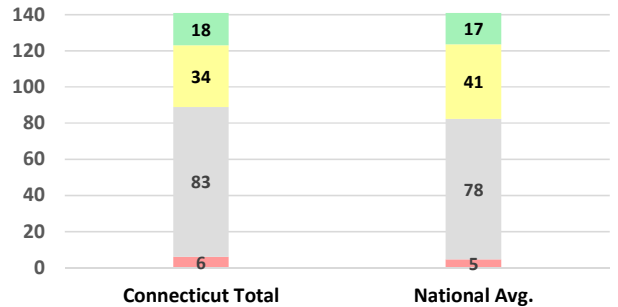
2010 Connecticut Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

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

An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

2018/2010

		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 / 4		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	4 / 4	-	3 / 4	-	3 / 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	-	2 / 3	-	2 / 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	+	3 / 2	+	3 / 2	
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 2	+	3 / 2	+	3 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	+	4 / 3	+	4 / 3	
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	4 / 4		4 / 4	+	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	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	-	2 / 3	-	2 / 3	
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3	-	2 / 3	-	2 / 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	+	4 / 2	+	4 / 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	-	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	
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 / 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	+	3 / 2	+	3 / 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	-	2 / 3	-	2 / 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	-	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	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	-	2 / 3	-	2 / 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

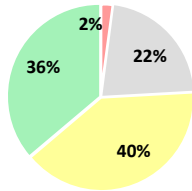
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

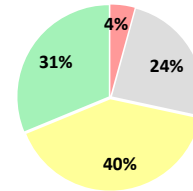
STATE PROFILES

DELAWARE

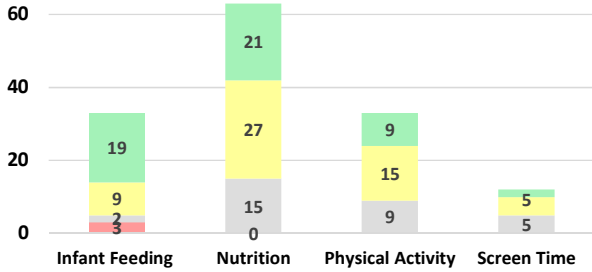
2018 Delaware Percentage of Ratings for All Healthy Weight Topic Areas



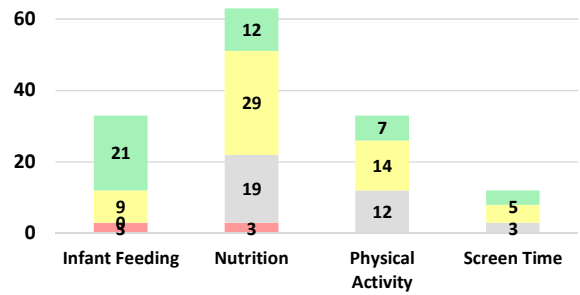
2010 Delaware Percentage of Ratings for All Healthy Weight Topic Areas



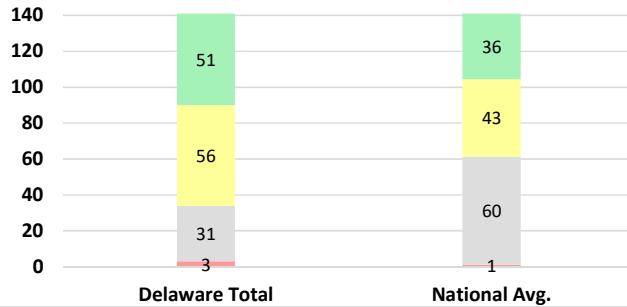
2018 Delaware Frequency of Each Rating by Healthy Weight Topic Area



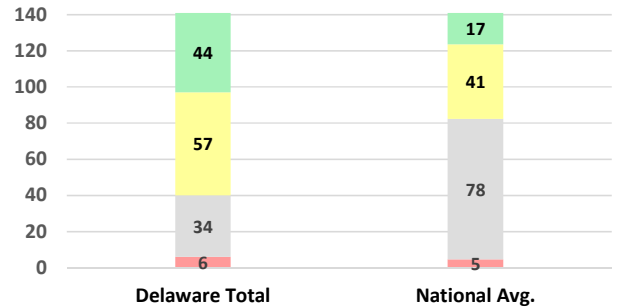
2010 Delaware Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

Delaware Regulation Rating History: 2010 (CTR, LRG, SML); 2015(CTR); 2017 (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

DISTRICT OF COLUMBIA

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

2018/2010

		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	+ 4 / 2	+ 4 / 0	+ 4 / 2		
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+ 4 / 2	+ 4 / 0	+ 4 / 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	+ 3 / 2	+ 3 / 0	+ 3 / 2		
Nutrition	ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 2	+ 4 / 0	+ 4 / 2		
	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	+ 3 / 2	+ 3 / 0	+ 3 / 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	+ 4 / 2	+ 4 / 0	+ 4 / 2		
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+ 4 / 2	+ 4 / 0	+ 4 / 2		
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 2	+ 4 / 0	+ 4 / 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	+ 3 / 2	+ 3 / 0	+ 3 / 2		
Physical Activity and Screen Time	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		
	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		
Physical Activity and Screen Time	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 = Not regulated

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

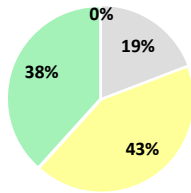
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

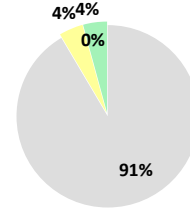
STATE PROFILES

DISTRICT OF COLUMBIA

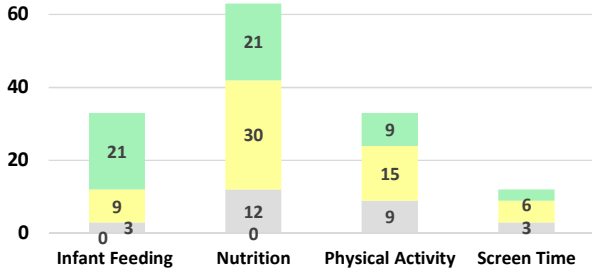
2018 District Of Columbia Percentage of Ratings for All Healthy Weight Topic Areas



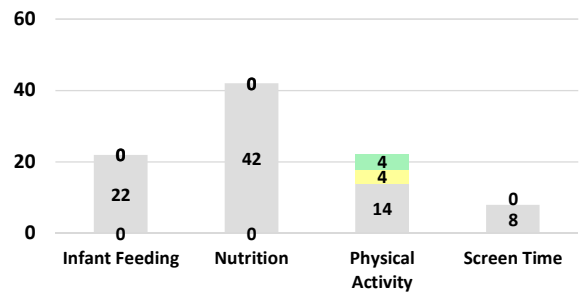
2010 District Of Columbia Percentage of Ratings for All Healthy Weight Topic Areas



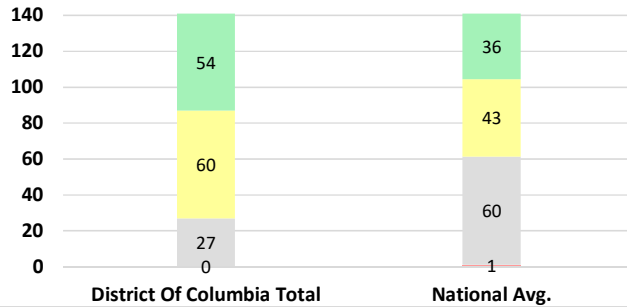
2018 District Of Columbia Frequency of Each Rating by Healthy Weight Topic Area



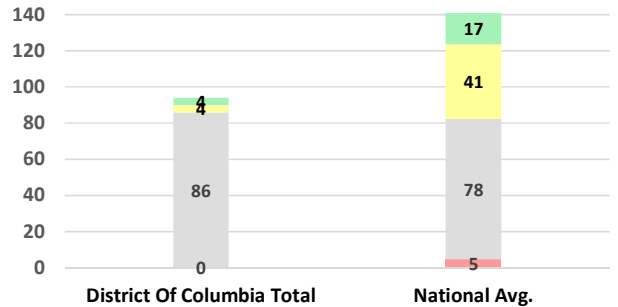
2010 District Of Columbia Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

District of Columbia Regulation Rating History: 2010 (CTR, SML); 2016 (CTR, LRG, SML); 2017*
 NOTE: An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

FLORIDA

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

2018/2010

		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	+	4 / 2	+	4 / 2	+	4 / 2
	IB1	Feed infants on cue	+	4 / 2	+	4 / 2	+	4 / 2
	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 / 2	+	3 / 2	+	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 / 2	+	3 / 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	+	4 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 2	+	4 / 2	+	4 / 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	+	3 / 2	+	3 / 2	+	3 / 2
Nutrition	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 2	+	4 / 2	+	4 / 2
	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 / 2	+	3 / 2	+	3 / 2
	NC1	Use only 100% juice with no added sweeteners	+	4 / 2	+	4 / 2	+	4 / 2
Physical Activity and Screen Time	NC2	Offer juice (100%) only during meal times	+	4 / 2	+	4 / 2	+	4 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 2	+	4 / 2	+	4 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 2	+	4 / 2	+	4 / 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	+	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 / 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 / 2	+	3 / 2	+	3 / 2
Physical Activity and Screen Time	NH1	Do not force or bribe children to eat	+	3 / 2	+	3 / 2	+	3 / 2
	NH2	Do not use food as a reward or punishment		3 / 3		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	+	4 / 2	+	4 / 2	+	4 / 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	+	4 / 2	+	4 / 2	+	4 / 2
Physical Activity and Screen Time	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 / 3		3 / 3		3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	-	2 / 3	-	2 / 3	-	2 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	-	2 / 3	-	2 / 3	-	2 / 3
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor		2 / 2		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

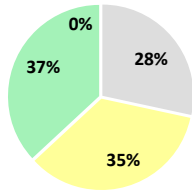
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

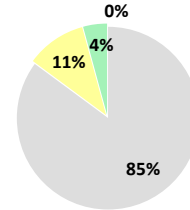
STATE PROFILES

FLORIDA

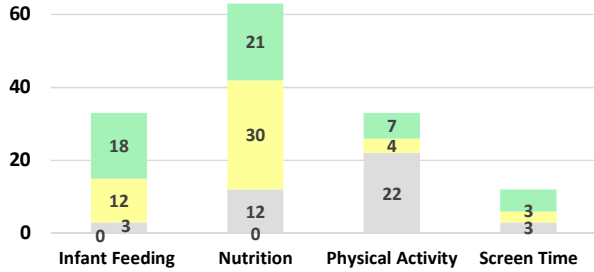
2018 Florida Percentage of Ratings for All Healthy Weight Topic Areas



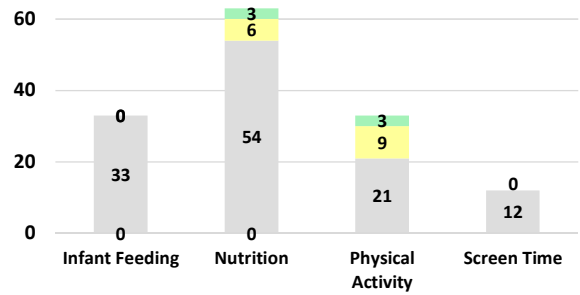
2010 Florida Percentage of Ratings for All Healthy Weight Topic Areas



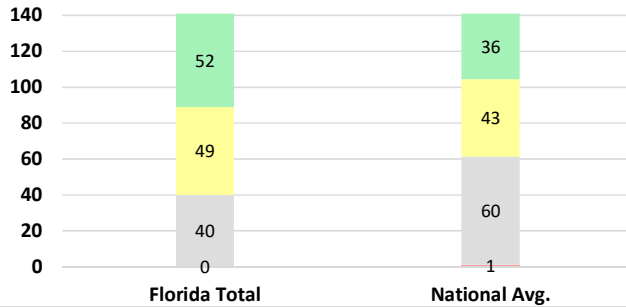
2018 Florida Frequency of Each Rating by Healthy Weight Topic Area



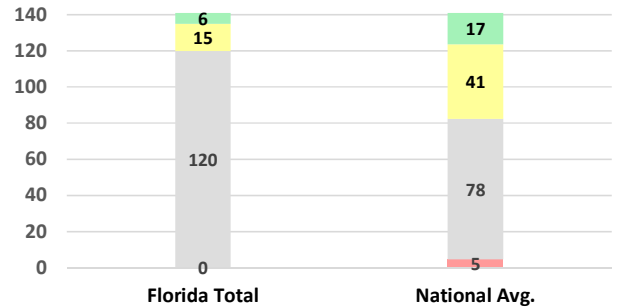
2010 Florida Frequency of Each Rating by Healthy Weight Topic Area



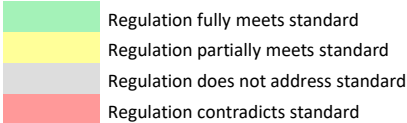
2018 Florida and National Ratings for All Healthy Weight Topic Areas



2010 Florida and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

2018/2010

		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 / 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	-	0 / 4		2 / 2
	IB1	Feed infants on cue	4 / 4	-	0 / 4		2 / 2
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4 / 4	-	0 / 4		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	-	0 / 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	-	0 / 3		2 / 2
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age	+ 4 / 3	-	0 / 3		2 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+ 4 / 3	-	0 / 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	-	0 / 2		2 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+ 3 / 1	-	0 / 1		2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 1	-	0 / 1		2 / 2	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	2 / 2	-	0 / 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	-	0 / 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	-	0 / 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	-	0 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2	-	0 / 2		2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	-	0 / 3		2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas	3 / 3	-	0 / 3		3 / 3
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	-	0 / 3		3 / 3
	NC1	Use only 100% juice with no added sweeteners	4 / 4	-	0 / 4		2 / 2
	NC2	Offer juice (100%) only during meal times	+ 4 / 2	-	0 / 2		2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+ 4 / 3	-	0 / 3		2 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 3	-	0 / 3		2 / 2
	ND1	Make water available both inside and outside	+ 4 / 3	-	0 / 3		2 / 2
	NE1	Teach children appropriate portion sizes by using plates, bowls & cups that are developmentally suited to their nutritional needs	2 / 2	-	0 / 2		2 / 2
	NE2	Require adults eating meals with children to eat items that meet nutrition standards	2 / 2	-	0 / 2		2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4	-	0 / 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	-	0 / 3		2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	-	0 / 2		2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	3 / 3	-	0 / 3		2 / 2
	NH1	Do not force or bribe children to eat	3 / 3	-	0 / 3		3 / 3
NH2	Do not use food as a reward or punishment	4 / 4	-	0 / 4		4 / 4	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play	4 / 4	-	0 / 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	-	0 / 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	-	0 / 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	-	0 / 2		2 / 2
	PA5	Do not withhold active play from children who misbehave	2 / 2	-	0 / 2		2 / 2
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	2 / 2	-	0 / 2		2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3 / 3	-	0 / 3		3 / 3
	PB3	Use screen media with children age two years and older only for educational purposes or physical activity	2 / 2	-	0 / 2		2 / 2
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time	2 / 2	-	0 / 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	-	0 / 3		3 / 3
	PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3 / 3	-	0 / 3		3 / 3
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3 / 3	-	0 / 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	-	0 / 2		2 / 2
	PE1	Ensure that infants have supervised tummy time every day when they are awake	+ 4 / 2	-	0 / 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	-	0 / 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: 0 = Not regulated

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

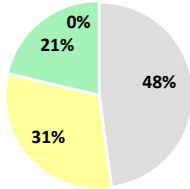
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

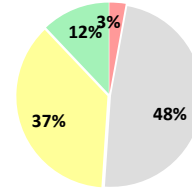
STATE PROFILES

GEORGIA

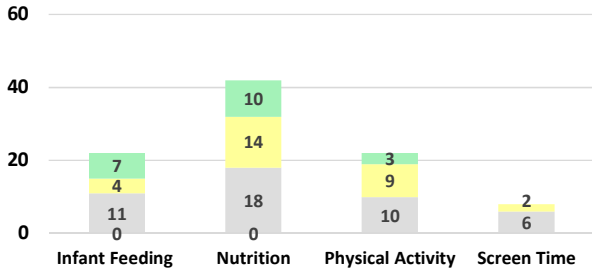
2018 Georgia Percentage of Ratings for All Healthy Weight Topic Areas



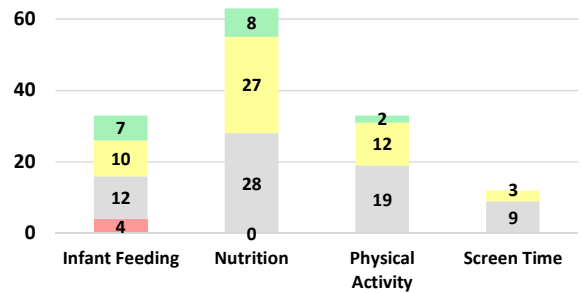
2010 Georgia Percentage of Ratings for All Healthy Weight Topic Areas



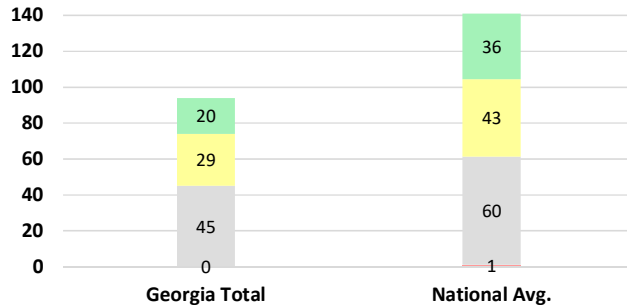
2018 Georgia Frequency of Each Rating by Healthy Weight Topic Area



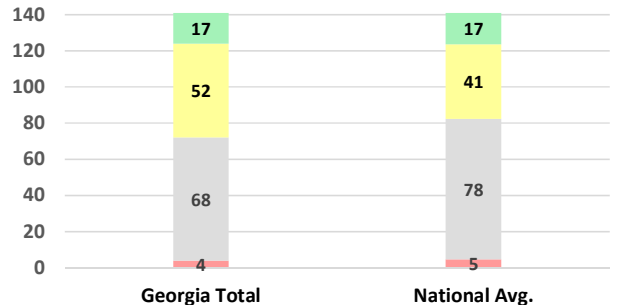
2010 Georgia Frequency of Each Rating by Healthy Weight Topic Area



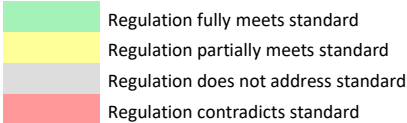
2018 Georgia and National Ratings for All Healthy Weight Topic Areas



2010 Georgia and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

NOTES: An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 CACFP changes.

In 2017, Georgia Center rules were modified to include programs previously licensed as Large Group Care.

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

2018/2010

		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	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	4 / 4	4 / 4	4 / 4	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	4 / 4	2 / 2	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	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 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	+ 4 / 1	+ 4 / 1	+ 4 / 1	+ 4 / 1	+ 4 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 1	+ 4 / 1	+ 4 / 1	+ 4 / 1	+ 4 / 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	+ 3 / 2	+ 3 / 2	+ 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	+ 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	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 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	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	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1
	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	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	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
- 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

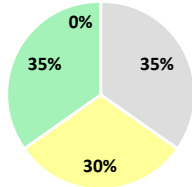
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

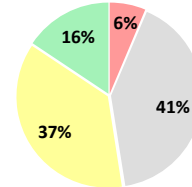
STATE PROFILES

HAWAII

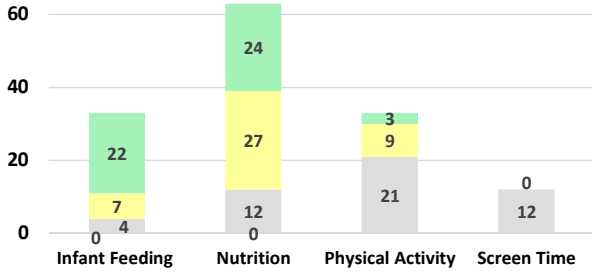
2018 Hawaii Percentage of Ratings for All Healthy Weight Topic Areas



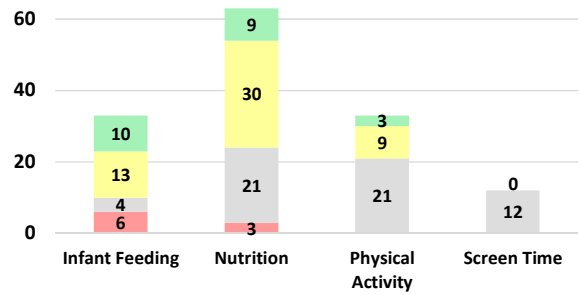
2010 Hawaii Percentage of Ratings for All Healthy Weight Topic Areas



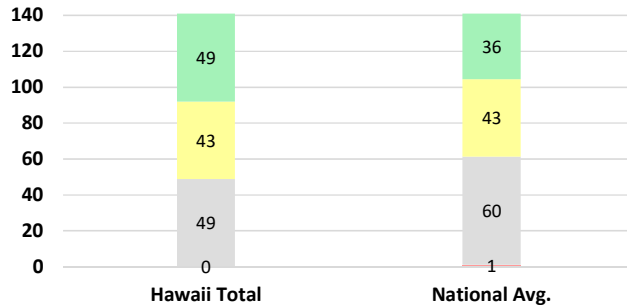
2018 Hawaii Frequency of Each Rating by Healthy Weight Topic Area



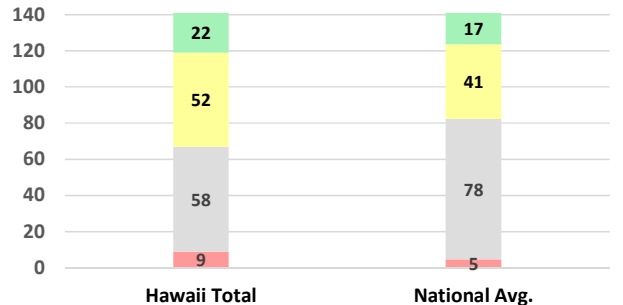
2010 Hawaii Frequency of Each Rating by Healthy Weight Topic Area



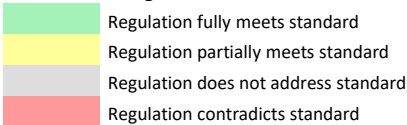
2018 Hawaii and National Ratings for All Healthy Weight Topic Areas



2010 Hawaii and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

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

An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

2018/2010

		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
Nutrition	ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2		2 / 2		2 / 2
	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
Physical Activity and Screen Time	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
	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

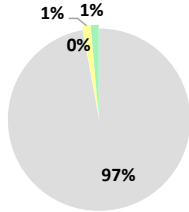
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

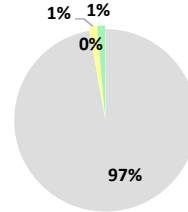
STATE PROFILES

IDAHO

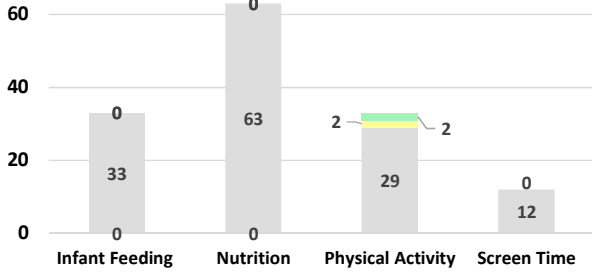
2018 Idaho Percentage of Ratings for All Healthy Weight Topic Areas



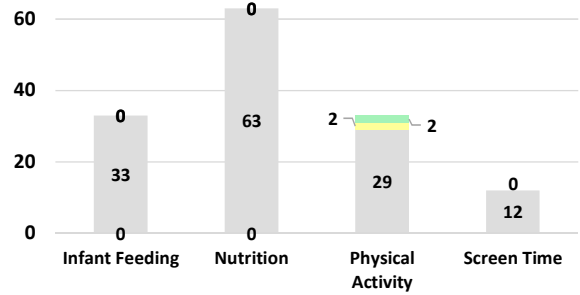
2010 Idaho Percentage of Ratings for All Healthy Weight Topic Areas



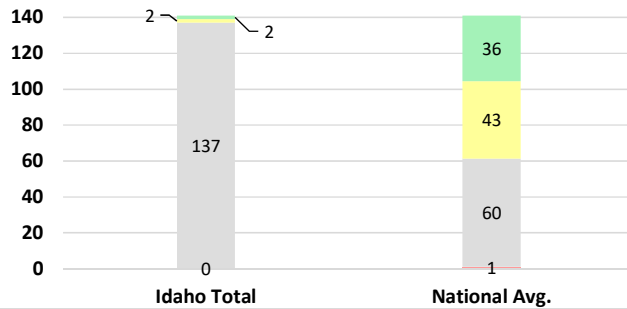
2018 Idaho Frequency of Each Rating by Healthy Weight Topic Area



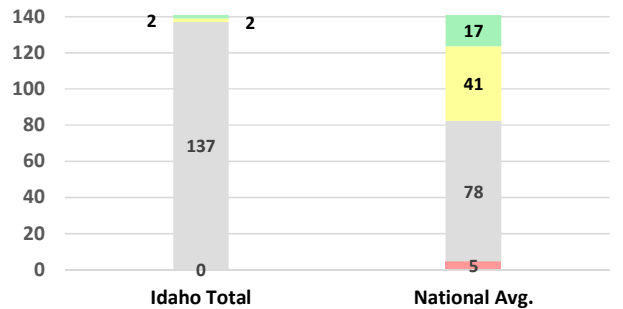
2010 Idaho Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

STATE PROFILES

ILLINOIS

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

2018/2010

		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		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		1 / 1		1 / 1	1 / 1
	IB1	Feed infants on cue	+	3 / 2		4 / 4	4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+	3 / 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 / 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		4 / 4		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	+	4 / 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	+	3 / 1		1 / 1	1 / 1	
Nutrition	NA1	Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and fried foods	+	4 / 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	+	4 / 3		2 / 2	2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+	4 / 3		2 / 2	2 / 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		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	+	4 / 2		2 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3		4 / 4	4 / 4
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age		4 / 4		4 / 4	4 / 4
	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		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		2 / 2	2 / 2
	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 / 3		2 / 2	2 / 2
	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	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 / 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		2 / 2	2 / 2
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		3 / 3		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	+	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	+	4 / 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		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

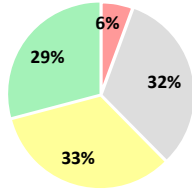
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

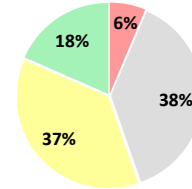
STATE PROFILES

ILLINOIS

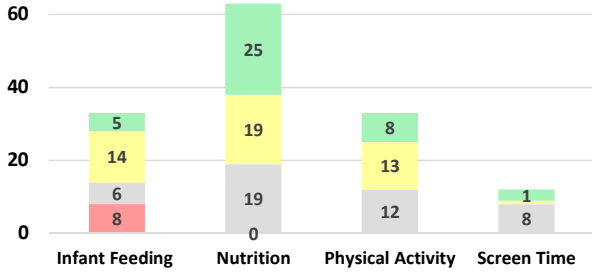
2018 Illinois Percentage of Ratings for All Healthy Weight Topic Areas



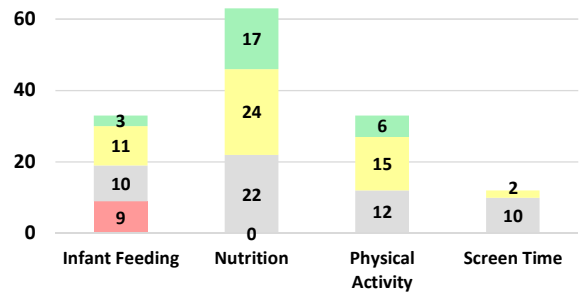
2010 Illinois Percentage of Ratings for All Healthy Weight Topic Areas



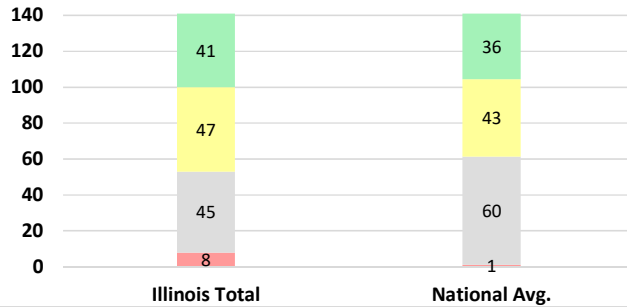
2018 Illinois Frequency of Each Rating by Healthy Weight Topic Area



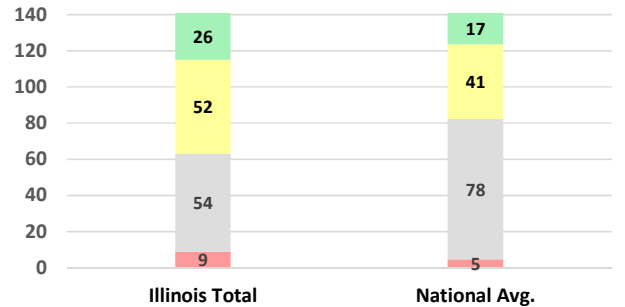
2010 Illinois Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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:

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

STATE PROFILES

INDIANA

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

2018/2010

		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		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		2 / 2
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	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	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
- 2** = Regulation does not address standard
- 3** = Regulation partially meets standard
- 4** = Regulation fully meets standard

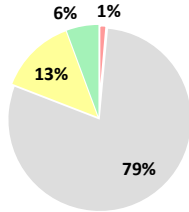
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

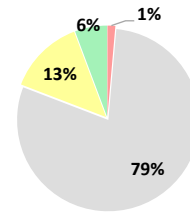
STATE PROFILES

INDIANA

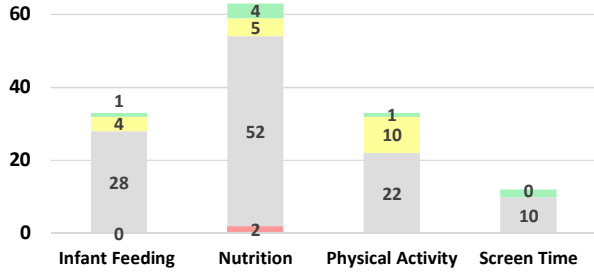
2018 Indiana Percentage of Ratings for All Healthy Weight Topic Areas



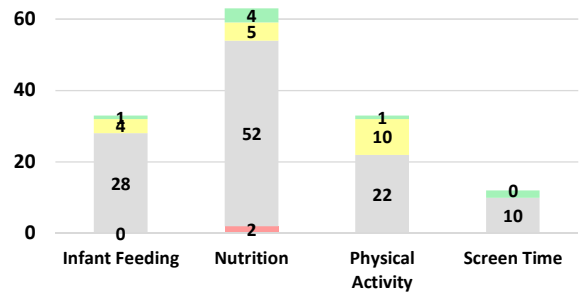
2010 Indiana Percentage of Ratings for All Healthy Weight Topic Areas



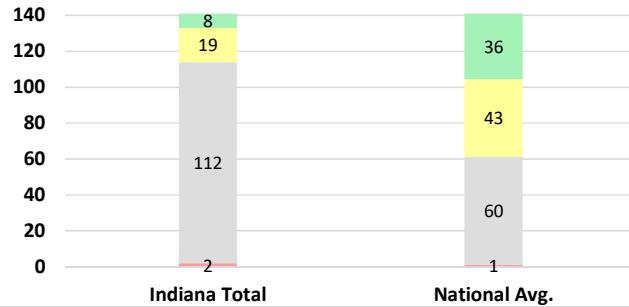
2018 Indiana Frequency of Each Rating by Healthy Weight Topic Area



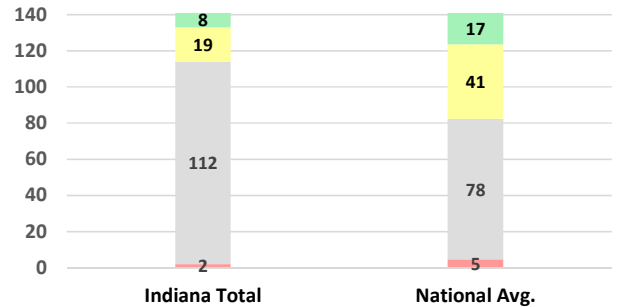
2010 Indiana Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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:

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

STATE PROFILES

IOWA

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

2018/2010

		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	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	4 / 4	4 / 4	4 / 4	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	2 / 2	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	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 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	+ 4 / 1	+ 4 / 1	+ 4 / 1	+ 4 / 1	+ 4 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 1	+ 4 / 1	+ 4 / 1	+ 4 / 1	+ 4 / 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	3 / 3	+ 3 / 2	+ 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	+ 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	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	ND1	Make water available both inside and outside	+ 4 / 3	+ 4 / 2	+ 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	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	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 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	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	2 / 2	2 / 2	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	3 / 3	3 / 3	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	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

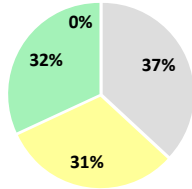
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

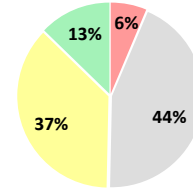
STATE PROFILES

IOWA

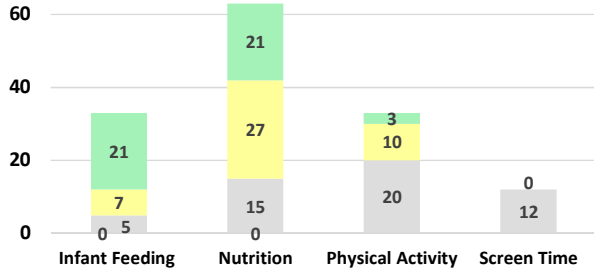
2018 Iowa Percentage of Ratings for All Healthy Weight Topic Areas



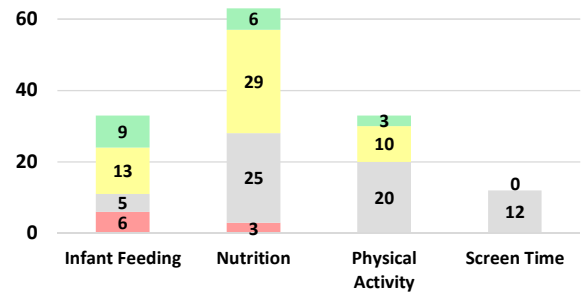
2010 Iowa Percentage of Ratings for All Healthy Weight Topic Areas



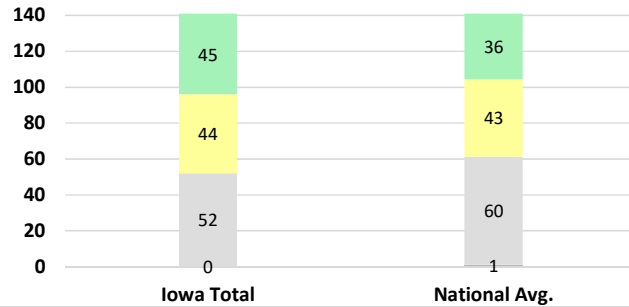
2018 Iowa Frequency of Each Rating by Healthy Weight Topic Area



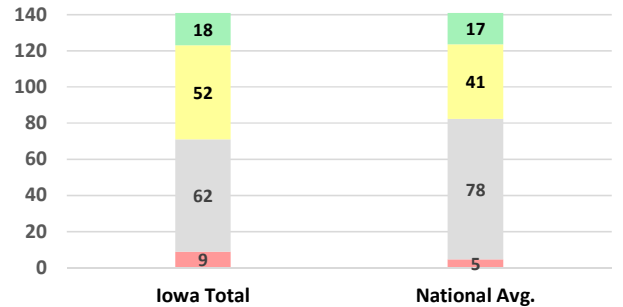
2010 Iowa Frequency of Each Rating by Healthy Weight Topic Area



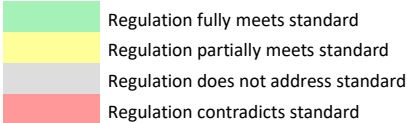
2018 Iowa and National Ratings for All Healthy Weight Topic Areas



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); 2017*

NOTE: An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

KANSAS

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

2018/2010

		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
	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
	IB1	Feed infants on cue					2 / 2	2 / 2
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding					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
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider					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
	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
	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
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age					2 / 2	2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age					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
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats					3 / 3	3 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older					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
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older					2 / 2	+ 4 / 2
	NB1	Serve whole grain breads, cereals, and pastas					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
	NB3	Serve fruits of several varieties, especially whole fruits					3 / 3	3 / 3
	NC1	Use only 100% juice with no added sweeteners					4 / 4	4 / 4
	NC2	Offer juice (100%) only during meal times					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	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age					2 / 2	2 / 2	
ND1	Make water available both inside and outside					4 / 4	+ 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	
NE2	Require adults eating meals with children to eat items that meet nutrition standards					2 / 2	2 / 2	
NF1	Serve small-sized, age-appropriate portions					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	
NG1	Limit salt by avoiding salty foods such as chips and pretzels					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	
NH1	Do not force or bribe children to eat					3 / 3	+ 3 / 2	
NH2	Do not use food as a reward or punishment					3 / 3	+ 3 / 2	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play					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
	PA3	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation					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
	PA5	Do not withhold active play from children who misbehave					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
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly					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
	PB4	Do not utilize TV, video, or DVD viewing during meal or snack time					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
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity					3 / 3	+ 4 / 3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity					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	
PE1	Ensure that infants have supervised tummy time every day when they are awake					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	

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

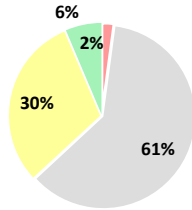
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

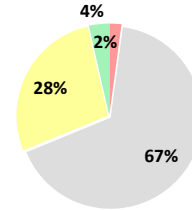
STATE PROFILES

KANSAS

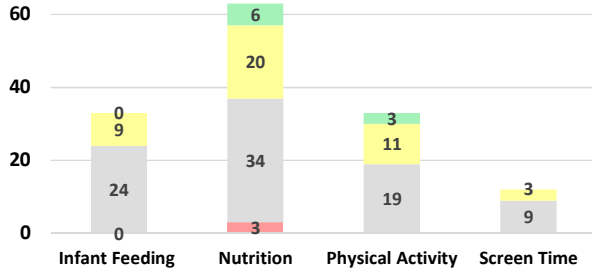
2018 Kansas Percentage of Ratings for All Healthy Weight Topic Areas



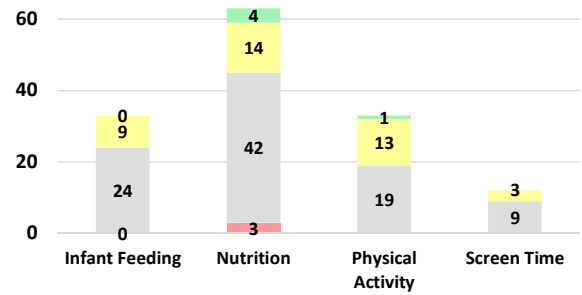
2010 Kansas Percentage of Ratings for All Healthy Weight Topic Areas



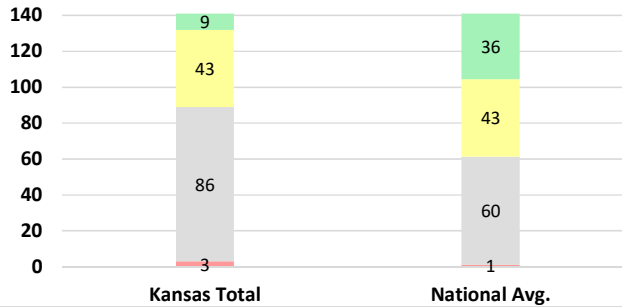
2018 Kansas Frequency of Each Rating by Healthy Weight Topic Area



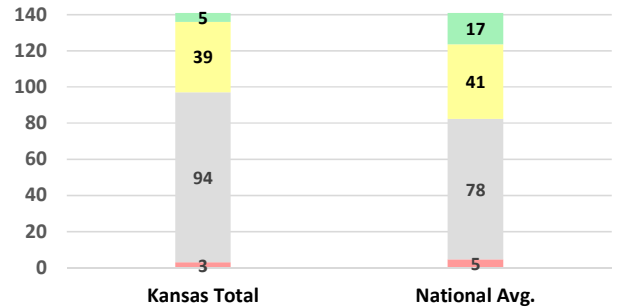
2010 Kansas Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

2018/2010

		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	+	4 / 2	+	4 / 2	+	4 / 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 / 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		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 / 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 / 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	+	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 / 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 / 2	+	4 / 2	+	4 / 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	+	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	-	3 / 4	-	3 / 4	-	3 / 4	
NF2	Permit children to have one or more additional servings of the nutritious foods that are low in fat, sugar, and sodium as needed to meet the caloric needs of the individual child; Teach children who require limited portions about portion size and monitor their portions		1 / 1		1 / 1	-	1 / 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	+	4 / 2	
Physical Activity and Screen Time	PA1	Provide children with adequate space for both inside and outside play		4 / 4		4 / 4	+	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 / 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 / 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	+	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		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

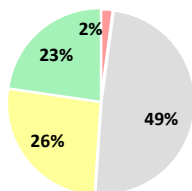
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

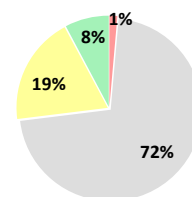
STATE PROFILES

KENTUCKY

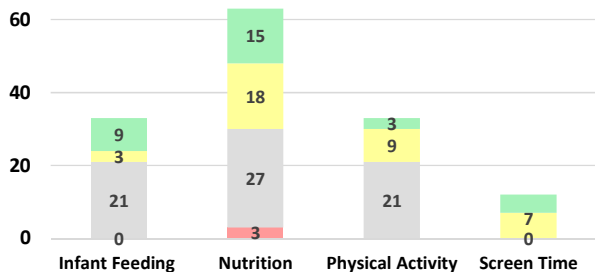
2018 Kentucky Percentage of Ratings for All Healthy Weight Topic Areas



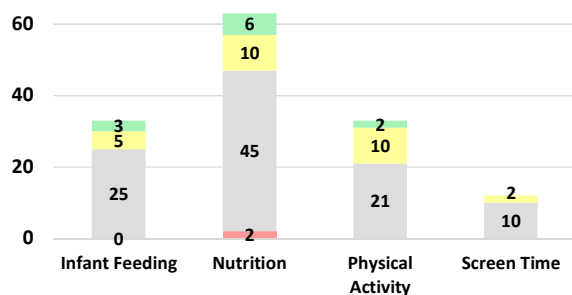
2010 Kentucky Percentage of Ratings for All Healthy Weight Topic Areas



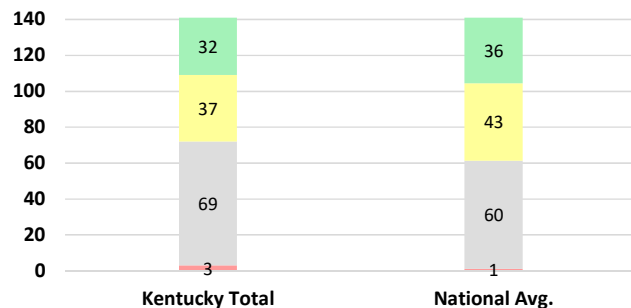
2018 Kentucky Frequency of Each Rating by Healthy Weight Topic Area



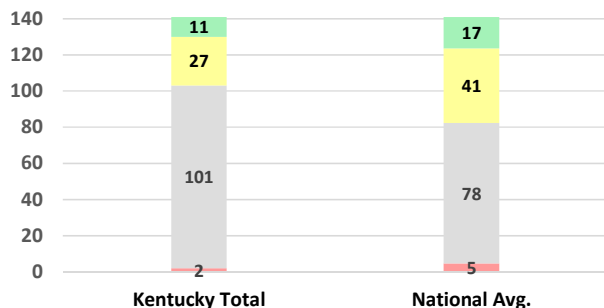
2010 Kentucky Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

LOUISIANA

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

2018/2010

		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 / 4	+	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	+	4 / 3	+	4 / 0	0 / 0
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 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	+	3 / 1	+	3 / 0	0 / 0
ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 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	+	3 / 2	+	3 / 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	+	4 / 2	+	4 / 0	0 / 0
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 0	0 / 0
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	4 / 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	+	3 / 1	+	3 / 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 = Not regulated

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

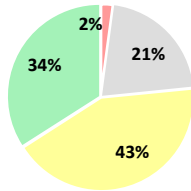
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

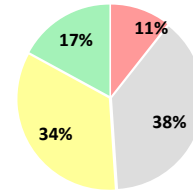
STATE PROFILES

LOUISIANA

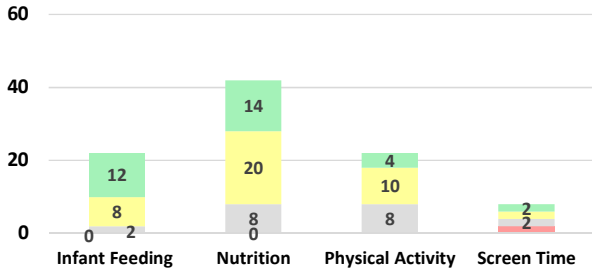
2018 Louisiana Percentage of Ratings for All Healthy Weight Topic Areas



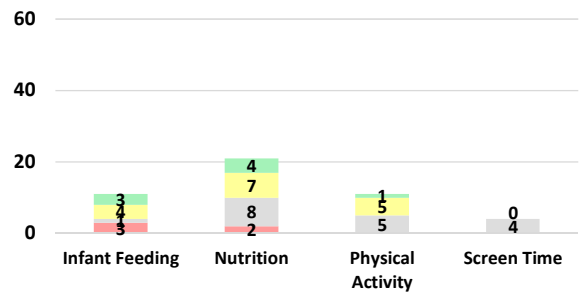
2010 Louisiana Percentage of Ratings for All Healthy Weight Topic Areas



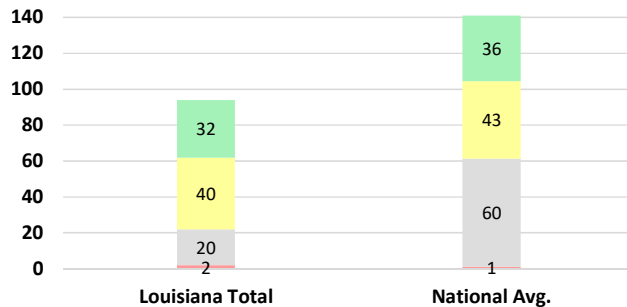
2018 Louisiana Frequency of Each Rating by Healthy Weight Topic Area



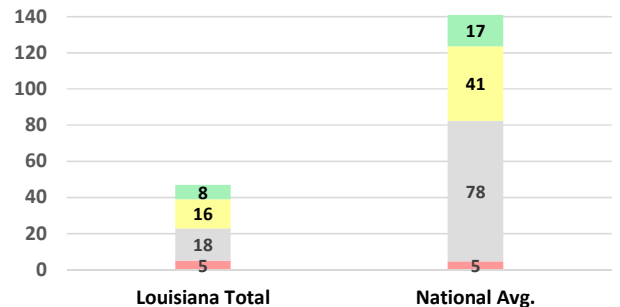
2010 Louisiana Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

Louisiana Regulation Rating History: 2010 (CTR); 2015 (CTR, LRG); 2017*

NOTE: An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

MAINE

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

2018/2010

		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	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		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	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		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	+	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 / 2	+	3 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	+	3 / 2	+	3 / 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	3 / 3	+	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	3 / 3		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	
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 / 3	-	2 / 3	
PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly	3 / 3		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 / 4	-	2 / 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 / 4	-	3 / 4	
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity	3 / 3	-	2 / 3	-	2 / 3	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	3 / 3	-	2 / 3	-	2 / 3	
PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	2 / 2		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

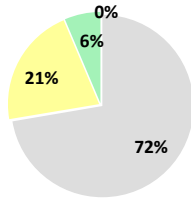
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

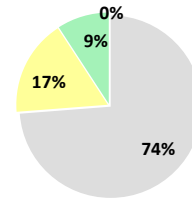
STATE PROFILES

MAINE

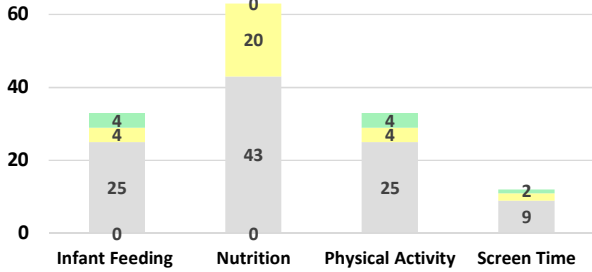
2018 Maine Percentage of Ratings for All Healthy Weight Topic Areas



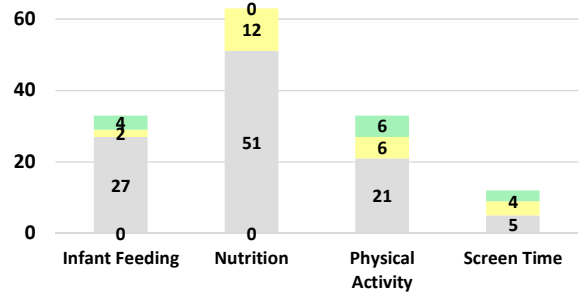
2010 Maine Percentage of Ratings for All Healthy Weight Topic Areas



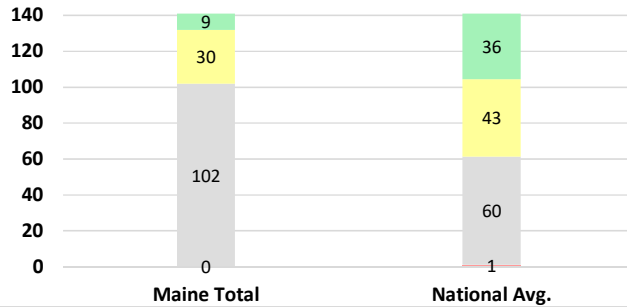
2018 Maine Frequency of Each Rating by Healthy Weight Topic Area



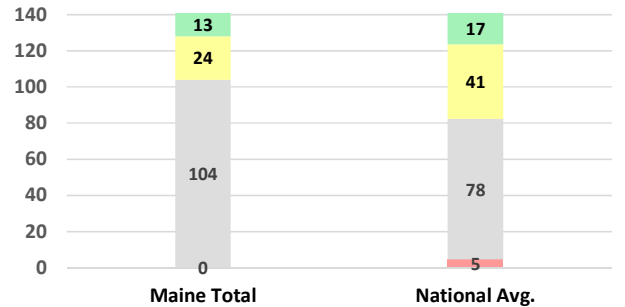
2010 Maine Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

MARYLAND

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

2018/2010

		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	4 / 4	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	+ 4 / 3			
	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 / 3		
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+ 4 / 3	+ 4 / 3	+ 4 / 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 / 1	+ 3 / 1	+ 3 / 1		
ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 1	+ 4 / 1	+ 4 / 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	+ 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	+ 4 / 2	+ 4 / 2	+ 4 / 2		
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 3		
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 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			

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

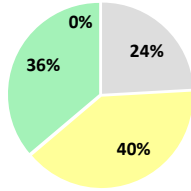
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

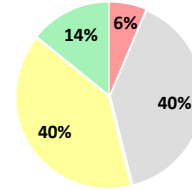
STATE PROFILES

MARYLAND

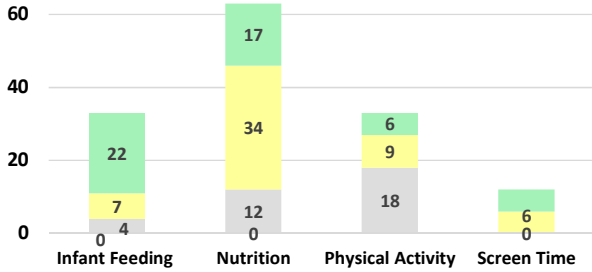
2018 Maryland Percentage of Ratings for All Healthy Weight Topic Areas



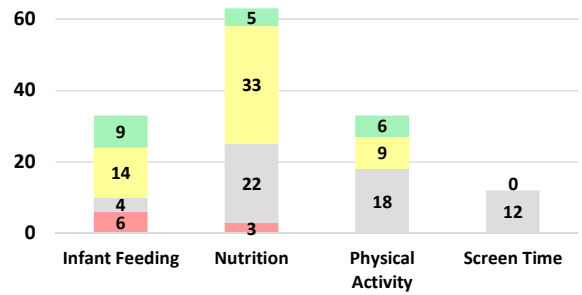
2010 Maryland Percentage of Ratings for All Healthy Weight Topic Areas



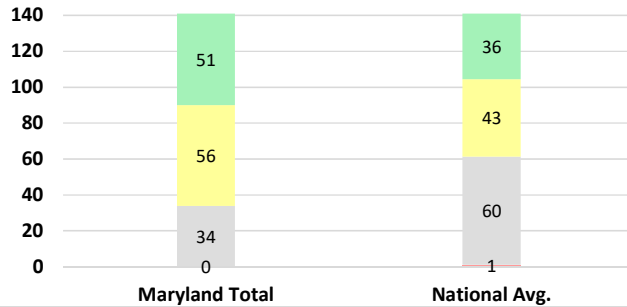
2018 Maryland Frequency of Each Rating by Healthy Weight Topic Area



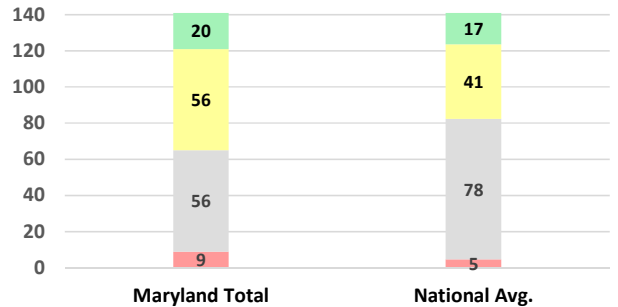
2010 Maryland Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

Maryland Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (LRG); 2015 (CTR, LRG, SML); 2017*
 NOTE: An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

MASSACHUSETTS

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

2018/2010

		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	2 / 2		2 / 2		2 / 2
	IB1	Feed infants on cue	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
	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
Nutrition	ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2		2 / 2		2 / 2
	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	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	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
Physical Activity and Screen Time	NH1	Do not force or bribe children to eat	4 / 4		4 / 4		4 / 4
	NH2	Do not use food as a reward or punishment	4 / 4		4 / 4		4 / 4
	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
Physical Activity and Screen Time	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

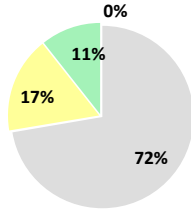
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

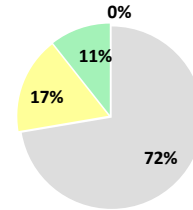
STATE PROFILES

MASSACHUSETTS

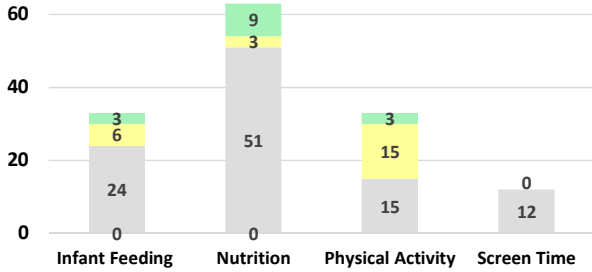
2018 Massachusetts Percentage of Ratings for All Healthy Weight Topic Areas



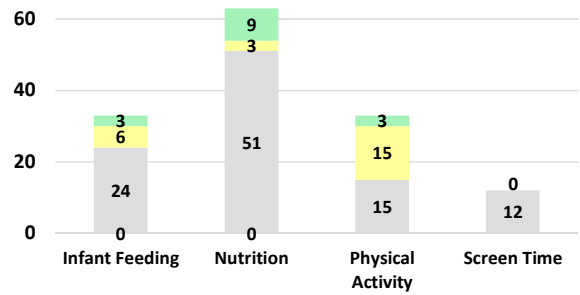
2010 Massachusetts Percentage of Ratings for All Healthy Weight Topic Areas



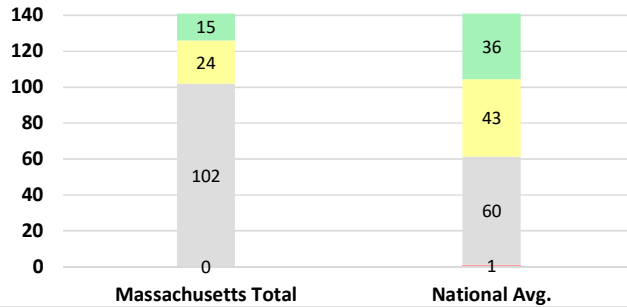
2018 Massachusetts Frequency of Each Rating by Healthy Weight Topic Area



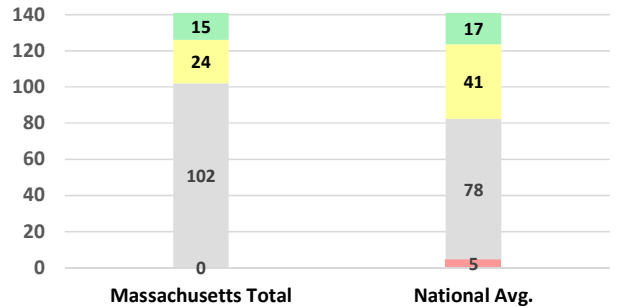
2010 Massachusetts Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

2018/2010

		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	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 / 4	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	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	+ 4 / 3	+ 4 / 3	+ 4 / 3		
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+ 4 / 3	+ 4 / 3	+ 4 / 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	2 / 2	2 / 2		
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+ 3 / 1	+ 3 / 1	+ 3 / 1		
Nutrition	ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 1	+ 4 / 1	+ 4 / 1		
	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	+ 4 / 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	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 / 2	+ 4 / 2	+ 4 / 2		
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 3		
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 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	+ 3 / 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	+ 3 / 1	+ 3 / 1		
Physical Activity and Screen Time	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		
	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 / 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	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		
Physical Activity and Screen Time	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 / 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

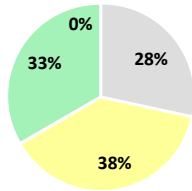
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

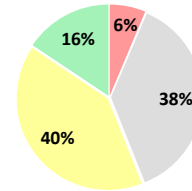
STATE PROFILES

MICHIGAN

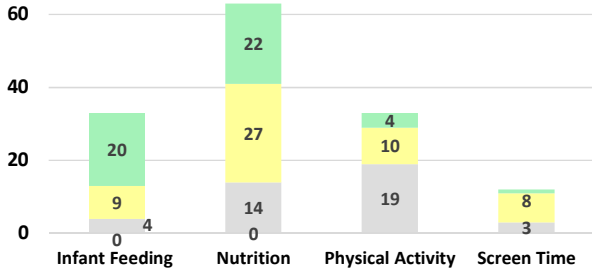
2018 Michigan Percentage of Ratings for All Healthy Weight Topic Areas



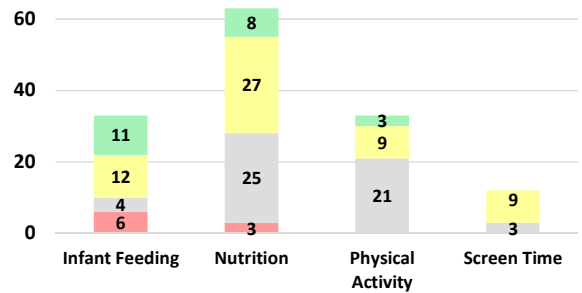
2010 Michigan Percentage of Ratings for All Healthy Weight Topic Areas



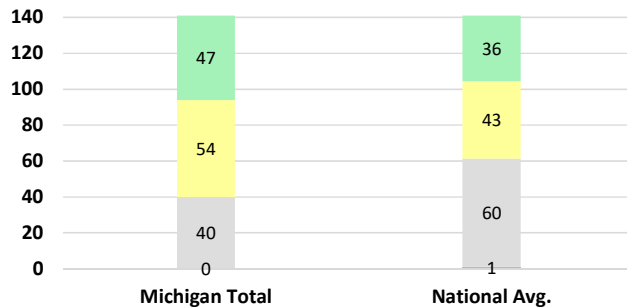
2018 Michigan Frequency of Each Rating by Healthy Weight Topic Area



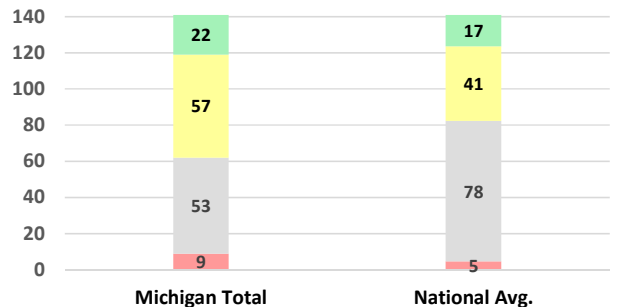
2010 Michigan Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

Michigan Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (CTR); 2017*

NOTE: An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

MINNESOTA

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

2018/2010

		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	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	3 / 3	4 / 4	4 / 4	4 / 4	4 / 4
	IB1	Feed infants on cue	3 / 3	4 / 4	4 / 4	4 / 4	4 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	4 / 4	4 / 4	4 / 4	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	2 / 2	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	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 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	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1
Nutrition	ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 1	+ 4 / 1	+ 4 / 1	+ 4 / 1	+ 4 / 1
	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	+ 3 / 2	+ 3 / 2	+ 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	+ 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	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 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	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	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1
Physical Activity and Screen Time	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
	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	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	3 / 3	3 / 3	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	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	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

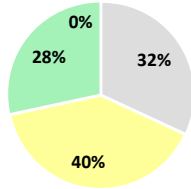
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

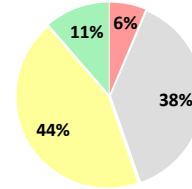
STATE PROFILES

MINNESOTA

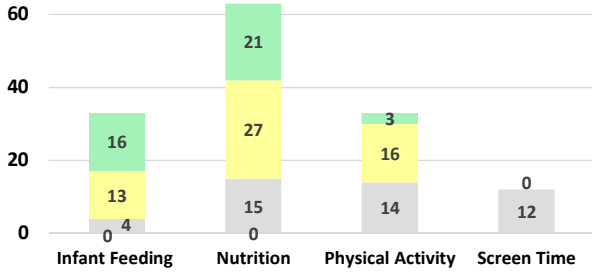
2018 Minnesota Percentage of Ratings for All Healthy Weight Topic Areas



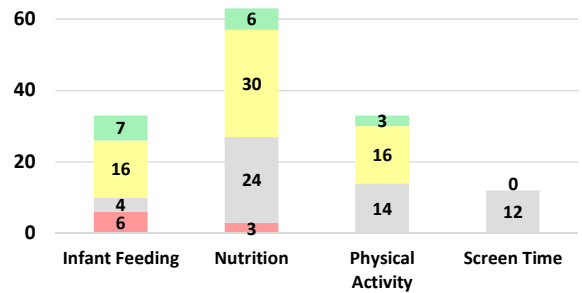
2010 Minnesota Percentage of Ratings for All Healthy Weight Topic Areas



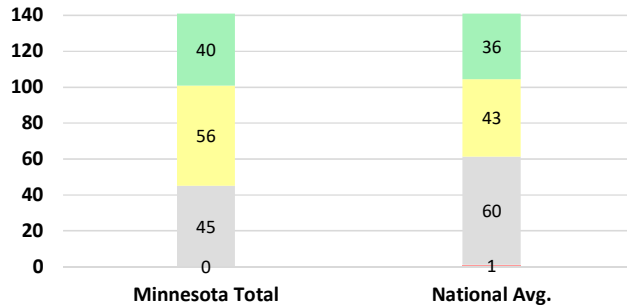
2018 Minnesota Frequency of Each Rating by Healthy Weight Topic Area



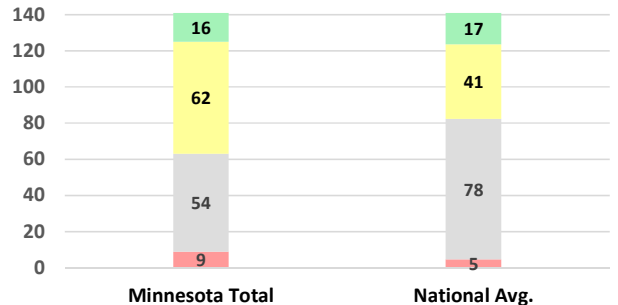
2010 Minnesota Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

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

An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

MISSISSIPPI

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

2018/2010

		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	4 / 4	4 / 4	4 / 4	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	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
- 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

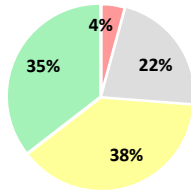
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

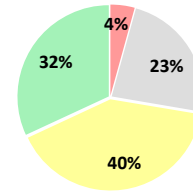
STATE PROFILES

MISSISSIPPI

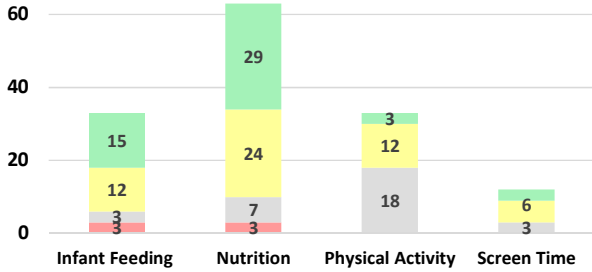
2018 Mississippi Percentage of Ratings for All Healthy Weight Topic Areas



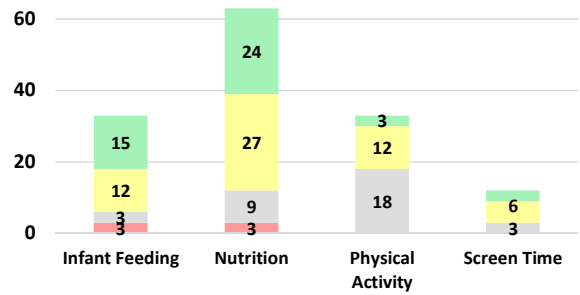
2010 Mississippi Percentage of Ratings for All Healthy Weight Topic Areas



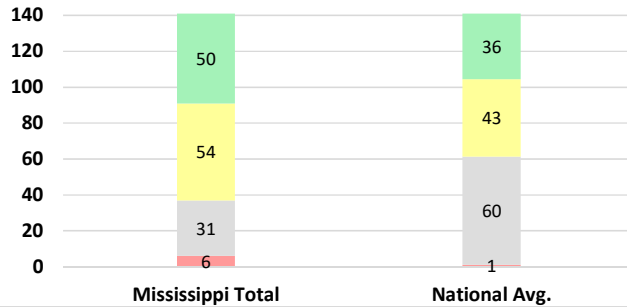
2018 Mississippi Frequency of Each Rating by Healthy Weight Topic Area



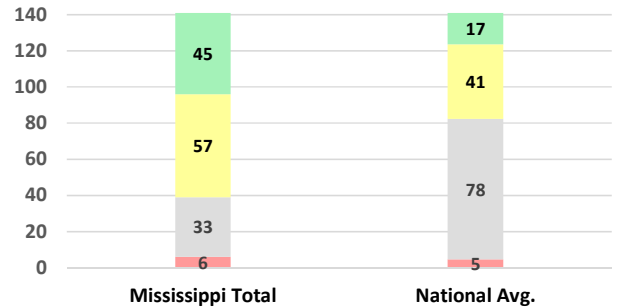
2010 Mississippi Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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>

STATE PROFILES

MISSOURI

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

2018/2010

		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	2 / 2	2 / 2
	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
Nutrition	ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	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	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	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	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	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	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
Physical Activity and Screen Time	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
	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 / 4	4 / 4	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	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
Physical Activity and Screen Time	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	+ 4 / 2	+ 4 / 2	+ 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	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

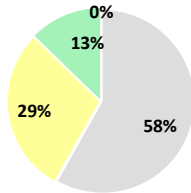
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

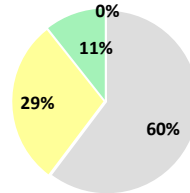
STATE PROFILES

MISSOURI

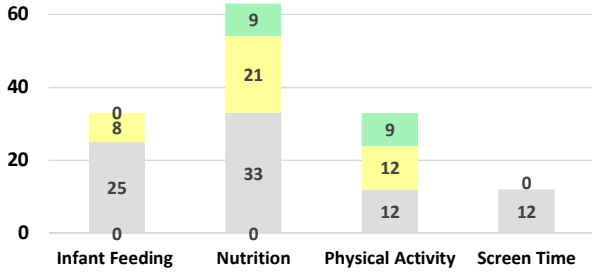
2018 Missouri Percentage of Ratings for All Healthy Weight Topic Areas



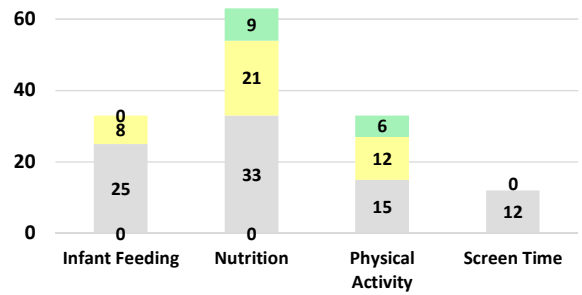
2010 Missouri Percentage of Ratings for All Healthy Weight Topic Areas



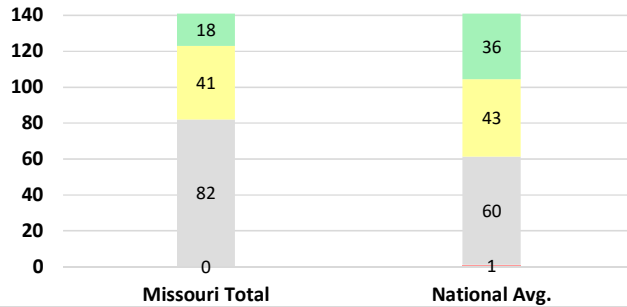
2018 Missouri Frequency of Each Rating by Healthy Weight Topic Area



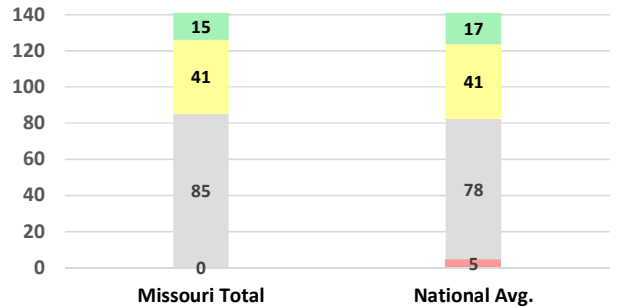
2010 Missouri Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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>

STATE PROFILES

MONTANA

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

2018/2010

		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 / 4		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	+ 4 / 3		+ 4 / 3		+ 4 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+ 4 / 3		+ 4 / 3		+ 4 / 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 / 1		+ 3 / 1		+ 3 / 1
Nutrition	ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 1		+ 4 / 1		+ 4 / 1
	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	3 / 3		3 / 3		3 / 3
	NC1	Use only 100% juice with no added sweeteners	4 / 4		4 / 4		4 / 4
Physical Activity and Screen Time	NC2	Offer juice (100%) only during meal times	4 / 4		+ 4 / 2		+ 4 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+ 4 / 3		+ 4 / 3		+ 4 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 3		+ 4 / 3		+ 4 / 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	+ 3 / 1		+ 3 / 1		+ 3 / 1
Physical Activity and Screen Time	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
	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
Physical Activity and Screen Time	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
- 2** = Regulation does not address standard
- 3** = Regulation partially meets standard
- 4** = Regulation fully meets standard

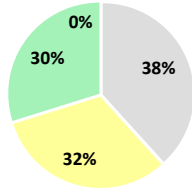
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

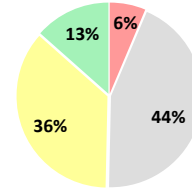
STATE PROFILES

MONTANA

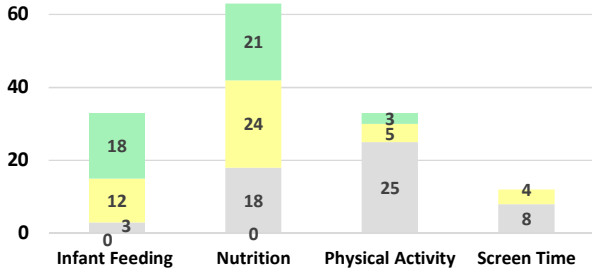
2018 Montana Percentage of Ratings for All Healthy Weight Topic Areas



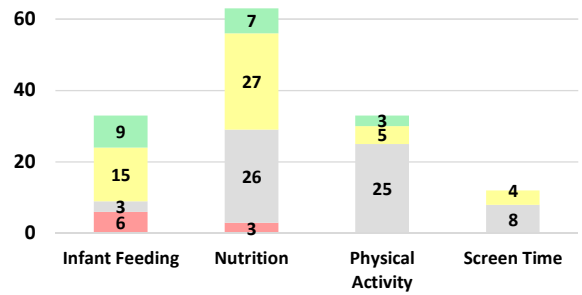
2010 Montana Percentage of Ratings for All Healthy Weight Topic Areas



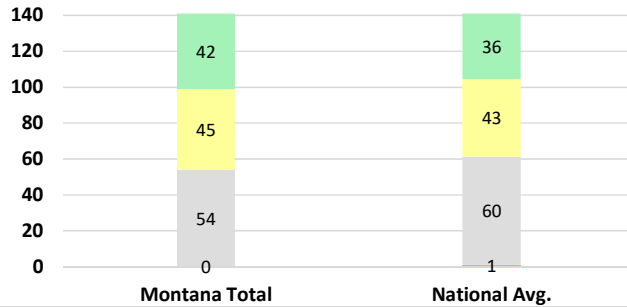
2018 Montana Frequency of Each Rating by Healthy Weight Topic Area



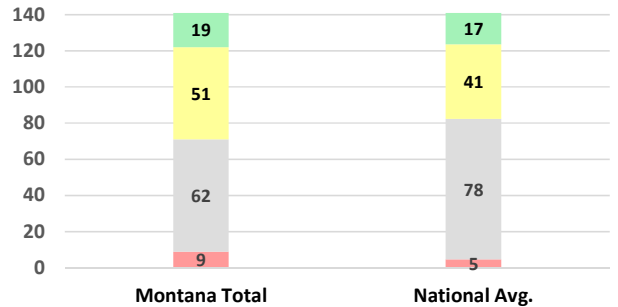
2010 Montana Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

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

An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

2018/2010

		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 / 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	4 / 4	+	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	+	4 / 3	+	4 / 2	+	4 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 2	+	4 / 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	+	3 / 1	+	3 / 2	+	3 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 2	+	4 / 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	+	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 / 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	+	4 / 2	+	4 / 2	+	4 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 2	+	4 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	4 / 2	+	4 / 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	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 / 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	+	3 / 1	+	3 / 2	+	3 / 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

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

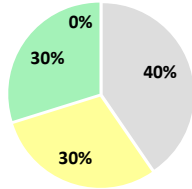
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

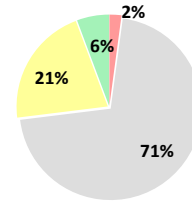
STATE PROFILES

NEBRASKA

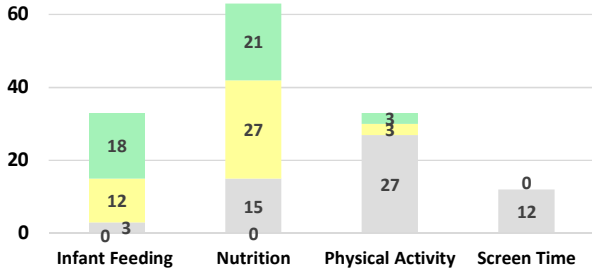
2018 Nebraska Percentage of Ratings for All Healthy Weight Topic Areas



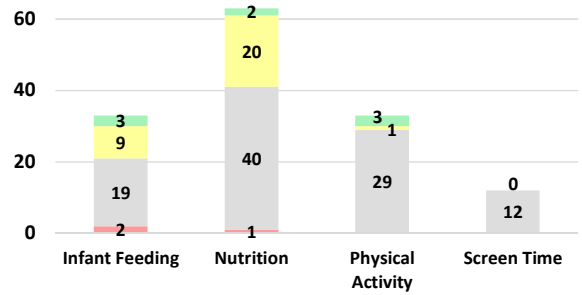
2010 Nebraska Percentage of Ratings for All Healthy Weight Topic Areas



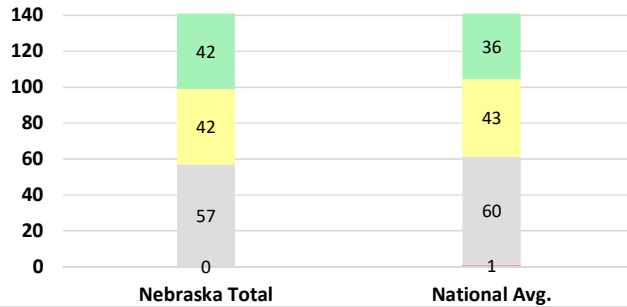
2018 Nebraska Frequency of Each Rating by Healthy Weight Topic Area



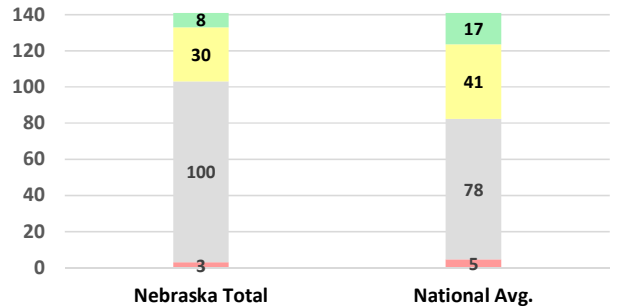
2010 Nebraska Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

NOTE: An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

NEVADA

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

2018/2010

		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	+ 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 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	IB1	Feed infants on cue	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding	+ 4 / 2	+ 4 / 2	+ 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	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	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 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	+ 3 / 2	+ 3 / 2	+ 3 / 2	+ 3 / 2	+ 3 / 2
Nutrition	ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	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 / 2	+ 3 / 2	+ 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	+ 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	+ 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	+ 4 / 2	+ 4 / 2
	NB1	Serve whole grain breads, cereals, and pastas	+ 3 / 2	+ 3 / 2	+ 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	+ 3 / 2	+ 3 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	+ 3 / 2	+ 3 / 2	+ 3 / 2	+ 3 / 2	+ 3 / 2
	NC1	Use only 100% juice with no added sweeteners	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NC2	Offer juice (100%) only during meal times	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 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 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 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	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	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1
Physical Activity and Screen Time	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
	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
Physical Activity and Screen Time	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 / 2	+ 3 / 2	+ 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	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 / 3	- 2 / 3	- 2 / 3	- 2 / 3	- 2 / 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

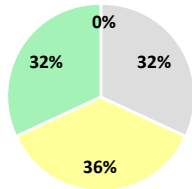
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

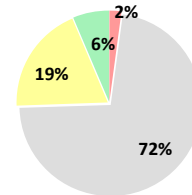
STATE PROFILES

NEVADA

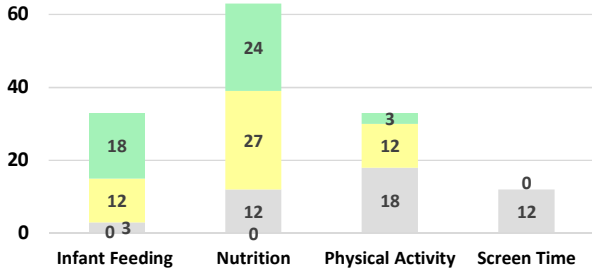
2018 Nevada Percentage of Ratings for All Healthy Weight Topic Areas



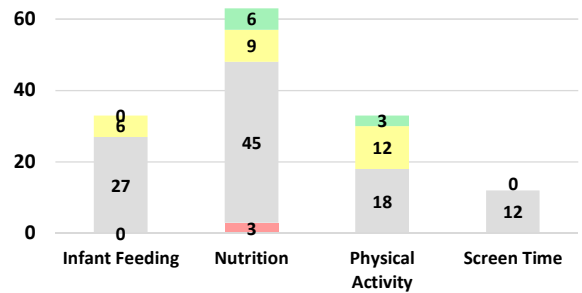
2010 Nevada Percentage of Ratings for All Healthy Weight Topic Areas



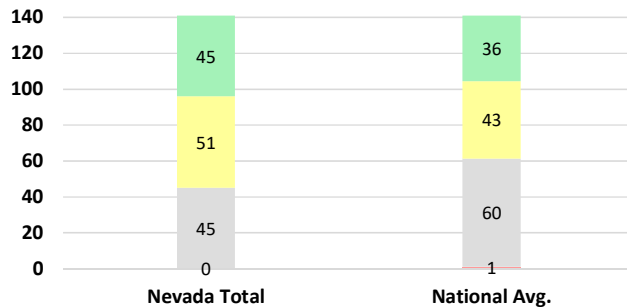
2018 Nevada Frequency of Each Rating by Healthy Weight Topic Area



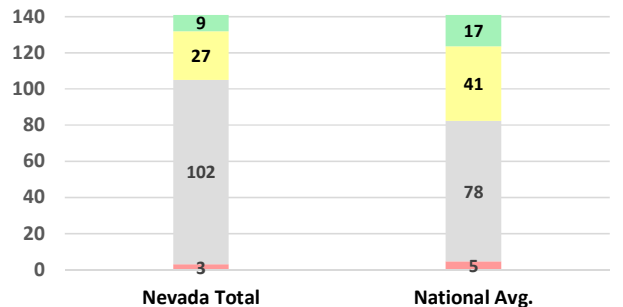
2010 Nevada Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

2018/2010

		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		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		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 / 3	+	4 / 3	+	4 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 3	+	4 / 3	+	4 / 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 / 1	+	3 / 1	+	3 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 1	+	4 / 1	+	4 / 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 / 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 / 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 / 2	+	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 / 4		4 / 4
	NC2	Offer juice (100%) only during meal times		4 / 4		4 / 4		4 / 4
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	+	4 / 3	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	4 / 3	+	4 / 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 / 2	+	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	+	3 / 2	+	3 / 2	+	3 / 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 / 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		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 / 3	-	2 / 3	-	2 / 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	+	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	+	3 / 2	+	3 / 2	+	3 / 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	+	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

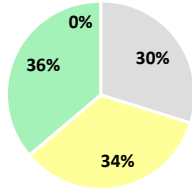
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

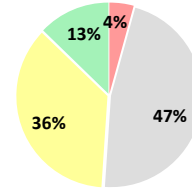
STATE PROFILES

NEW HAMPSHIRE

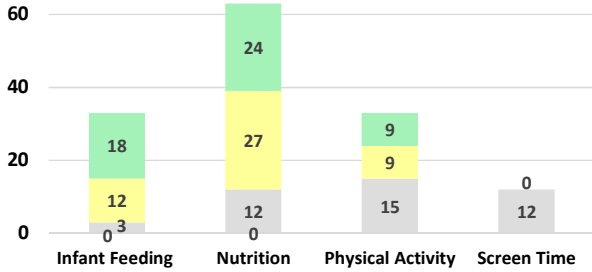
2018 New Hampshire Percentage of Ratings for All Healthy Weight Topic Areas



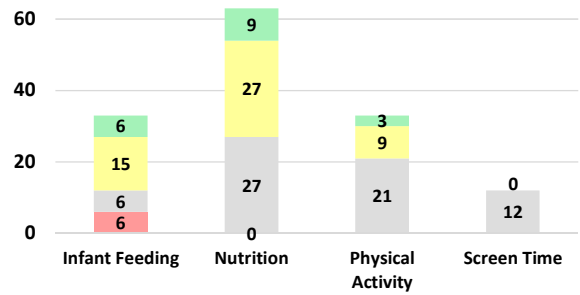
2010 New Hampshire Percentage of Ratings for All Healthy Weight Topic Areas



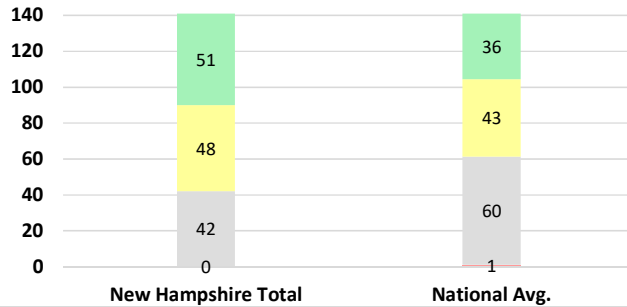
2018 New Hampshire Frequency of Each Rating by Healthy Weight Topic Area



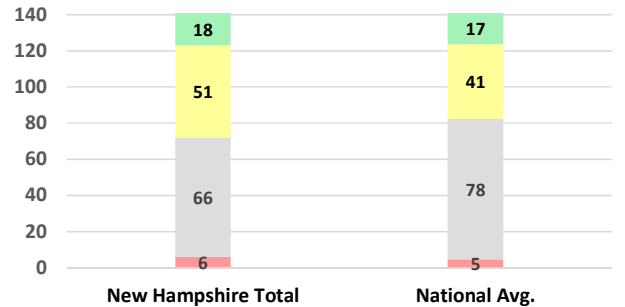
2010 New Hampshire Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

2018/2010

		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	+	4 / 2	+	4 / 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	+	3 / 2	+	3 / 2	2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 2	+	4 / 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	+	4 / 2	+	4 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 2	+	4 / 2	2 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 2	+	4 / 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
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	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 / 3	+	4 / 3	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	- 2 / 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	+ 3 / 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	+	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 / 2	+	3 / 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
- 4** = Regulation fully meets standard

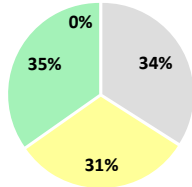
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

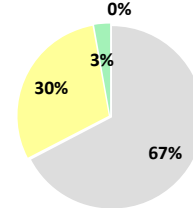
STATE PROFILES

NEW JERSEY

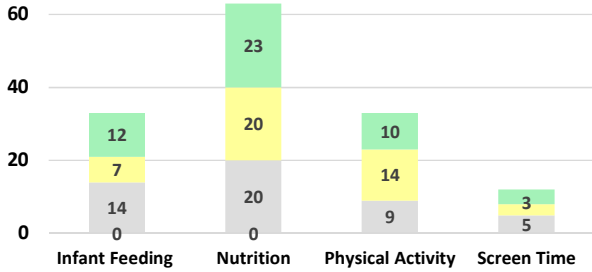
2018 New Jersey Percentage of Ratings for All Healthy Weight Topic Areas



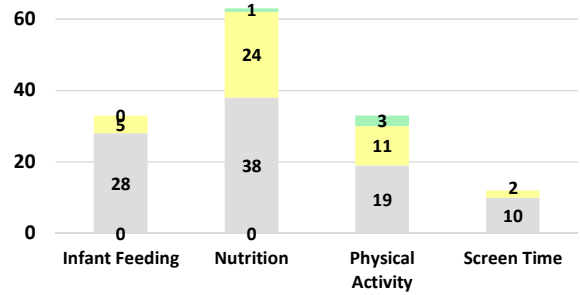
2010 New Jersey Percentage of Ratings for All Healthy Weight Topic Areas



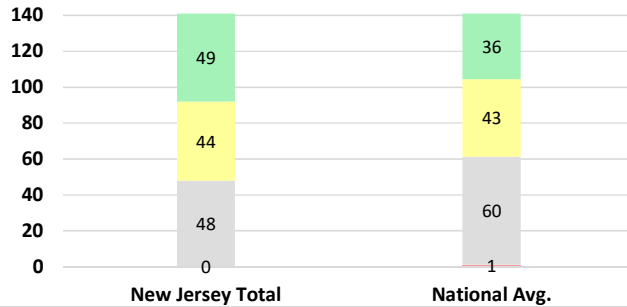
2018 New Jersey Frequency of Each Rating by Healthy Weight Topic Area



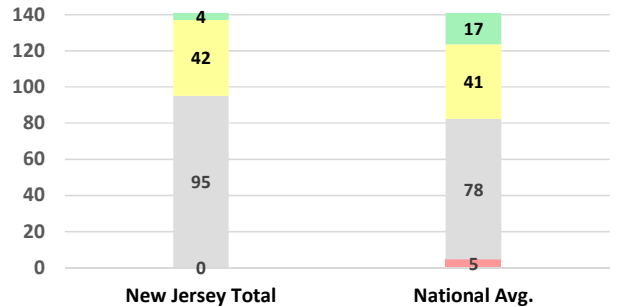
2010 New Jersey Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

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

2018/2010

		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	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	4 / 4	4 / 4	4 / 4	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	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	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 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	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 1	+ 4 / 1	+ 4 / 1	+ 4 / 1	+ 4 / 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	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 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	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 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	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	3 / 3	3 / 3	3 / 3	3 / 3	3 / 3
	NC2	Offer juice (100%) only during meal times	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 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	3 / 3	3 / 3	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	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	4 / 4	4 / 4	4 / 4	4 / 4	4 / 4
	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	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 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	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	+ 4 / 3	+ 4 / 3	+ 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	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	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	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
- 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

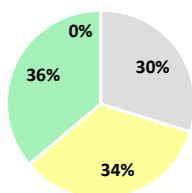
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

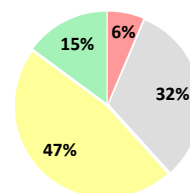
STATE PROFILES

NEW MEXICO

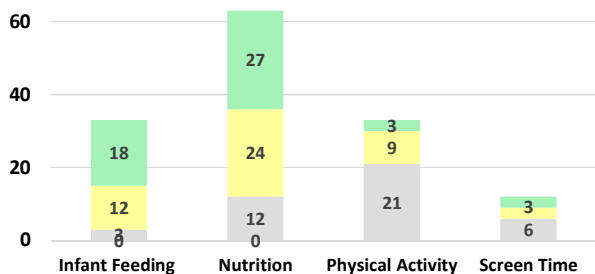
2018 New Mexico Percentage of Ratings for All Healthy Weight Topic Areas



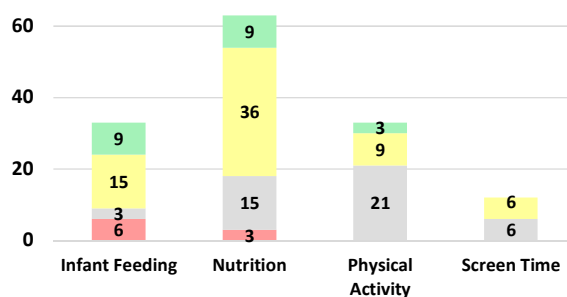
2010 New Mexico Percentage of Ratings for All Healthy Weight Topic Areas



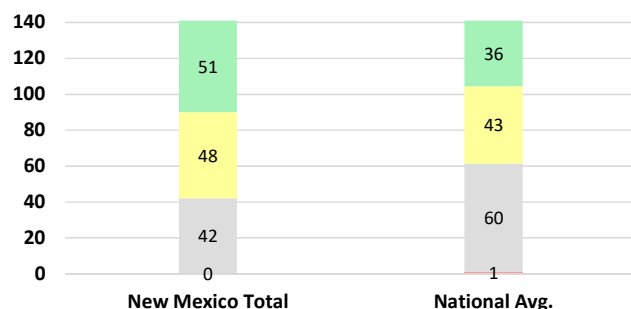
2018 New Mexico Frequency of Each Rating by Healthy Weight Topic Area



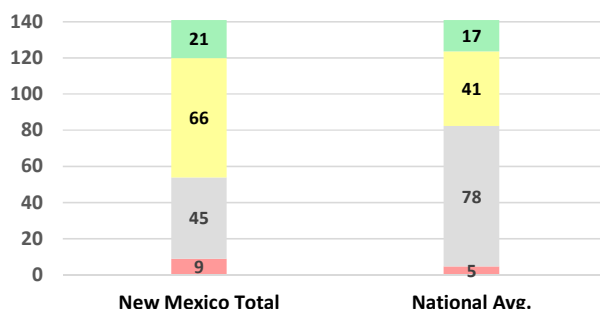
2010 New Mexico Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

New Mexico Regulation Rating History: 2010 (CTR, LRG, SML); 2012 (CTR, LRG, SML); 2014 (CTR, LRG, SML); 2017*

NOTE: An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

NEW YORK

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

2018/2010

		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	4 / 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	4 / 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	4 / 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	3 / 2		2 / 2		2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	4 / 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	3 / 2		2 / 2		2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	4 / 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	4 / 2	+	3 / 2	+	3 / 2
	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	4 / 3		3 / 3		3 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	4 / 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	3 / 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	

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

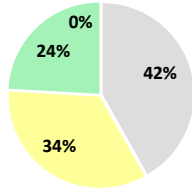
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

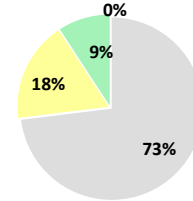
STATE PROFILES

NEW YORK

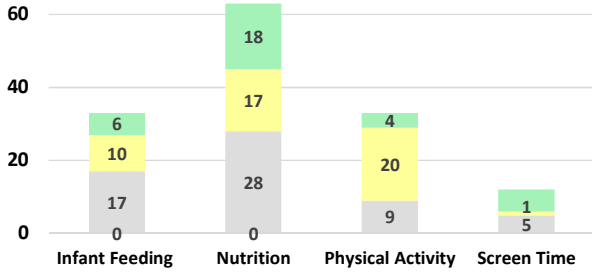
2018 New York Percentage of Ratings for All Healthy Weight Topic Areas



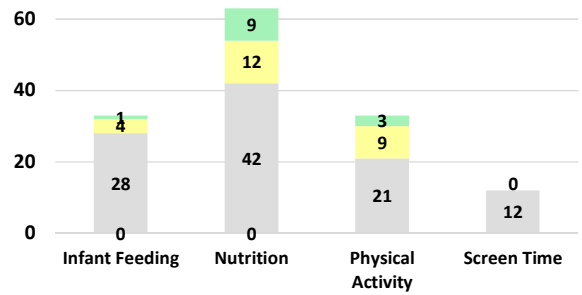
2010 New York Percentage of Ratings for All Healthy Weight Topic Areas



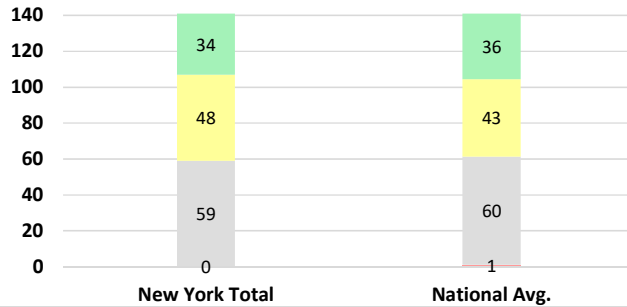
2018 New York Frequency of Each Rating by Healthy Weight Topic Area



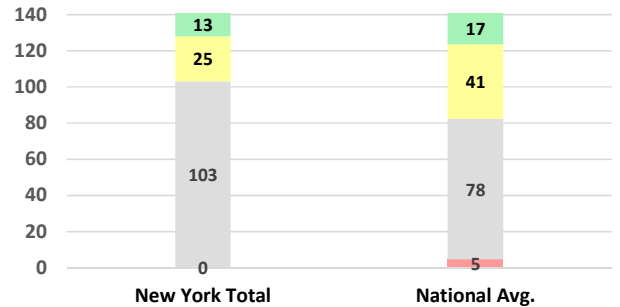
2010 New York Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

New York Regulation Rating History: 2010 (CTR, LRG, SML); 2014 (LRG, SML); 2015 (CTR, LRG); 2017*
 NOTE: An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

NORTH CAROLINA

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

2018/2010

		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	4 / 4	4 / 4	4 / 4	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	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	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 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	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 1	+ 4 / 1	+ 4 / 1	+ 4 / 1	+ 4 / 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	+ 3 / 2	+ 3 / 2	+ 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	+ 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	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2	+ 4 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 3	+ 4 / 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	+ 4 / 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	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	3 / 3	+ 3 / 1	+ 3 / 1	+ 3 / 1	+ 3 / 1
	NH1	Do not force or bribe children to eat	+ 3 / 2	+ 3 / 2	+ 3 / 2	+ 3 / 2	+ 3 / 2
NH2	Do not use food as a reward or punishment	+ 4 / 3	+ 4 / 3	+ 4 / 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	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	+ 4 / 2	+ 4 / 2	+ 4 / 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	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	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	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	+ 4 / 3	+ 4 / 3	+ 4 / 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	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	4 / 4	4 / 4	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	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

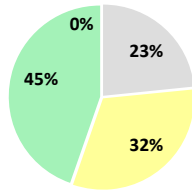
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

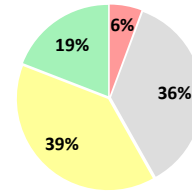
STATE PROFILES

NORTH CAROLINA

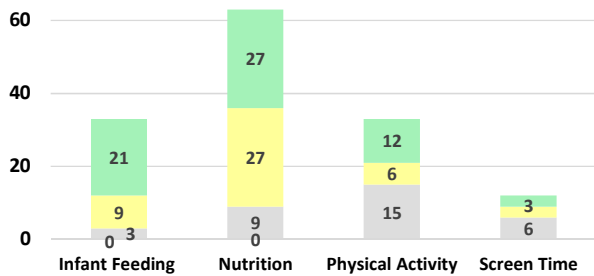
2018 North Carolina Percentage of Ratings for All Healthy Weight Topic Areas



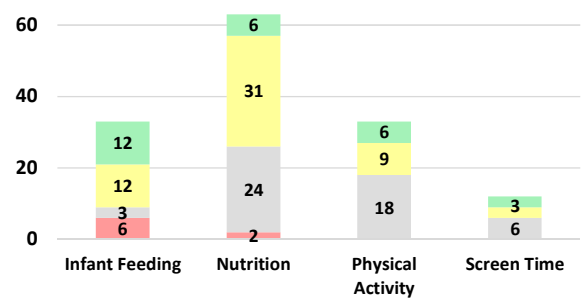
2010 North Carolina Percentage of Ratings for All Healthy Weight Topic Areas



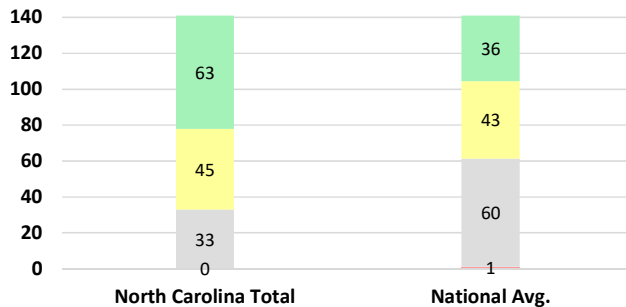
2018 North Carolina Frequency of Each Rating by Healthy Weight Topic Area



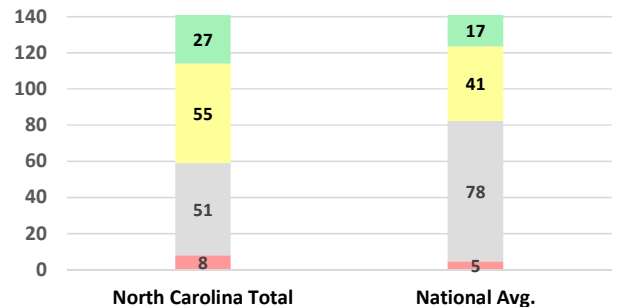
2010 North Carolina Frequency of Each Rating by Healthy Weight Topic Area



2018 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); 2017*; 2018 (CTR, LRG, SML)

NOTE: An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

NORTH DAKOTA

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

2018/2010

		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		3 / 3		3 / 3	3 / 3
	IB1	Feed infants on cue	+	4 / 2	+	4 / 2	4 / 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 / 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 / 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
	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	+	4 / 2		4 / 4	4 / 4
	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		3 / 3		2 / 2	2 / 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	+ 3 / 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	+	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

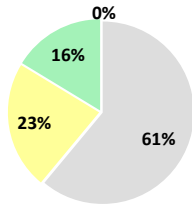
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

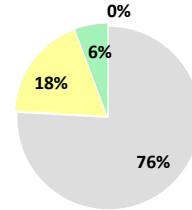
STATE PROFILES

NORTH DAKOTA

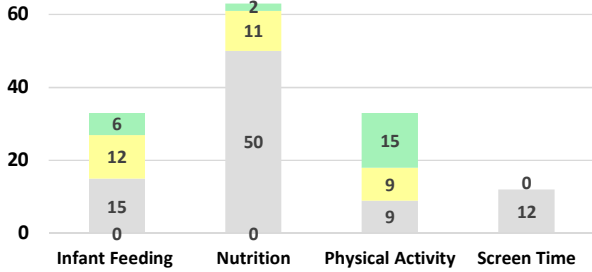
2018 North Dakota Percentage of Ratings for All Healthy Weight Topic Areas



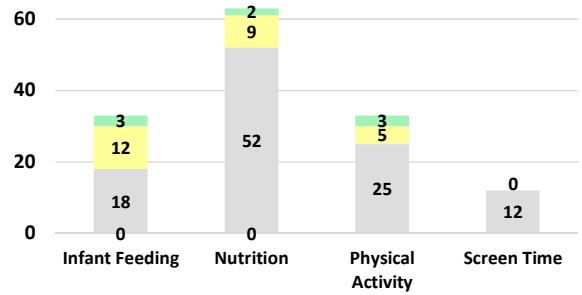
2010 North Dakota Percentage of Ratings for All Healthy Weight Topic Areas



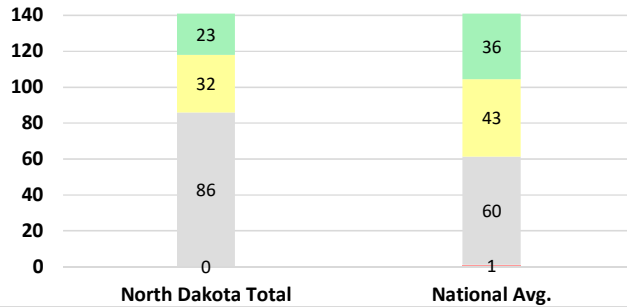
2018 North Dakota Frequency of Each Rating by Healthy Weight Topic Area



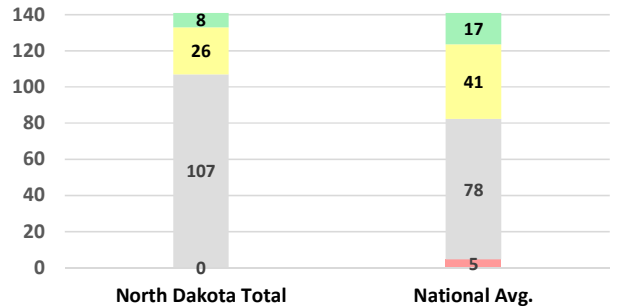
2010 North Dakota Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

2018/2010

		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					- 2 / 4	- 2 / 4	- 2 / 4
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding					- 2 / 4	- 2 / 4	- 2 / 4
	IB3	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap					3 / 3	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 / 4	- 2 / 3	- 2 / 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					- 2 / 3	- 2 / 3	- 2 / 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					+ 2 / 1	+ 2 / 1	+ 2 / 1
ID3	Serve no fruit juice to children younger than 12 months of age					+ 2 / 1	+ 2 / 1	+ 2 / 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					- 2 / 3	- 2 / 3	- 2 / 3
	NA3	Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older					- 2 / 3	- 2 / 3	- 2 / 3
	NA4	Serve whole pasteurized milk to twelve to twenty-four month old children who are not on human milk or prescribed formula, or serve reduced fat (2%) pasteurized milk to those who are at risk for hypercholesterolemia or obesity					3 / 3	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					- 2 / 4	- 2 / 4	- 2 / 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					- 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					- 2 / 3	- 2 / 3	- 2 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age					- 2 / 3	- 2 / 3	- 2 / 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					- 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					+ 2 / 1	+ 2 / 1	+ 2 / 1
	Physical Activity and Screen Time	NH1	Do not force or bribe children to eat					2 / 2	2 / 2
NH2		Do not use food as a reward or punishment					3 / 3	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					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

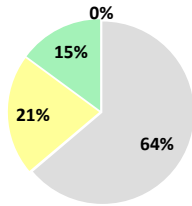
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

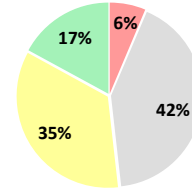
STATE PROFILES

OHIO

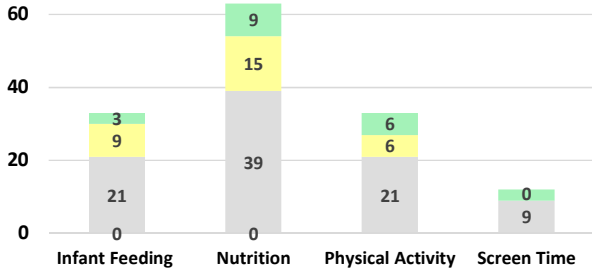
2018 Ohio Percentage of Ratings for All Healthy Weight Topic Areas



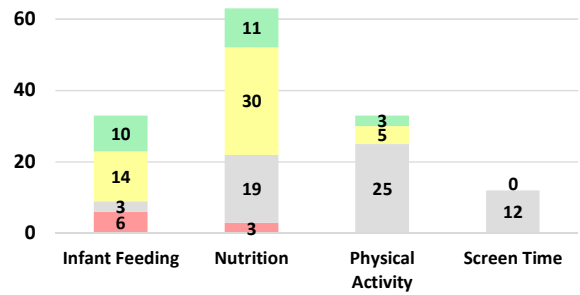
2010 Ohio Percentage of Ratings for All Healthy Weight Topic Areas



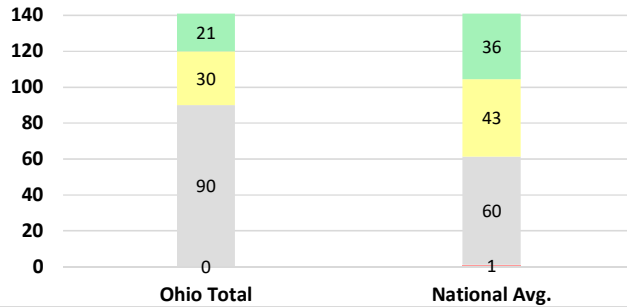
2018 Ohio Frequency of Each Rating by Healthy Weight Topic Area



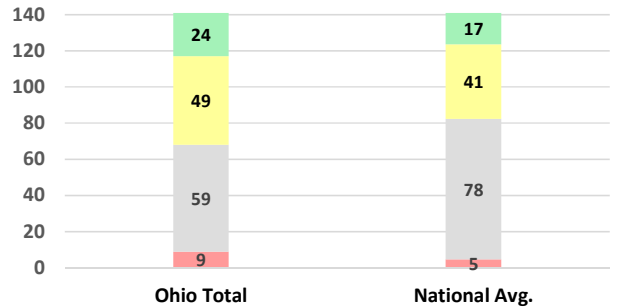
2010 Ohio Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

2018/2010

		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		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	+	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 / 3	+	3 / 2	+	3 / 2
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age		2 / 2	+	4 / 2	+	4 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months		2 / 2	+	4 / 2	+	4 / 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	+	3 / 2	+	3 / 2
ID3	Serve no fruit juice to children younger than 12 months of age		2 / 2	+	4 / 2	+	4 / 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	+	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		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	+	4 / 2	+	4 / 2	+	4 / 2
NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 3	+	4 / 3	+	4 / 3	
NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	4 / 3	+	4 / 3	
ND1	Make water available both inside and outside		4 / 4		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 / 3	+	4 / 3	+	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	-	1 / 3	-	1 / 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 / 2	+	3 / 2	
NH1	Do not force or bribe children to eat	+	4 / 2		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	+	3 / 2		2 / 2		2 / 2
	PA5	Do not withhold active play from children who misbehave		4 / 4	-	2 / 4	-	2 / 4
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years		3 / 3	-	2 / 3	-	2 / 3
	PB2	Limit total media time for children 2 years and older to not more than 30 min. weekly		3 / 3	-	2 / 3	-	2 / 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 / 3	-	2 / 3	-	2 / 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	+	3 / 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 / 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

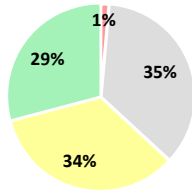
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

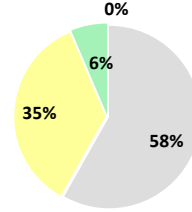
STATE PROFILES

OKLAHOMA

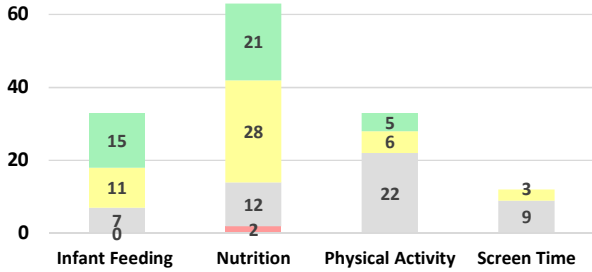
2018 Oklahoma Percentage of Ratings for All Healthy Weight Topic Areas



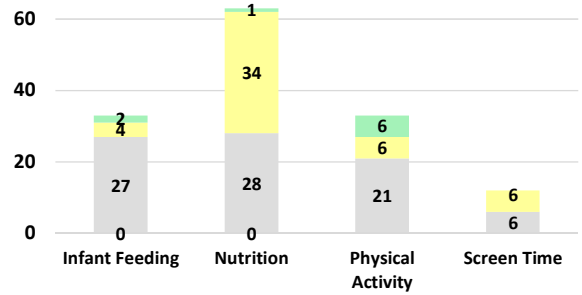
2010 Oklahoma Percentage of Ratings for All Healthy Weight Topic Areas



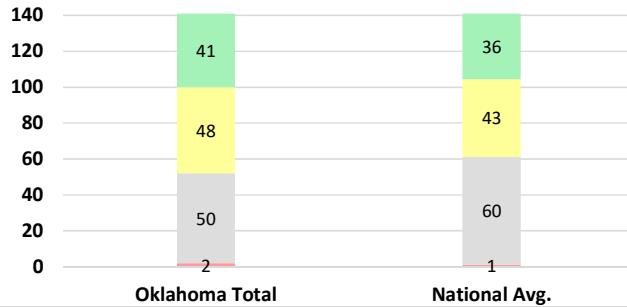
2018 Oklahoma Frequency of Each Rating by Healthy Weight Topic Area



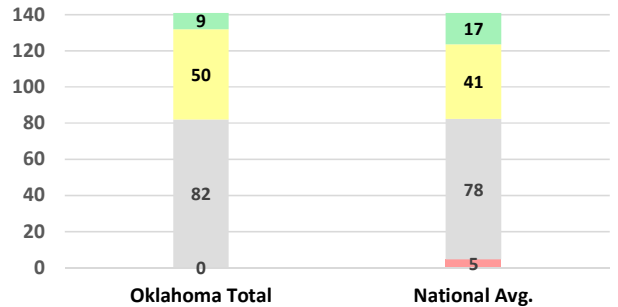
2010 Oklahoma Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

NOTE: An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

OREGON

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

2018/2010

		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 / 4		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	1 / 1		1 / 1		+ 4 / 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		+ 4 / 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		+ 3 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1		1 / 1		+ 4 / 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		+ 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	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		+ 4 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	3 / 3		3 / 3		+ 4 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	3 / 3		3 / 3		+ 4 / 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		+ 3 / 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

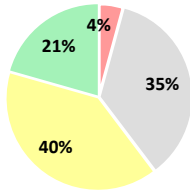
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

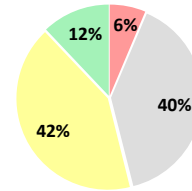
STATE PROFILES

OREGON

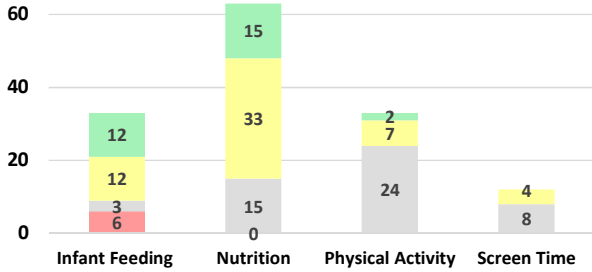
2018 Oregon Percentage of Ratings for All Healthy Weight Topic Areas



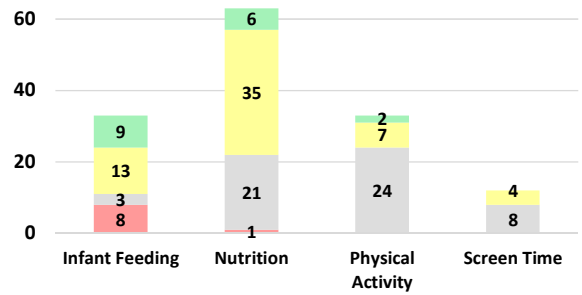
2010 Oregon Percentage of Ratings for All Healthy Weight Topic Areas



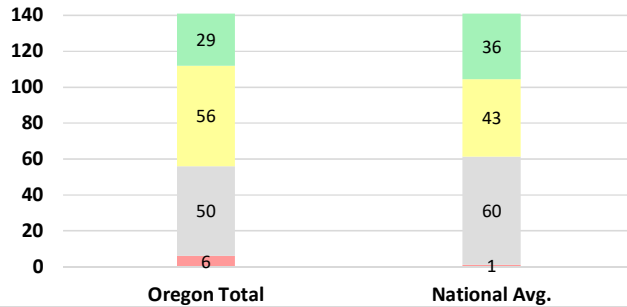
2018 Oregon Frequency of Each Rating by Healthy Weight Topic Area



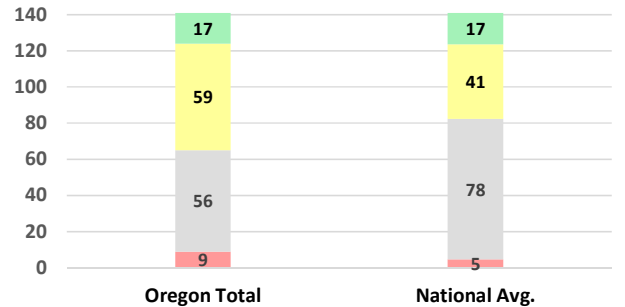
2010 Oregon Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

2018/2010

		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
Nutrition	ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	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
Physical Activity and Screen Time	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
Physical Activity and Screen Time	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
	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
Physical Activity and Screen Time	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

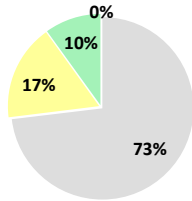
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

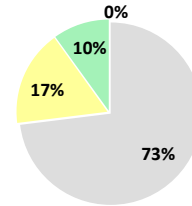
STATE PROFILES

PENNSYLVANIA

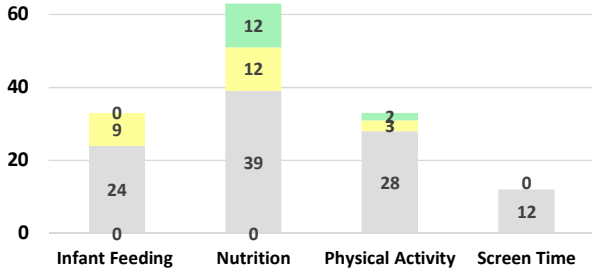
2018 Pennsylvania Percentage of Ratings for All Healthy Weight Topic Areas



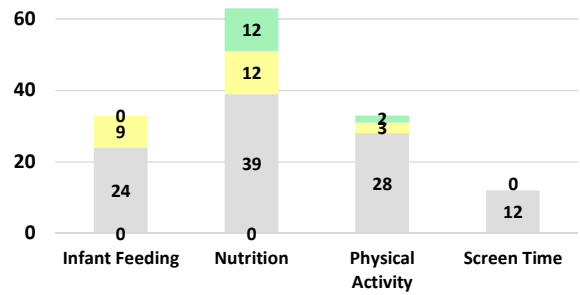
2010 Pennsylvania Percentage of Ratings for All Healthy Weight Topic Areas



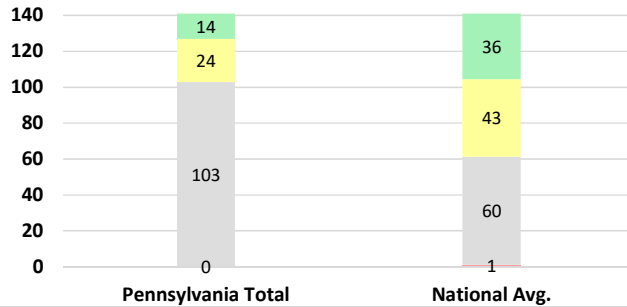
2018 Pennsylvania Frequency of Each Rating by Healthy Weight Topic Area



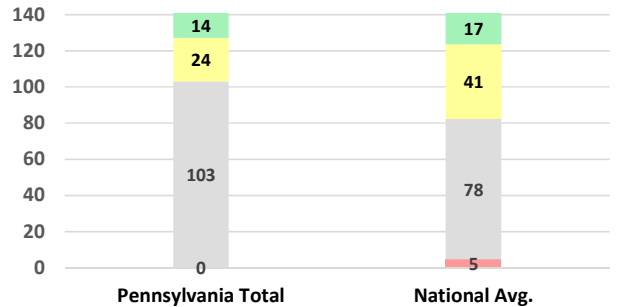
2010 Pennsylvania Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

2018/2010

		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		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		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	+ 4 / 2		+ 4 / 3		+ 4 / 3	
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+ 4 / 2		+ 4 / 3		+ 4 / 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 / 2		+ 3 / 1		+ 3 / 1	
ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 2		+ 4 / 1		+ 4 / 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 / 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	+ 4 / 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		2 / 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		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	+ 4 / 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		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 / 2		4 / 4		4 / 4	
	PB1	Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	+ 3 / 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	+ 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 / 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		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

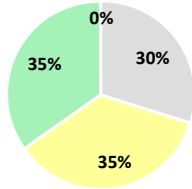
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

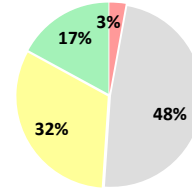
STATE PROFILES

RHODE ISLAND

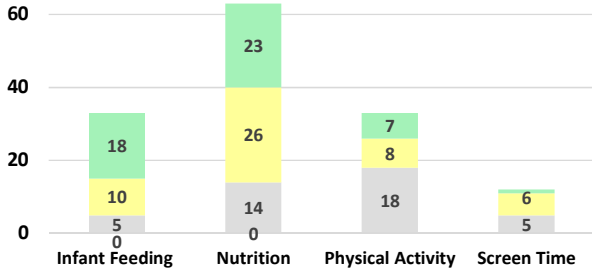
2018 Rhode Island Percentage of Ratings for All Healthy Weight Topic Areas



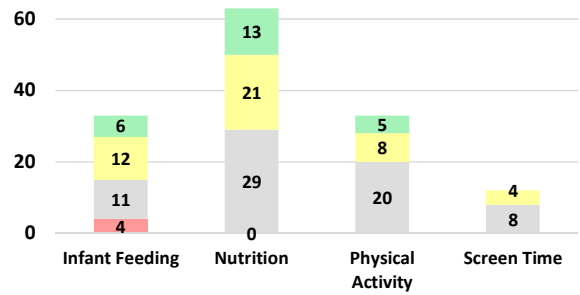
2010 Rhode Island Percentage of Ratings for All Healthy Weight Topic Areas



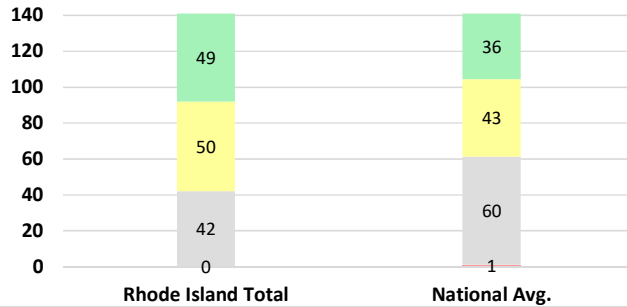
2018 Rhode Island Frequency of Each Rating by Healthy Weight Topic Area



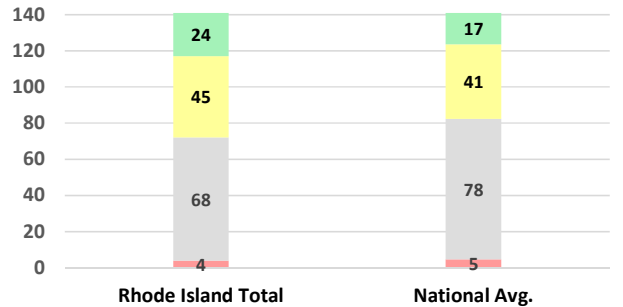
2010 Rhode Island Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

Rhode Island Regulation Rating History: 2010 (CTR, LRG, SML); 2013 (CTR); 2017 (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

2018/2010

		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
	IA2	Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided					4 / 4	2 / 2
	IB1	Feed infants on cue					4 / 4	2 / 2
	IB2	Do not feed infants beyond satiety; Allow infant to stop the feeding					4 / 4	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
	IC1	Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider					3 / 3	2 / 2
	IC2	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age					+ 4 / 3	2 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months					+ 4 / 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
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age					+ 3 / 1	2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age					+ 4 / 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
	NA2	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats					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	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	2 / 2
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older					+ 4 / 2	2 / 2
	NB1	Serve whole grain breads, cereals, and pastas					3 / 3	2 / 2
	NB2	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas					3 / 3	2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits					3 / 3	2 / 2
	NC1	Use only 100% juice with no added sweeteners					4 / 4	2 / 2
	NC2	Offer juice (100%) only during meal times					+ 4 / 2	2 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age					+ 4 / 3	2 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age					+ 4 / 3	2 / 2
	ND1	Make water available both inside and outside					4 / 4	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
	NE2	Require adults eating meals with children to eat items that meet nutrition standards					2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions					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	2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels					2 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk					+ 3 / 1	2 / 2
	Physical Activity and Screen Time	NH1	Do not force or bribe children to eat					3 / 3
NH2		Do not use food as a reward or punishment					3 / 3	2 / 2
PA1		Provide children with adequate space for both inside and outside play					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
PA3		Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation					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
PA5		Do not withhold active play from children who misbehave					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
PB2		Limit total media time for children 2 years and older to not more than 30 min. weekly					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
PB4		Do not utilize TV, video, or DVD viewing during meal or snack time					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
PC2	Allow toddlers 60-90 minutes per 8-hour day for moderate to vigorous physical activity					2 / 2	2 / 2	
PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity					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	
PE1	Ensure that infants have supervised tummy time every day when they are awake					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	

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

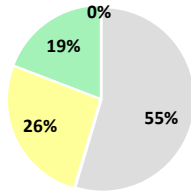
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

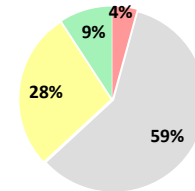
STATE PROFILES

SOUTH CAROLINA

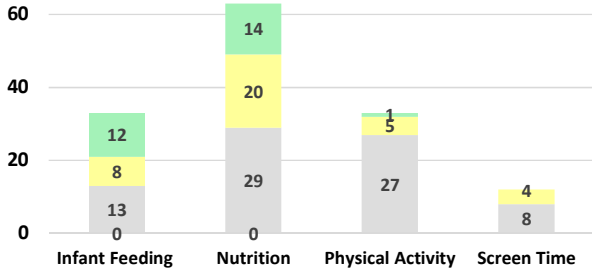
2018 South Carolina Percentage of Ratings for All Healthy Weight Topic Areas



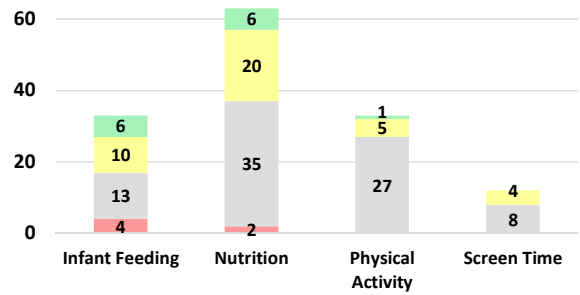
2010 South Carolina Percentage of Ratings for All Healthy Weight Topic Areas



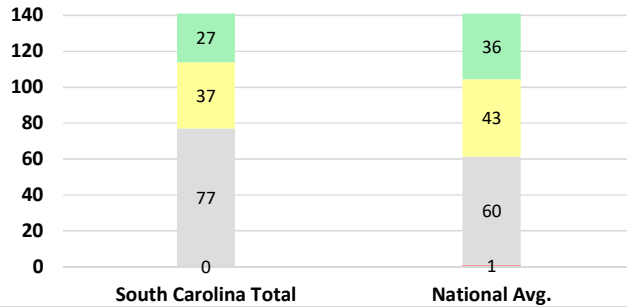
2018 South Carolina Frequency of Each Rating by Healthy Weight Topic Area



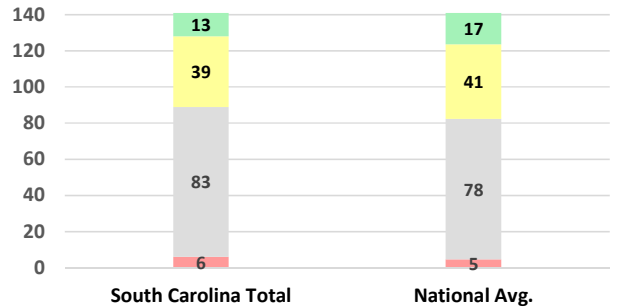
2010 South Carolina Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

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

An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

2018/2010

		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	4 / 4	4 / 4	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	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	2 / 2	2 / 2	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	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
Nutrition	ID3	Serve no fruit juice to children younger than 12 months of age	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	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	2 / 2	2 / 2	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	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	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	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	2 / 2	2 / 2	2 / 2	2 / 2	2 / 2
	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	2 / 2	2 / 2	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	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	2 / 2	2 / 2	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	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
Physical Activity and Screen Time	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
	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
Physical Activity and Screen Time	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	2 / 2	2 / 2	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	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	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

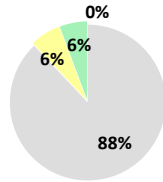
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

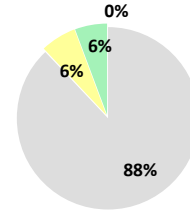
STATE PROFILES

SOUTH DAKOTA

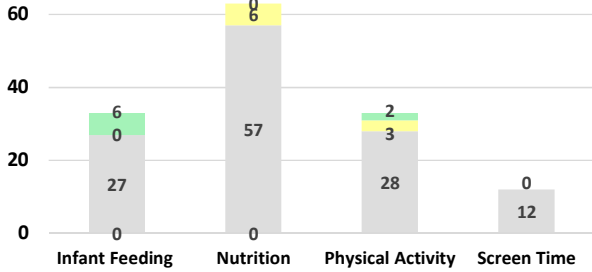
2018 South Dakota Percentage of Ratings for All Healthy Weight Topic Areas



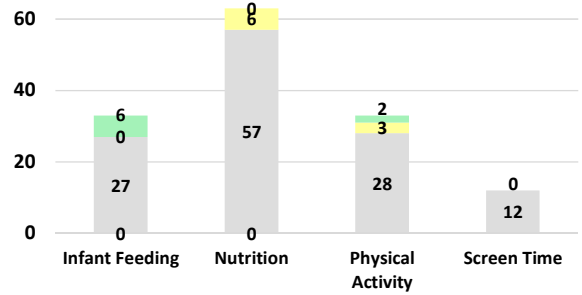
2010 South Dakota Percentage of Ratings for All Healthy Weight Topic Areas



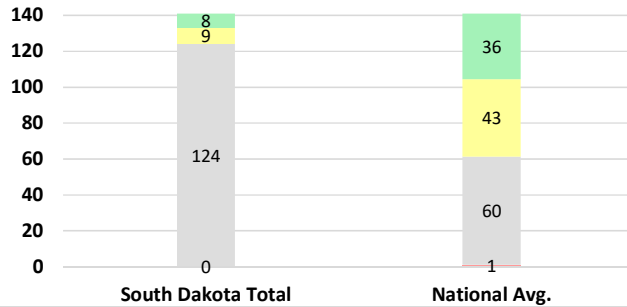
2018 South Dakota Frequency of Each Rating by Healthy Weight Topic Area



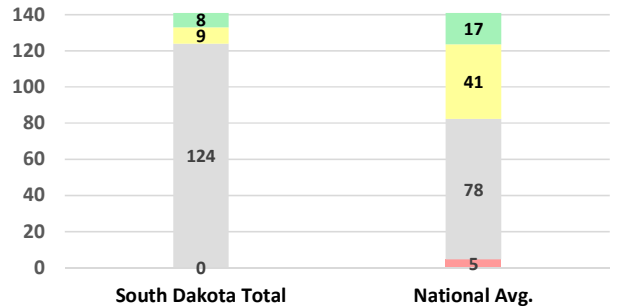
2010 South Dakota Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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://nrkids.org/default/assets/File/Products/ASHW/ASHWDocumentsAssessed.pdf>

STATE PROFILES

TENNESSEE

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

2018/2010

		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 / 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	+	4 / 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	+	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 / 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 / 2	+	4 / 2	+	4 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+	4 / 2	+	4 / 2	+	4 / 2
	ID1	Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	+	3 / 2	+	3 / 2	+	3 / 2
	ID2	Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	+	3 / 2	+	3 / 2	+	3 / 2
Nutrition	ID3	Serve no fruit juice to children younger than 12 months of age	+	4 / 2	+	4 / 2	+	4 / 2
	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 / 1	+	3 / 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	+	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 / 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 / 4		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	+	4 / 2	+	4 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+	4 / 2	+	4 / 3	+	4 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 2	+	4 / 3	+	4 / 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 / 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	2 / 2		2 / 2		2 / 2	
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	-	3 / 4		3 / 3		3 / 3
NH1	Do not force or bribe children to eat	-	3 / 4		3 / 3		3 / 3	
NH2	Do not use food as a reward or punishment	4 / 4	+	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 / 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	+	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	+	3 / 2	+	3 / 2	+	3 / 2
	PA5	Do not withhold active play from children who misbehave	-	2 / 4		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	+	4 / 3	+	4 / 3	+	4 / 3
	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	+	4 / 3	+	4 / 2	+	4 / 2
	PC3	Allow preschoolers 90-120 minutes per 8-hour day for moderate to vigorous physical activity	+	4 / 3	+	4 / 2	+	4 / 2
	PD1	Provide daily for all children, birth to six years, two or more structured or caregiver/ teacher/ adult-led activities or games that promote movement over the course of the day—indoor or outdoor	+	3 / 2	+	3 / 2	+	3 / 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 / 2	+	4 / 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

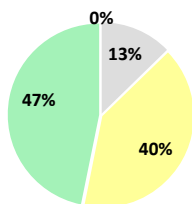
Δ (Change) Code:

- + = Improved Rating
- = Lowered Rating

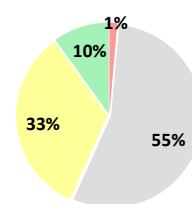
STATE PROFILES

TENNESSEE

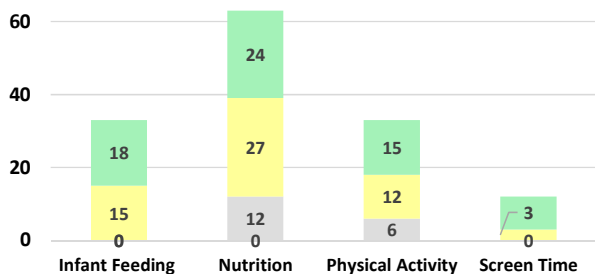
2018 Tennessee Percentage of Ratings for All Healthy Weight Topic Areas



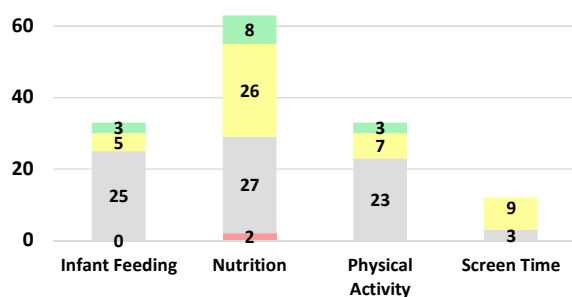
2010 Tennessee Percentage of Ratings for All Healthy Weight Topic Areas



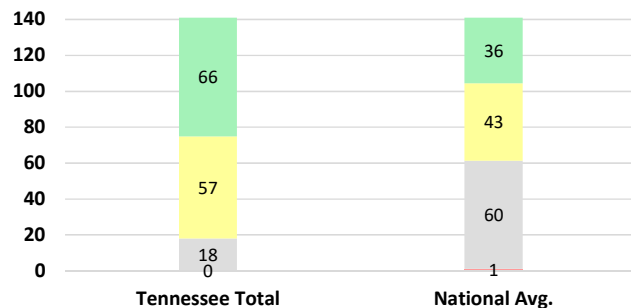
2018 Tennessee Frequency of Each Rating by Healthy Weight Topic Area



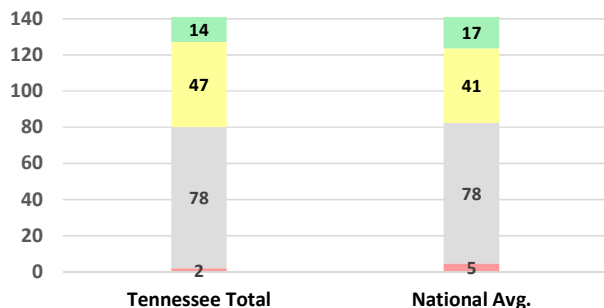
2010 Tennessee Frequency of Each Rating by Healthy Weight Topic Area



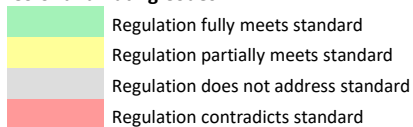
2018 Tennessee and National Ratings for All Healthy Weight Topic Areas



2010 Tennessee and National Ratings for All Healthy Weight Topic Areas



Color and Rating Codes:



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

2018/2010

		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 / 2	+	4 / 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		3 / 3		3 / 3
	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		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	+	4 / 2	+	4 / 2	+	4 / 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		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	+	4 / 3	+	4 / 3	+	4 / 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	+	4 / 3	+	4 / 3	+	4 / 3
	NC4 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+	4 / 3	+	4 / 3	+	4 / 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		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 / 2	+	3 / 2	+	3 / 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		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	+	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 / 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 / 3	+	4 / 3	+	4 / 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		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

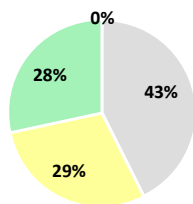
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

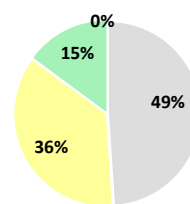
STATE PROFILES

TEXAS

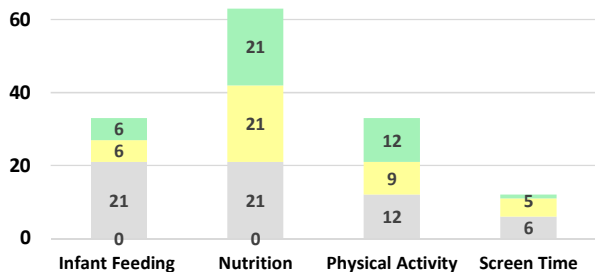
2018 Texas Percentage of Ratings for All Healthy Weight Topic Areas



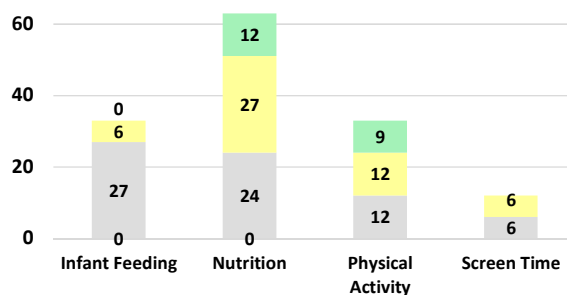
2010 Texas Percentage of Ratings for All Healthy Weight Topic Areas



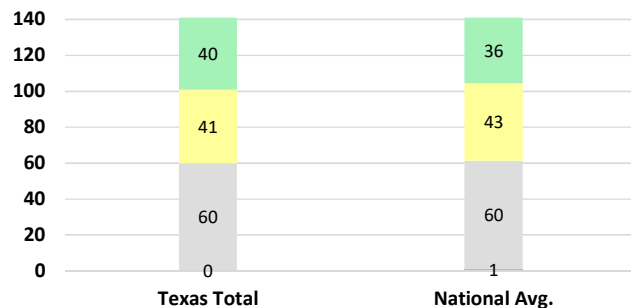
2018 Texas Frequency of Each Rating by Healthy Weight Topic Area



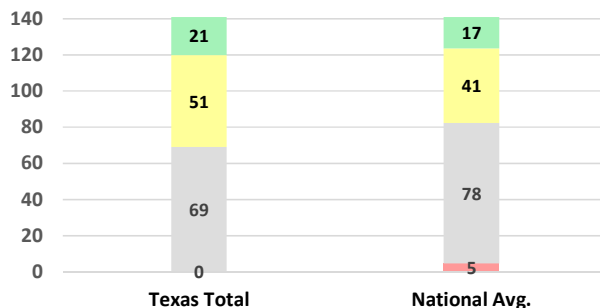
2010 Texas Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

2018/2010

		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 / 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 / 3		
	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 / 4	4 / 4	+ 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 / 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	+ 4 / 3	+ 4 / 3	+ 4 / 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	+ 3 / 1	+ 3 / 1	+ 3 / 2		
ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 1	+ 4 / 1	+ 4 / 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	+ 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 / 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	+ 4 / 3	+ 4 / 3	+ 4 / 2		
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 2		
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 3	+ 4 / 3	+ 4 / 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	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 / 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	+ 3 / 1	+ 3 / 1	+ 3 / 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 / 2	+ 4 / 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	+ 3 / 2	+ 3 / 2	+ 3 / 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	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	+ 4 / 2	+ 4 / 2	+ 4 / 3		
	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	+ 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 / 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

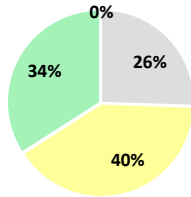
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

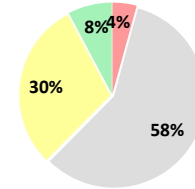
STATE PROFILES

UTAH

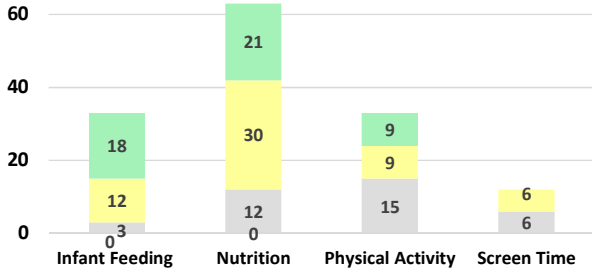
2018 Utah Percentage of Ratings for All Healthy Weight Topic Areas



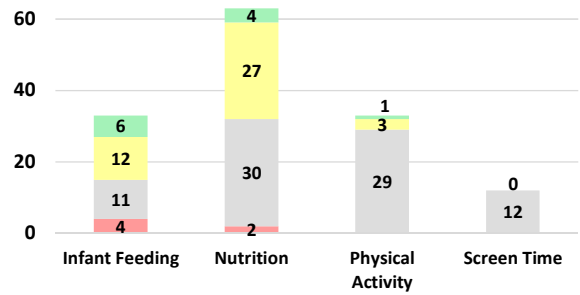
2010 Utah Percentage of Ratings for All Healthy Weight Topic Areas



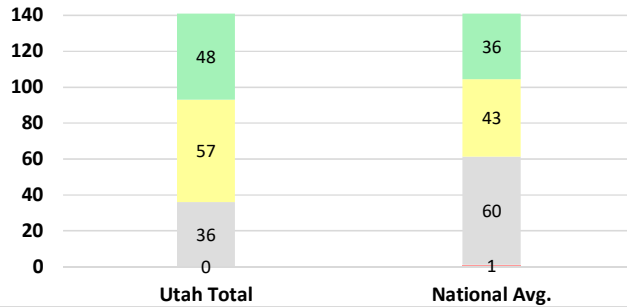
2018 Utah Frequency of Each Rating by Healthy Weight Topic Area



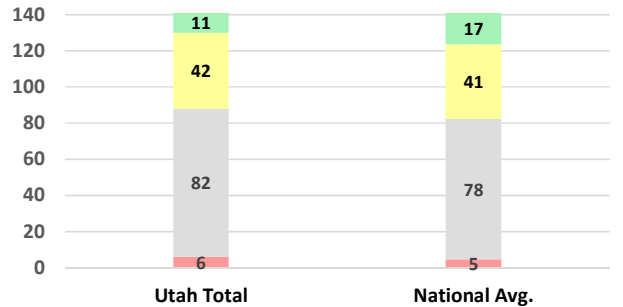
2010 Utah Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

VERMONT

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

2018/2010

		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	+ 4 / 3		+ 4 / 2		+ 4 / 2
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	+ 4 / 2		+ 4 / 2		+ 4 / 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	+ 3 / 2		+ 3 / 2		+ 3 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 3		+ 4 / 2		+ 4 / 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	+ 4 / 2		+ 4 / 2		+ 4 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+ 4 / 2		+ 4 / 2		+ 4 / 2
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 2		+ 4 / 2		+ 4 / 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	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 / 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	+ 3 / 2		+ 3 / 2		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 / 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
- 2** = Regulation does not address standard
- 3** = Regulation partially meets standard
- 4** = Regulation fully meets standard

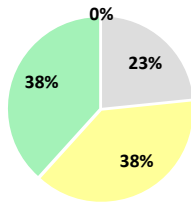
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

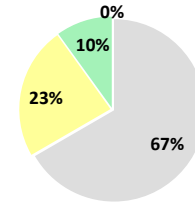
STATE PROFILES

VERMONT

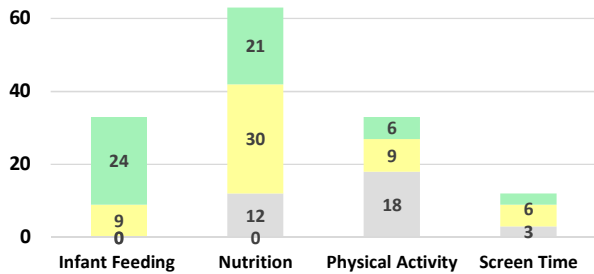
2018 Vermont Percentage of Ratings for All Healthy Weight Topic Areas



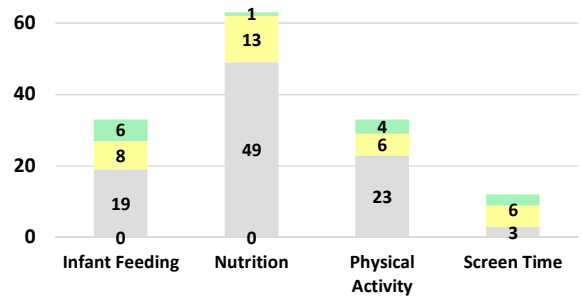
2010 Vermont Percentage of Ratings for All Healthy Weight Topic Areas



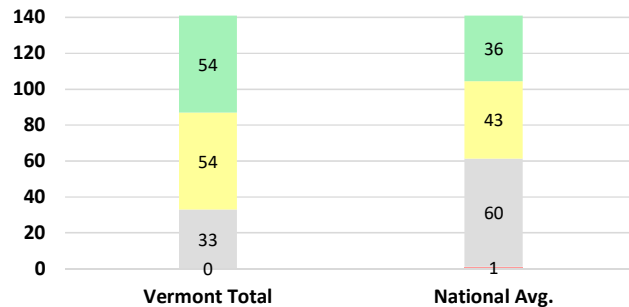
2018 Vermont Frequency of Each Rating by Healthy Weight Topic Area



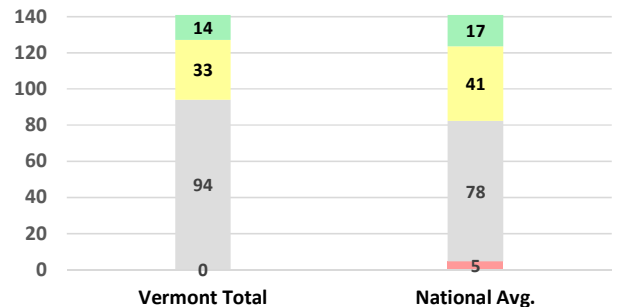
2010 Vermont Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

NOTE: An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

VIRGINIA

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

2018/2010

		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 / 4		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	+ 4 / 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	+ 4 / 3		+ 4 / 3		+ 4 / 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 / 1		+ 3 / 1		+ 3 / 1
ID3	Serve no fruit juice to children younger than 12 months of age	+ 4 / 1		+ 4 / 1		+ 4 / 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		4 / 4		4 / 4
	NA5	Serve skim or 1% pasteurized milk to children two years of age and older	+ 4 / 2		4 / 4		4 / 4
	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 / 2		+ 4 / 2		+ 4 / 2
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	+ 4 / 3		+ 4 / 3		+ 4 / 3
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	+ 4 / 3		+ 4 / 3		+ 4 / 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	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	+ 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		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

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

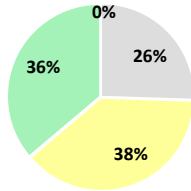
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

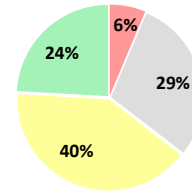
STATE PROFILES

VIRGINIA

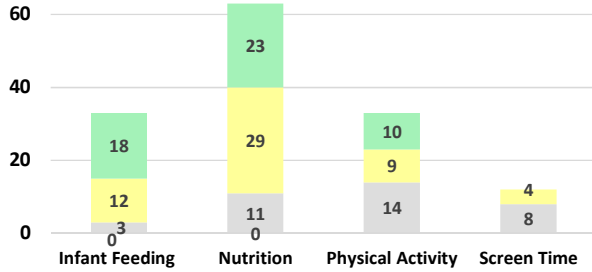
2018 Virginia Percentage of Ratings for All Healthy Weight Topic Areas



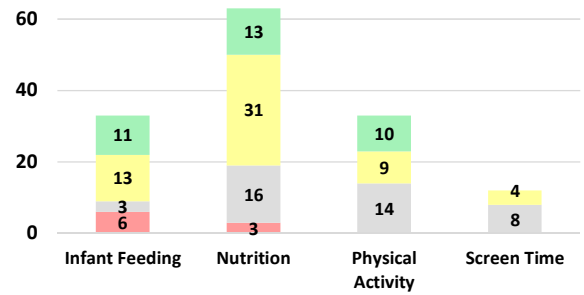
2010 Virginia Percentage of Ratings for All Healthy Weight Topic Areas



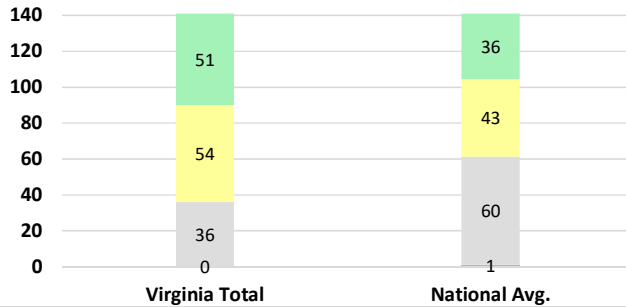
2018 Virginia Frequency of Each Rating by Healthy Weight Topic Area



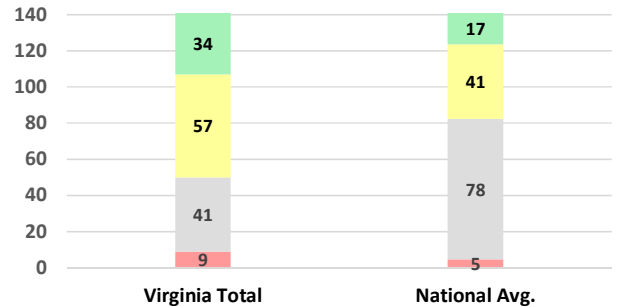
2010 Virginia Frequency of Each Rating by Healthy Weight Topic Area



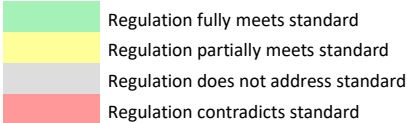
2018 Virginia and National Ratings for All Healthy Weight Topic Areas



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*; 2017*

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. An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

2018/2010

		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	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	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	+ 4 / 3	+ 4 / 3		
	IC3	Introduce breastfed infants gradually to iron-fortified foods no sooner than four months of age, but preferably around six months	4 / 4	+ 4 / 3	+ 4 / 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	+ 3 / 1	+ 3 / 1		
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	+ 4 / 1	+ 4 / 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	+ 4 / 2	+ 4 / 2		
	NC3	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2 / 2	+ 4 / 3	+ 4 / 3		
	NC4	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2 / 2	+ 4 / 3	+ 4 / 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	+ 3 / 1	+ 3 / 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		
	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 / 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		
	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 / 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

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

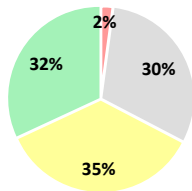
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

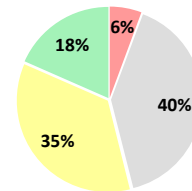
STATE PROFILES

WASHINGTON

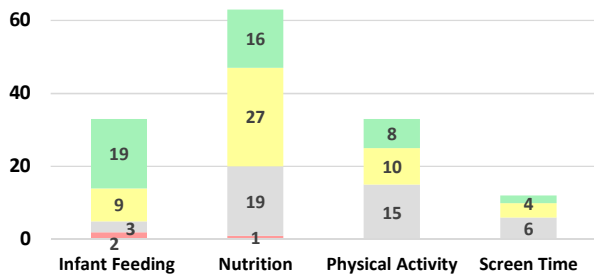
2018 Washington Percentage of Ratings for All Healthy Weight Topic Areas



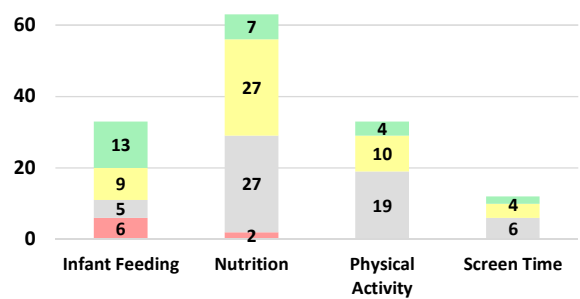
2010 Washington Percentage of Ratings for All Healthy Weight Topic Areas



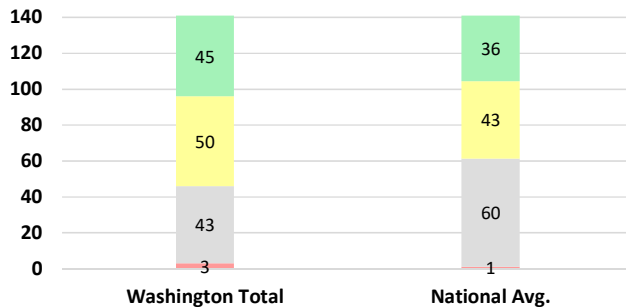
2018 Washington Frequency of Each Rating by Healthy Weight Topic Area



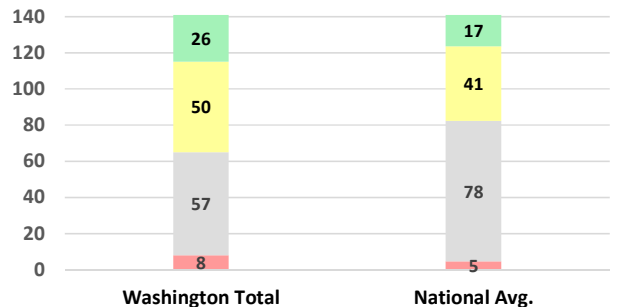
2010 Washington Frequency of Each Rating by Healthy Weight Topic Area



2018 Washington and National Ratings for All Healthy Weight Topic Areas



2010 Washington 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

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

NOTE: An asterisk after 2017 (2017*) signifies improved ratings in the indicators related to 2017 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

WEST VIRGINIA

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

2018/2010

		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	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2
	IB1	Feed infants on cue	4 / 4	2 / 2	2 / 2	2 / 2	2 / 2
	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	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	4 / 4	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	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	3 / 3	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	1 / 1	2 / 2	2 / 2	2 / 2	2 / 2
ID3	Serve no fruit juice to children younger than 12 months of age	1 / 1	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	2 / 2	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	3 / 3	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	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	2 / 2	2 / 2	2 / 2	2 / 2
	NB1	Serve whole grain breads, cereals, and pastas	3 / 3	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	2 / 2	2 / 2	2 / 2	2 / 2
	NB3	Serve fruits of several varieties, especially whole fruits	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2
	NC1	Use only 100% juice with no added sweeteners	4 / 4	2 / 2	2 / 2	2 / 2	2 / 2
	NC2	Offer juice (100%) only during meal times	3 / 3	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	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	3 / 3	2 / 2	2 / 2	2 / 2	2 / 2
	ND1	Make water available both inside and outside	4 / 4	3 / 3	3 / 3	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	4 / 4	2 / 2	2 / 2	2 / 2	2 / 2
	NF1	Serve small-sized, age-appropriate portions	4 / 4	2 / 2	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	2 / 2	2 / 2	2 / 2	2 / 2
	NG1	Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	3 / 3	3 / 3	2 / 2	2 / 2
	NG2	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	1 / 1	3 / 3	3 / 3	2 / 2	2 / 2
	NH1	Do not force or bribe children to eat	+ 4 / 3	3 / 3	3 / 3	3 / 3	3 / 3
NH2	Do not use food as a reward or punishment	+ 4 / 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 / 4	4 / 4	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	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 / 3	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	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	+ 4 / 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	+ 4 / 2	1 / 1	1 / 1	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

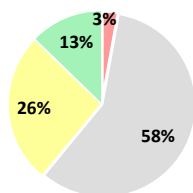
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

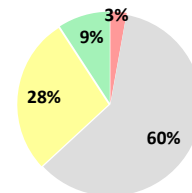
STATE PROFILES

WEST VIRGINIA

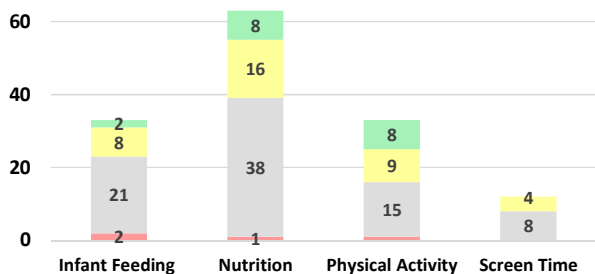
2018 West Virginia Percentage of Ratings for All Healthy Weight Topic Areas



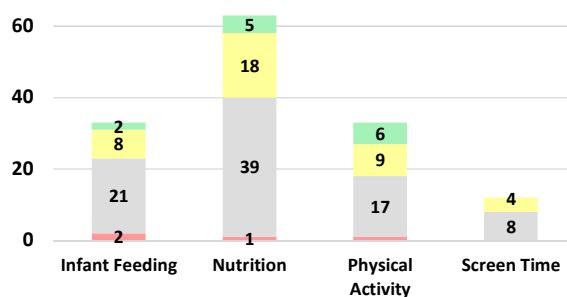
2010 West Virginia Percentage of Ratings for All Healthy Weight Topic Areas



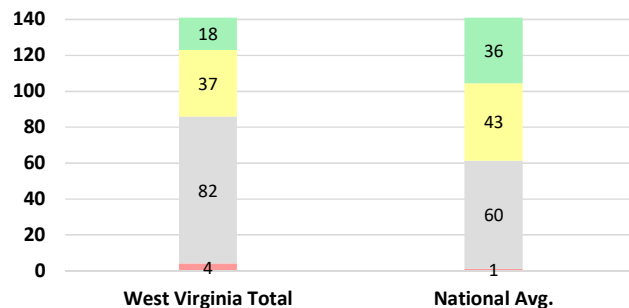
2018 West Virginia Frequency of Each Rating by Healthy Weight Topic Area



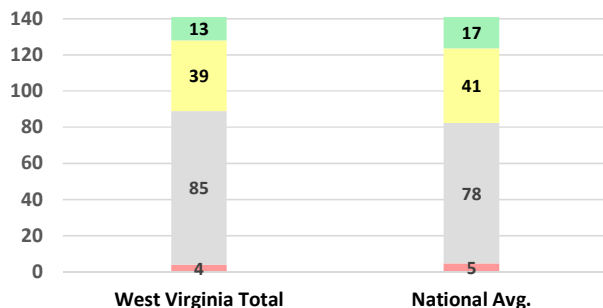
2010 West Virginia Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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>

STATE PROFILES

WISCONSIN

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

2018/2010

		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 / 4		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		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
- 3** = Regulation partially meets standard
- 4** = Regulation fully meets standard

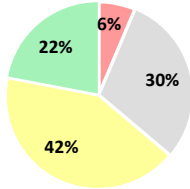
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

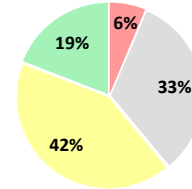
STATE PROFILES

WISCONSIN

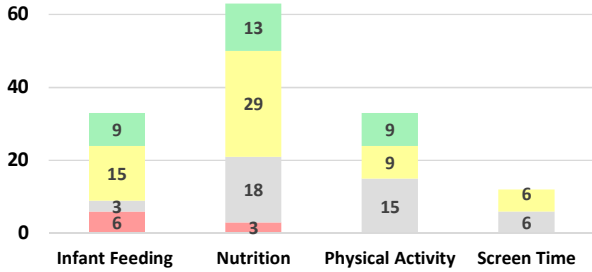
2018 Wisconsin Percentage of Ratings for All Healthy Weight Topic Areas



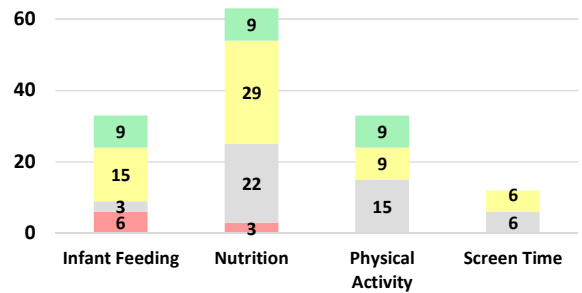
2010 Wisconsin Percentage of Ratings for All Healthy Weight Topic Areas



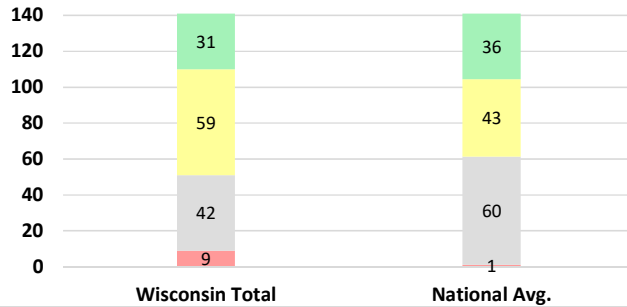
2018 Wisconsin Frequency of Each Rating by Healthy Weight Topic Area



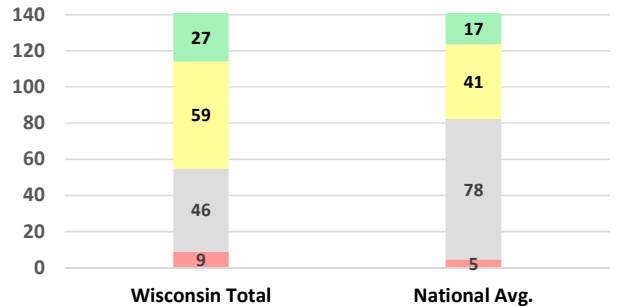
2010 Wisconsin Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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

2018/2010

		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	+	3 / 2	+	3 / 2	+ 3 / 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		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	+	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 / 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 / 4	-	3 / 4	- 3 / 4	
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 / 3		3 / 3	3 / 3
	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 / 2	+	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		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

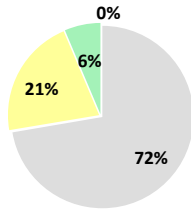
Δ (Change) Code:

- +** = Improved Rating
- = Lowered Rating

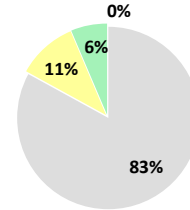
STATE PROFILES

WYOMING

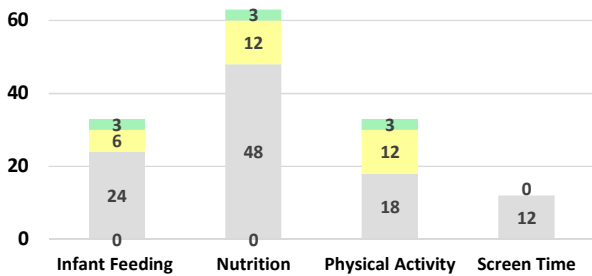
2018 Wyoming Percentage of Ratings for All Healthy Weight Topic Areas



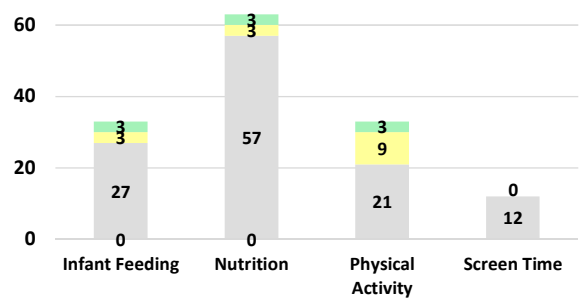
2010 Wyoming Percentage of Ratings for All Healthy Weight Topic Areas



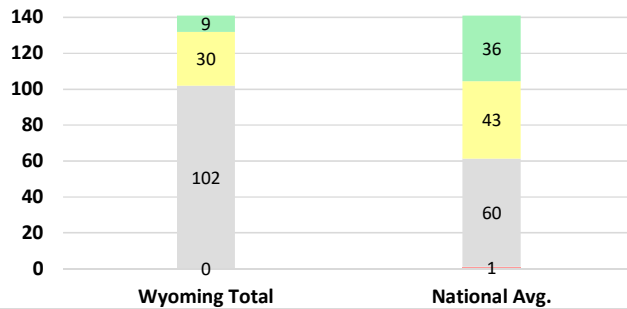
2018 Wyoming Frequency of Each Rating by Healthy Weight Topic Area



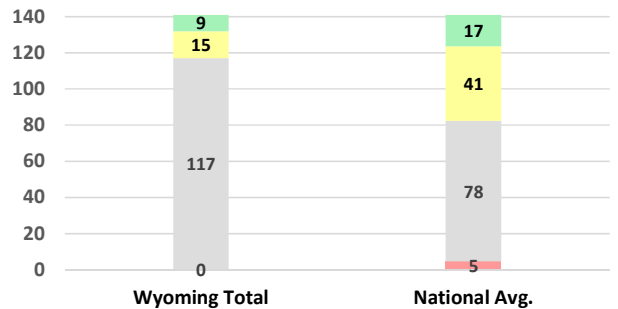
2010 Wyoming Frequency of Each Rating by Healthy Weight Topic Area



2018 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:

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

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 2: State Documents Rated 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		
	Minimum Standards for Family Day Care Homes, Family Nighttime Homes, Group Day Care Homes, and Group Nighttime Homes Regulations and Procedures	11/30/2018	2018		X	X
	Minimum Standards for Day Care Centers and Nighttime Centers	11/30/2018	2018	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		

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:



* previously undiscovered document; rated in 2017 and ratings applied retroactively

TABLE 2: State Documents Rated 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
	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
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
	Title 22, Division 12, Chapter 3 - Family Child Care Homes	4/1/2016	2017*		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					

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:



* previously undiscovered document; rated in 2017 and ratings applied retroactively

TABLE 2: State Documents Rated 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
	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
	Regulations for Early Care and Education and School-Age Centers	7/1/2015	2015	X		
	Delacare Regulations for Family and Large Family Child Care Homes	7/2017	2017		X	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		
	Chapter 65C-22 Florida Administrative Code Child Care Standards	8/2013	2017	X		
	Chapter 65C-22 Child Care Standards	10/25/2017	2017	X		
	Child Care Facility Handbook	10/2017	2017		X	X
	Chapter 65C-20 Family Day Care Standards and Large Family Child Care Homes	10/25/2017	2017		X	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:



* previously undiscovered document; rated in 2017 and ratings applied retroactively

TABLE 2: State Documents Rated 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
GA	Family Day Care Home/Large Family Child Care Home Handbook	10/2017				
	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		
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

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:



* previously undiscovered document; rated in 2017 and ratings applied retroactively

TABLE 2: State Documents Rated 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
	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
	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	
	922 KAR 2:100 Certification of Family Child Care Homes	7/18/2018	2018			X
	922 KAR 2:120. Child-care Center Health and Safety Standards	7/18/2018	2018	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					

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:



* previously undiscovered document; rated in 2017 and ratings applied retroactively

TABLE 2: State Documents Rated 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
	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
	State of Maine Family Child Care Provider Licensing Rule	9/20/2017	2017		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					
	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

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:



* previously undiscovered document; rated in 2017 and ratings applied retroactively

TABLE 2: State Documents Rated 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
	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
	Chapter 432A Services and Facilities for Care of Children	9/21/2017	2018	X	X	X
NH	New Hampshire					
	Child Care Program Licensing Rules	2008-2016	2010	X	X	X
	Part He-C 4002 NH Child Care Program Licensing Rules	5/17/2017	2017	X	X	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:



* previously undiscovered document; rated in 2017 and ratings applied retroactively

TABLE 2: State Documents Rated 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
NJ	New Jersey					
	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	
	Chapter 52 Manual of Requirements for Child Care Centers	3/6/2017	2017	X	X	
	Chapter 54 Manual of Requirements for Family Child Care Registration	3/20/2017	2017			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					

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:



* previously undiscovered document; rated in 2017 and ratings applied retroactively

TABLE 2: State Documents Rated 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 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
	Chapter 9- Child Care Rules	1/2013	2013	X	X	X
	Chapter 9- Child Care Rules	10/1/2017	2018	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

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:



* previously undiscovered document; rated in 2017 and ratings applied retroactively

TABLE 2: State Documents Rated 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
	Licensing Requirements for Child Care Programs	11/1/2016	2016	X		
	Licensing Requirements for Family Child Care Homes and Large Child Care Homes	11/1/2016	2016		X	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		
	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		
	Part 1 – Child Care Center and School Age Program Regulations for Licensure	9/18/2017	2017	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		
	Family Child Care Home Regulations	4/23/1993	2017*			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

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:



* previously undiscovered document; rated in 2017 and ratings applied retroactively

TABLE 2: State Documents Rated 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 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
	Chapter 1240-04-01 Licensure Rules for Child Care Agencies	7/30/2018	2018	X	X	X
TX	Texas					
	Chapter 746: Minimum Standard Rules For Licensed Child-Care Centers	3/1/2008	2010	X		
	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	

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:



* previously undiscovered document; rated in 2017 and ratings applied retroactively

TABLE 2: State Documents Rated 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
	R430-100 Child Care Centers	7/1/2009	2010	X		
	R381-100 Child Care Centers	12/28/2017	2017	X		
	R430-90 Licensed Family Child Care	12/28/2017	2017		X	
	R430-50 Residential Certificate Child Care	12/28/2017	2017			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
	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					

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:



* previously undiscovered document; rated in 2017 and ratings applied retroactively

TABLE 2: State Documents Rated 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
	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:



* previously undiscovered document; rated in 2017 and ratings applied retroactively