

Weight of the Nation™

Early Care and Education Policy Review



Obesity Prevention in Early Care & Education

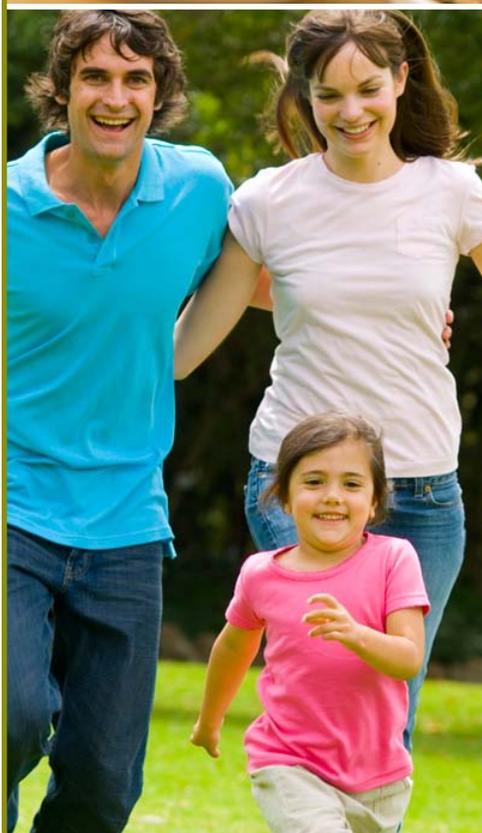
Obesity affects even the youngest members of the U.S. population. In 2007–2008, 10.4% of children aged 2 to 5 years were obese (defined as a body mass index (BMI) at or above the sex- and age- specific 95th percentile on the 2000 CDC Growth Charts). Health disparities exist even in this young age group; higher rates of obesity are found among Hispanic (14.2%) and non-Hispanic black (11.4%) children, compared to non-Hispanic white children (9.1%).¹ Overall, a third of U.S. preschool children aged 2 to 5 years are overweight or obese.

Today, many working families rely on Early Care and Education (ECE) programs to provide quality care to their children during the work week. Approximately 75% of children younger than 6 years of age participate in some form of organized child care outside the home, such as, family child care homes, child care centers, or Head Start.² Many children spend several hours per day in ECE programs and may consume much of their caloric intake in these settings.³⁻⁵ These programs also may provide opportunities for children to engage in structured and unstructured physical activity throughout the day.

Research has shown that early childhood is an important time for developing dietary and physical activity behaviors that support health and well being, and may help prevent obesity.⁶ As such, the Centers for Disease Control and Prevention (CDC) considers Early Care and Education an important setting to implement childhood obesity prevention strategies. A comprehensive approach that improves the food and physical activity policies, practices, and environments in ECE programs has potential to impact childhood obesity in the United States.⁷

Potential Actions in Early Care and Education Programs to Prevent Obesity:

- Educate providers and administrators about the potential health benefits of aligning licensing regulations and Quality Rating Improvement Systems with the *Caring for Our Children: National Health and Safety Performance Standards 3rd ed.*⁸ to improve nutrition, increase physical activity, support breastfeeding, and limit screen time in child care settings.
- Encourage child care providers to conduct self-assessments of their centers or homes to identify improvements that can be made to bring themselves into alignment with the aforementioned performance standards related to healthier foods and beverages, physical activity, and breastfeeding support.
- Integrate nutrition, physical activity, and screen time reduction best practices into provider pre-service training, certification, and professional development education opportunities.
- Increase access to healthier foods and physical activity opportunities by implementing initiatives such as farm to preschool programs, food purchasing cooperatives, and joint use agreements.



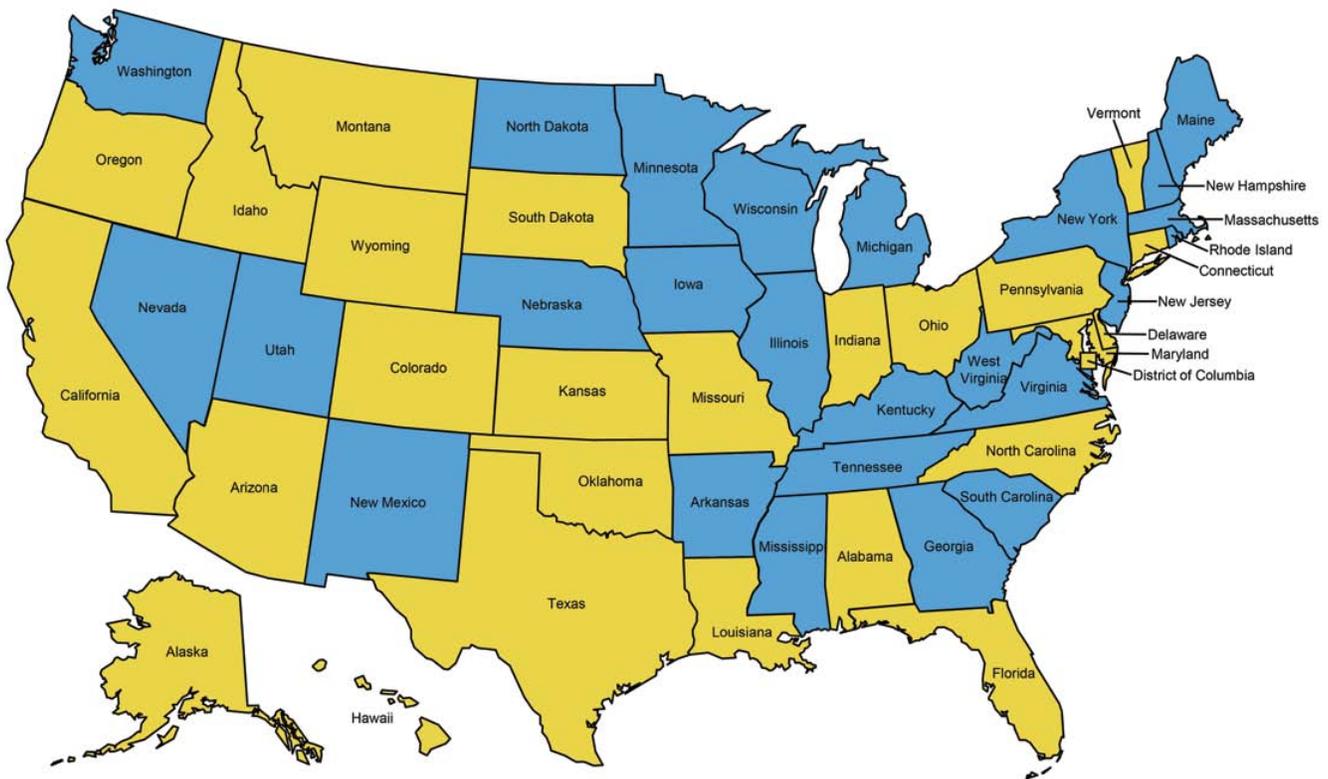
National Center for Chronic Disease Prevention and Health Promotion
Division of Nutrition, Physical Activity, and Obesity



CDC State Program Support

CDC's Division of Nutrition, Physical Activity, and Obesity (DNPAO) funds state-level efforts to prevent and control obesity. Through the Nutrition, Physical Activity, and Obesity (NPAO) cooperative agreement, 25 states receive funding to develop and implement comprehensive obesity plans to prevent obesity and other chronic diseases through healthful eating and physical activity. In addition, the Communities Putting Prevention to Work (CPPW) initiative, funded through the 2009 American Recovery and Reinvestment Act, funds all 50 states to address obesity through population-based approaches.

Among the 50 CDC-funded states, 25 dedicate a portion of their total funding to implement obesity prevention initiatives in the Early Care and Education setting. This Policy Review is intended to help educate public health practitioners, providers, and decision-makers about the current conditions that exist in their state and help inform future efforts to prevent obesity in ECE settings. The report provides state-specific child care demographics and highlights enacted legislation and current licensing regulation that impacts the nutrition and physical activity environments in ECE facilities.



Arkansas	Maine	Nebraska	New York	Utah
Georgia	Massachusetts	Nevada	North Dakota	Virginia
Illinois	Michigan	New Hampshire	Rhode Island	Washington
Iowa	Minnesota	New Jersey	South Carolina	West Virginia
Kentucky	Mississippi	New Mexico	Tennessee	Wisconsin

Arkansas Early Care and Education Review

Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 144,150
- Number of Child Care Centers = 2,481
- Number of Family Child Care Homes = 1,173



Early Care and Education Legislation and Regulation

The table below provides an overview of enacted state laws (2001-2010) that impact the ECE setting.

Summary Table of Enacted Legislation (2001-2010)*

Bill Number	Year	Sponsor	Topic (s) Addressed
Senate Bill 533	2007	Wilkins	*Appropriations *School Nutrition (Access to Healthy Foods)
House Bill 1884	2007	Lamoureux	*Appropriations *School Nutrition (Access to Healthy Foods)
Senate Bill 374	2009	Wilkins	*Appropriations *PE Requirements (Physical Activity Requirements) *Access to Healthy Foods
Senate Bill 724	2009	Crumbly	*Appropriations *PE Requirements (Physical Activity Requirements) *Access to Healthy Foods

*Data Source: Database of State Legislative and Regulatory Action to Prevent Obesity and Improve Nutrition and Physical Activity.

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Arkansas, as well as contact information for the state licensing department.

As of December 2010, Arkansas licensing regulations fully meet 5 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state’s current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).

Georgia Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 515,7641
- Number of Child Care Centers = 3,290
- Number of Family Child Care Homes = 3,400



Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Georgia, as well as contact information for the state licensing department.

As of December 2010, Georgia licensing regulations fully meet 2 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



Illinois Early Care and Education Review

Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 643,555
- Number of Child Care Centers = 5,542
- Number of Family Child Care Homes = 11,000



Early Care and Education Legislation and Regulation

The table below provides an overview of enacted state laws (2001-2010) that impact the ECE setting.

Summary Table of Enacted Legislation (2001-2010)*

Bill Number	Year	Sponsor	Topic (s) Addressed
House Bill 3390	2009	Hamos	*Access to Health Foods *Farming Incentives

*Data Source: [Database of State Legislative and Regulatory Action to Prevent Obesity and Improve Nutrition and Physical Activity.](#)

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Illinois, as well as contact information for the state licensing department.

As of December 2010, Illinois licensing regulations fully meet 6 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state’s current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).

Iowa Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 164,031
- Number of Child Care Centers = 2,069
- Number of Family Child Care Homes = 10,132

Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Iowa, as well as contact information for the state licensing department.

As of December 2010, Iowa licensing regulations fully meet 5 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



Kentucky Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 197,933
- Number of Child Care Centers = 2,140
- Number of Family Child Care Homes = 813



Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Kentucky, as well as contact information for the state licensing department.

As of December 2010, Kentucky licensing regulations fully meet 3 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see *Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010* (page 116–167).



Maine Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 52,863
- Number of Child Care Centers = 702
- Number of Family Child Care Homes = 1,688

Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Maine, as well as contact information for the state licensing department.

As of December 2010, Maine licensing regulations fully meet 4 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



Massachusetts Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 293,656
- Number of Child Care Centers = 3,195
- Number of Family Child Care Homes = 8,629

Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Massachusetts, as well as contact information for the state licensing department.

As of December 2010, Massachusetts licensing regulations fully meet 6 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



Michigan Early Care and Education Review



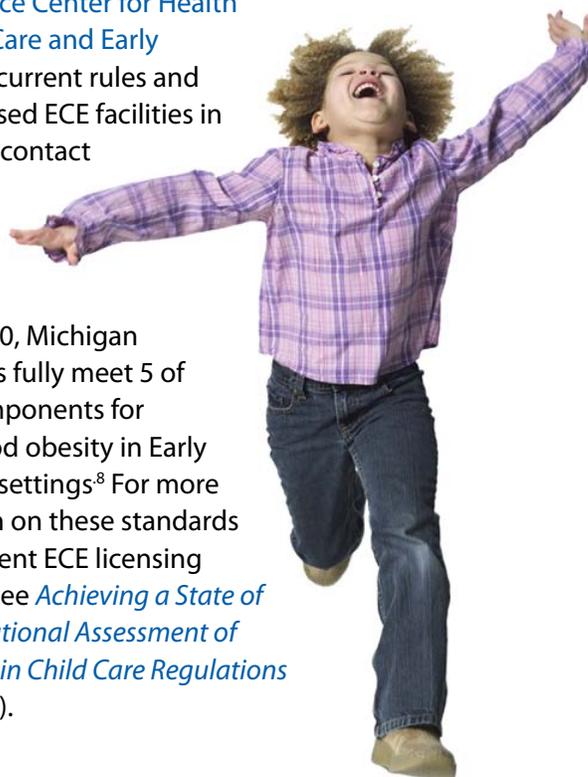
Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 468,954
- Number of Child Care Centers = 4,533
- Number of Family Child Care Homes = 7,856

Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Michigan, as well as contact information for the state licensing department.

As of December 2010, Michigan licensing regulations fully meet 5 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



Minnesota Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 291,209
- Number of Child Care Centers = 2,058
- Number of Family Child Care Homes = 11,428

Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Minnesota, as well as contact information for the state licensing department.

As of December 2010, Minnesota licensing regulations fully meet 3 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



Mississippi Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 160,674
- Number of Child Care Centers = 1,807
- Number of Family Child Care Homes = 232



Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Mississippi, as well as contact information for the state licensing department.

As of December 2010, Mississippi licensing regulations fully meet 14 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



Nebraska Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 108,009
- Number of Child Care Centers = 887
- Number of Family Child Care Homes = 2,590

Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Nebraska, as well as contact information for the state licensing department.

As of December 2010, Nebraska licensing regulations fully meet 1 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



Nevada Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 133,449
- Number of Child Care Centers = 428
- Number of Family Child Care Homes = 404

Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Nevada, as well as contact information for the state licensing department.

As of December 2010, Nevada licensing regulations fully meet 3 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



New Hampshire Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 57,641
- Number of Child Care Centers = 870
- Number of Family Child Care Homes = 513



Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in New Hampshire, as well as contact information for the state licensing department.

As of December 2010, New Hampshire licensing regulations fully meet 6 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



New Jersey Early Care and Education Review



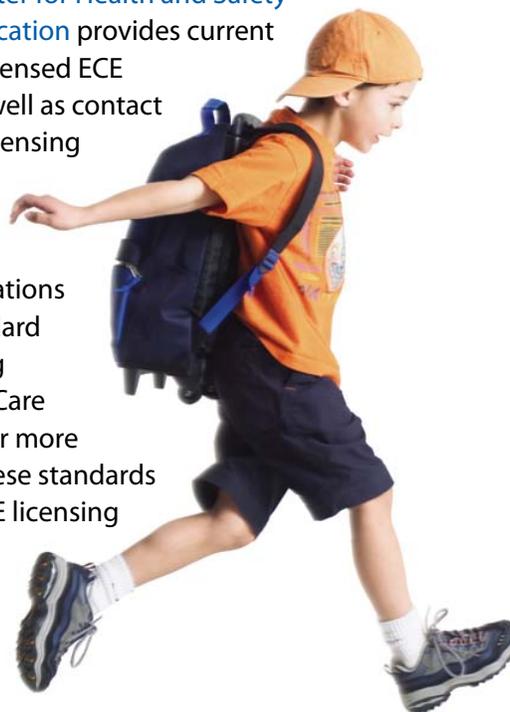
Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 402,721
- Number of Child Care Centers = 3,912
- Number of Family Child Care Homes = 2,711

Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in New Jersey, as well as contact information for the state licensing department.

As of December 2010, New Jersey licensing regulations fully meet 1 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



New Mexico Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 99,011
- Number of Child Care Centers = 737
- Number of Family Child Care Homes = 4,794

Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in New Mexico, as well as contact information for the state licensing department.

As of December 2010, New Mexico licensing regulations fully meet 6 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸

For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



New York Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 835,727
- Number of Child Care Centers = 4,130
- Number of Family Child Care Homes = 14,625

Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in New York, as well as contact information for the state licensing department.

As of December 2010, New York licensing regulations fully meet 4 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸

For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



North Dakota Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 33,856
- Number of Child Care Centers = 139
- Number of Family Child Care Homes = 1,236

Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in North Dakota, as well as contact information for the state licensing department.

As of December 2010, North Dakota licensing regulations fully meet 1 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



Rhode Island Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 49,062
- Number of Child Care Centers = 429
- Number of Family Child Care Homes = 688

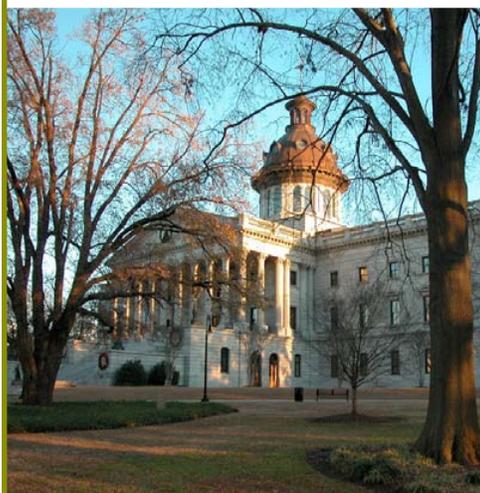


Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Rhode Island, as well as contact information for the state licensing department.

As of December 2010, Rhode Island licensing regulations fully meet 2 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).





Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 222,643
- Number of Child Care Centers = 1,809
- Number of Family Child Care Homes = 1,506



Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in South Carolina, as well as contact information for the state licensing department.

As of December 2010, South Carolina licensing regulations fully meet 5 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



Tennessee Early Care and Education Review

Child Care Need and Supply ⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 295,144
- Number of Child Care Centers = 2,032
- Number of Family Child Care Homes = 1,119



Early Care and Education Legislation and Regulation

The table below provides an overview of enacted state laws (2001-2010) that impact the ECE setting.

Summary Table of Enacted Legislation (2001-2010)*

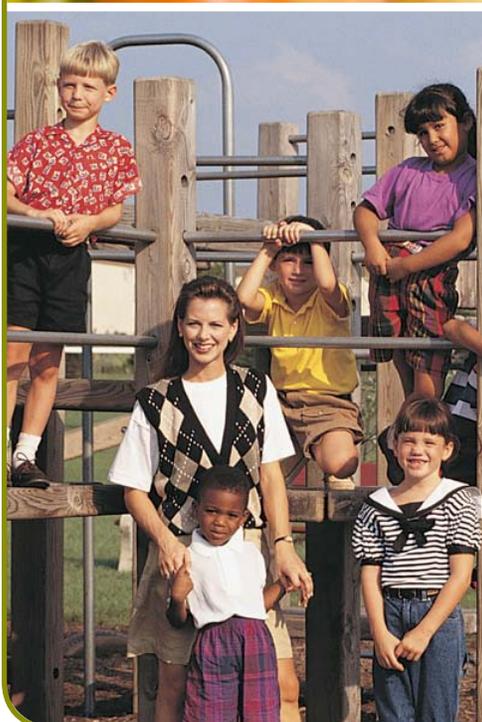
Bill Number	Year	Sponsor	Topic (s) Addressed
House Bill 2038	2005	Black	*Access to Health Foods *School Nutrition

*Data Source: [Database of State Legislative and Regulatory Action to Prevent Obesity and Improve Nutrition and Physical Activity](#).

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Tennessee, as well as contact information for the state licensing department.

As of December 2010, Tennessee licensing regulations fully meet 1 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).

Utah Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 149,723
- Number of Child Care Centers = 296
- Number of Family Child Care Homes = 1,039

Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Utah, as well as contact information for the state licensing department.

As of December 2010, Utah licensing regulations fully meet 0 of the 47 standard components for preventing childhood obesity in Early Care and Education settings⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



Virginia Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 380,668
- Number of Child Care Centers = 3,608
- Number of Family Child Care Homes = 5,059

Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Virginia, as well as contact information for the state licensing department.

As of December 2010, Virginia licensing regulations fully meet 7 of the 47 standard components for preventing childhood obesity in Early Care and Education settings⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).



Washington Early Care and Education Review



Child Care Need and Supply⁹

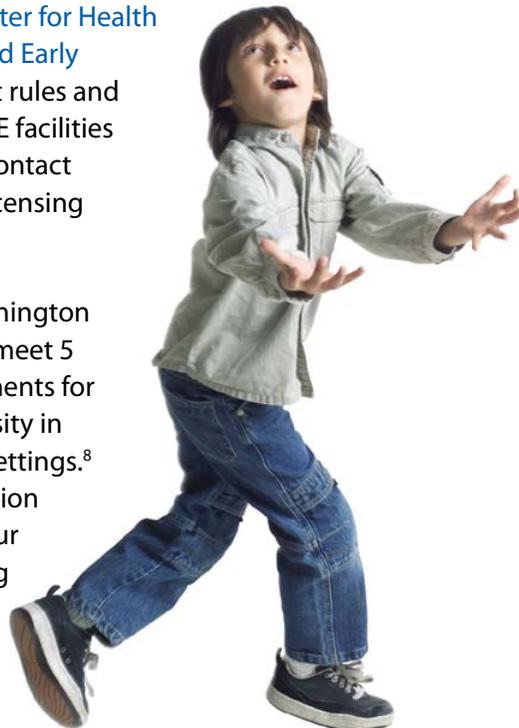
- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 290,123
- Number of Child Care Centers = 2,060
- Number of Family Child Care Homes = 5,726



Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Washington, as well as contact information for the state licensing department.

As of December 2010, Washington licensing regulations fully meet 5 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see [Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010](#) (page 116–167).





Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 67,357
- Number of Child Care Centers = 364
- Number of Family Child Care Homes = 2,271



Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in West Virginia, as well as contact information for the state licensing department.

As of December 2010, West Virginia licensing regulations fully meet 4 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see *Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010* (page 116–167).



Wisconsin Early Care and Education Review



Child Care Need and Supply⁹

- Children Younger Than Age 6 Potentially Needing Care (having one or both parents in the labor force)= 295,603
- Number of Child Care Centers = 2,492
- Number of Family Child Care Homes = 4,865



Early Care and Education Regulation

The [National Resource Center for Health and Safety in Child Care and Early Education](#) provides current rules and regulations for licensed ECE facilities in Wisconsin, as well as contact information for the state licensing department.

As of December 2010, Wisconsin licensing regulations fully meet 7 of the 47 standard components for preventing childhood obesity in Early Care and Education settings.⁸ For more detailed information on these standards and your state's current ECE licensing regulations, please see *Achieving a State of Healthy Weight: A National Assessment of Obesity Terminology in Child Care Regulations 2010* (page 116–167).



References

- (1) Ogden C, Carroll M, Curtin L. Prevalence of high body mass index in U.S. children and adolescents, 2007—2008. *JAMA*. 2010;303(3):242-249.
- (2) Kaphingst KM, Story M. Child care as an untapped setting for obesity prevention: state child care licensing regulations related to nutrition, physical activity, and media use for preschool-aged children in the United States. *Prev Chronic Dis*. 2009;6(1).
- (3) US Department of Agriculture, Food and Nutrition Service. Child and adult care food program, 7 CFR part 226. Alexandria (VA): US Department of Agriculture, Food and Nutrition Service. Available at <http://www.fns.usda.gov/cnd/care/ChildCare.htm>.
- (4) Fox MK, Glanz FB, Geitz L, Burstein N. *Early Childhood and Child Care Study: Nutritional Assessment of the CACFP*. Volume II, final report. Washington DC: US Department of Agriculture; 1997.
- (5) Briley ME, Jastrow S, Vickers J, et al. Dietary intake at child-care centers and away: are parents and care providers working as partners or at cross-purposes? *JADA*. 1999;99(8):950-954.
- (6) Institute of Medicine (IOM). *Early Childhood Obesity Prevention Policies*. Washington, DC: The National Academies Press; 2011.
- (7) Story M, Kaphingst KM, French S. The role of child care settings in obesity prevention. *Future Child*. 2006;16(1):143-168.
- (8) American Academy of Pediatrics, American Public Health Association, National Resource Center for Health and Safety in Child Care and Early Education. *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs*. 3rd Edition. Elk Grove Village, IL: American Academy of Pediatrics; Washington, DC: American Public Health Association; 2011.
- (9) National Association of Child Care Resources and Referral Agency. (2011). *2011 State Childcare Data Factsheets*. Available at: http://www.naccrra.org/sites/default/files/default_site_pages/2011/childcareinamericafacts_full_report-2011.pdf

