



# Achieving a State of Healthy Weight

## ASHW 2015

*April 2016*

## **COLORADO PROFILE**

**Presented to Early Childhood Obesity Prevention  
September 2016**

**Geraldine Steinke, PhD**

**Betty Geer, DNP, RN, CPNP**

**Linda Satkowiak, ND, RN, CNS**

**National Resource Center for Health and Safety in  
Child Care and Early Education (NRC)**





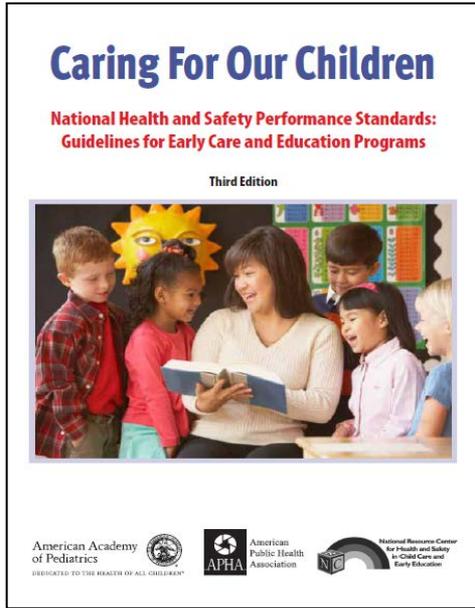
# NRC's Mission



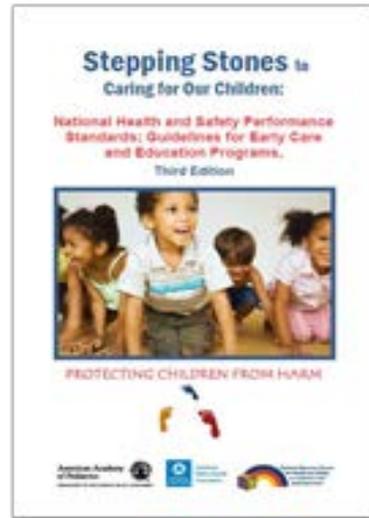
*To improve the quality of out-of-home child care and early education programs and support the health and safety of the children they serve.*



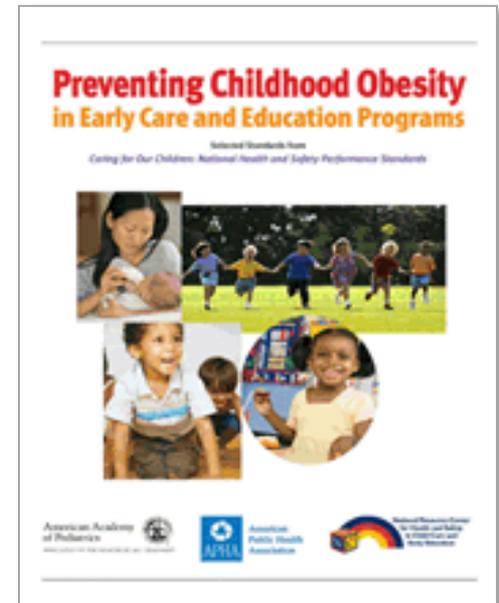
# NRC Resources



**CFOC3**



**SS3**



**PCO**

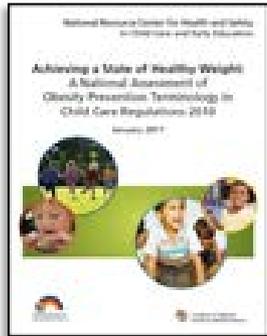
<http://nrckids.org/>





# ASHW Background

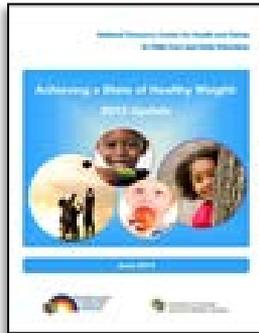
2010



2011



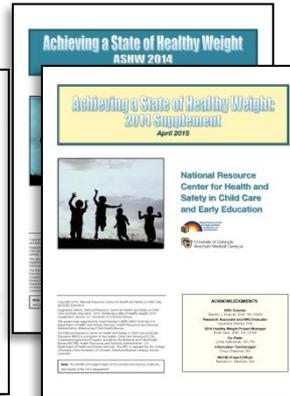
2012



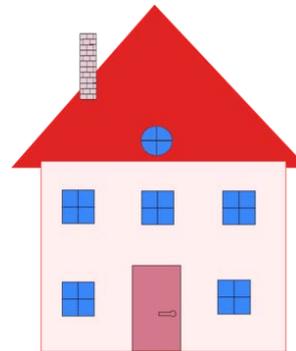
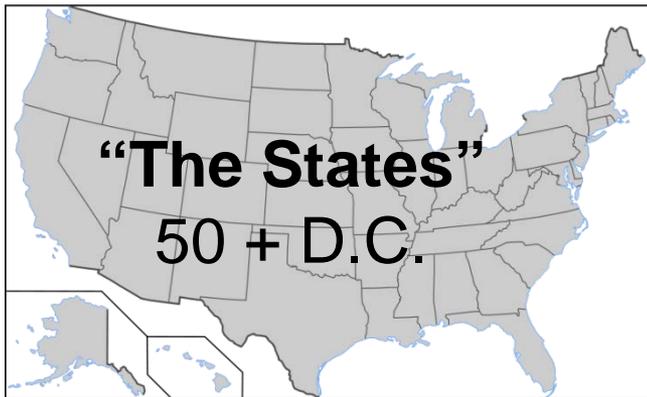
2013



2014



2015



Child Care Centers  
Large Family Child Care  
Small Family Child Care





# ASHW Background

## 47 Indicators/Variables

**Infant  
Feeding  
(11)  
IA1-ID3**



**Physical  
Activity &  
Screen Time  
(15)  
PA1-PE2**

**Nutrition  
(21)  
NA1-NH2**





# ASHW Background

---

## ASHW Rating Scale

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

*Note: This color scheme is used throughout the report.*





# Indicator-Specific Guidance

## **IA2** (ONLY HUMAN MILK/INFANT FORMULA, NO COW'S MILK)

Serve human milk or infant formula to at least age 12 months, not cow's milk, unless written exception is provided by primary care provider and parent/guardian.

- 1** = Permit **cow's milk for infants under 12 months** (explicitly), without primary care provider and parent/guardian written exception
- 2** = Do not mention prohibiting cow's milk **nor** serving only human milk or infant formula for infants less than 12 months of age





# IA2 Guidance Continued

---

**3** = State **one or both** of the following with some **limitation/contradictory statement in either or both (other than written exception by primary care provider and parent/guardian)**:

- Prohibit cow's milk until at least 12 months of age
- Require/recommend human milk and/or formula for infants until at least 12 months of age

**4** = State **one or both** of the following:

- Prohibit cow's milk until at least 12 months of age, unless written exception by primary care provider and parent/guardian

**AND/OR**

- Require human milk or formula for infants until at least 12 months of age





# ASHW Background



## Effect of CACFP on ASHW Ratings

*If a state refers to **CACFP** without additional pertinent text, the rating = 4 because the Meal Plan requires human milk or formula for children under the age of 12 months.*



# Achieving a State of Healthy Weight

## ASHW 2015

*April 2016*

## 2015 Findings





# ASHW 2015 Results



Table 3

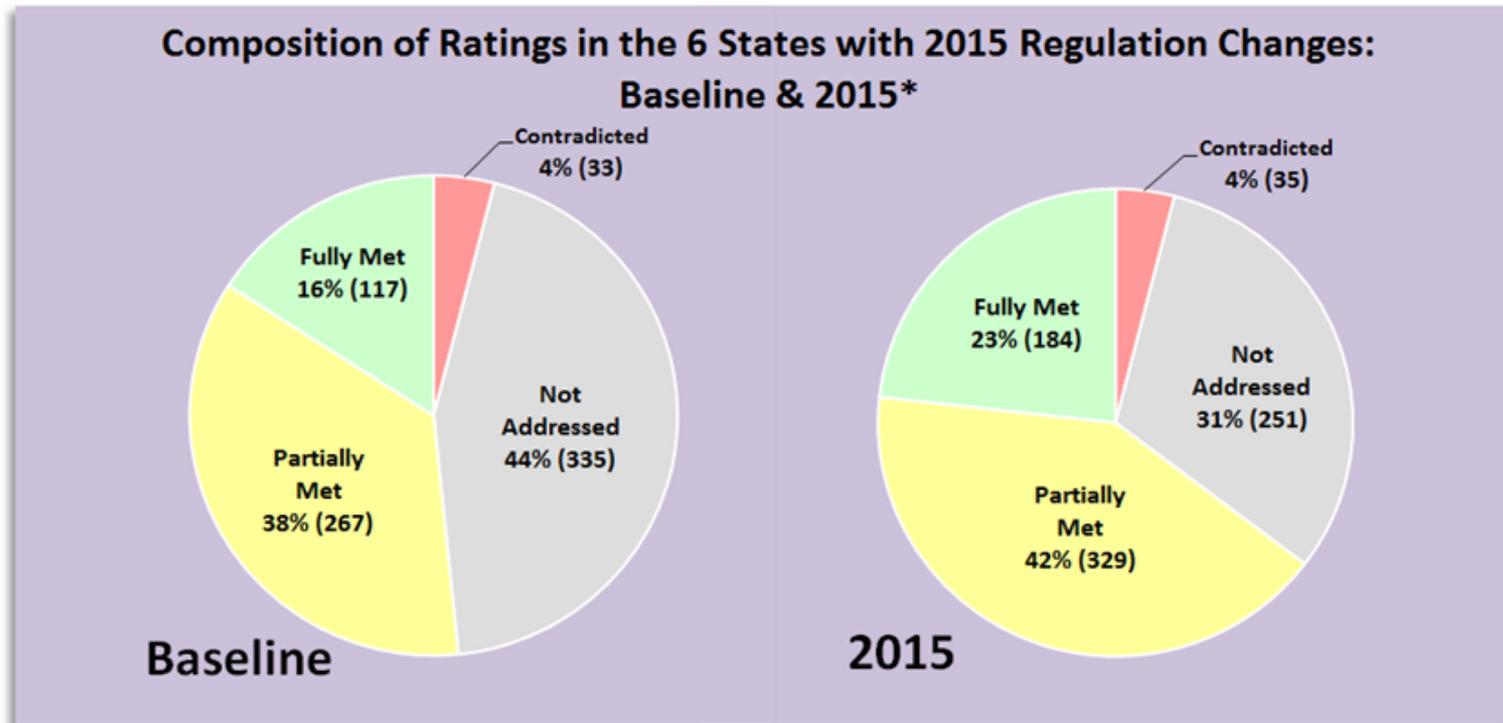
Summary of Ratings Improved and Lowered in 2015																					
	ARKANSAS			COLORADO			DELAWARE			LOUISIANA			MARYLAND			NEW YORK			Totals		
2015 Ratings	CTR	LRG	SML	CTR	LRG	SML	CTR	LRG	SML	CTR	LRG	SML	CTR	LRG	SML	CTR	LRG	SML	+	-	%
Total Improved	9	7	6	3	5	4	7	2	2	10	47	0	8	9	8	20	12	11	170		96%
Total Lowered	0	0	0	0	0	0	0	0	0	4	0	0	0	0	0	4	0	0		8	4%
Improved/All	22 / 22			12 / 12			11 / 11			57 / 61			25 / 25			43 / 47					

Abbreviation Key: CTR=Centers, LRG=Large Family Child Care Home, SML=Small Family Child Care Home



# ASHW 2015 Results

## New in 2015



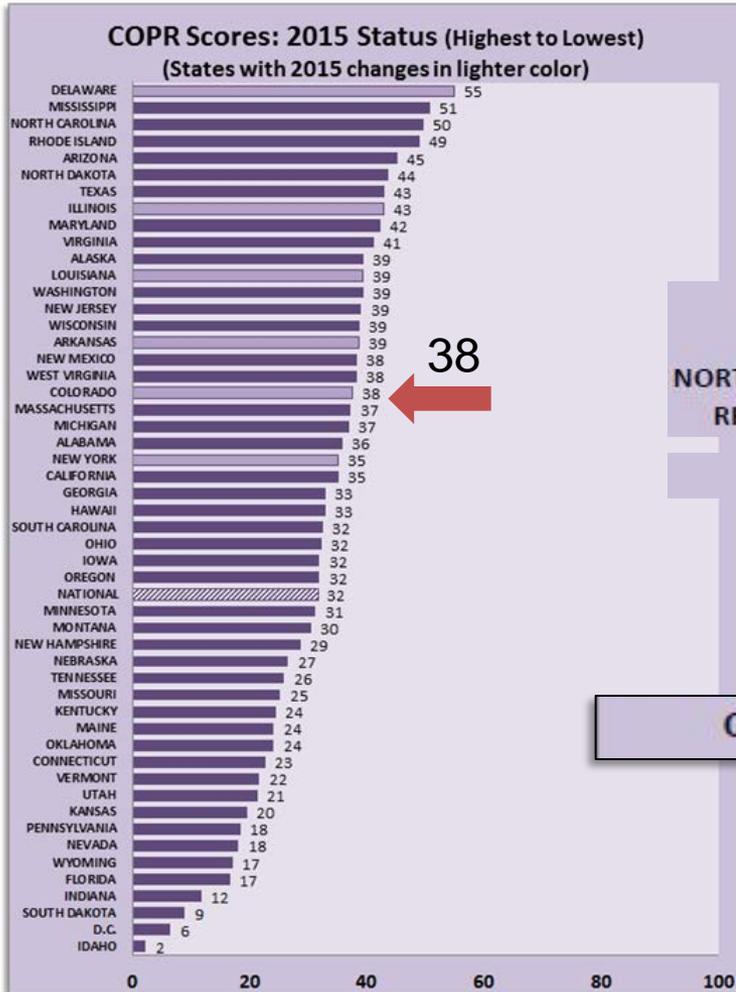
\* Comparison of composition of ratings 2010 baseline to 2015 only in states that made changes in their regulations related to health weight practices in 2015. (Baseline 2010 N=752, 2015 N=799.)

NOTE: Sum of percentages may not equal 100 due to rounding.

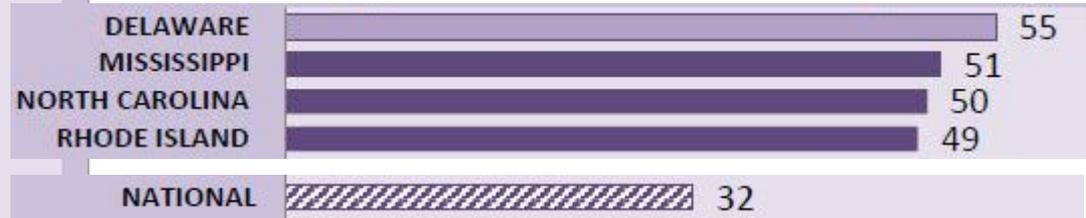




# ASHW 2015 Results



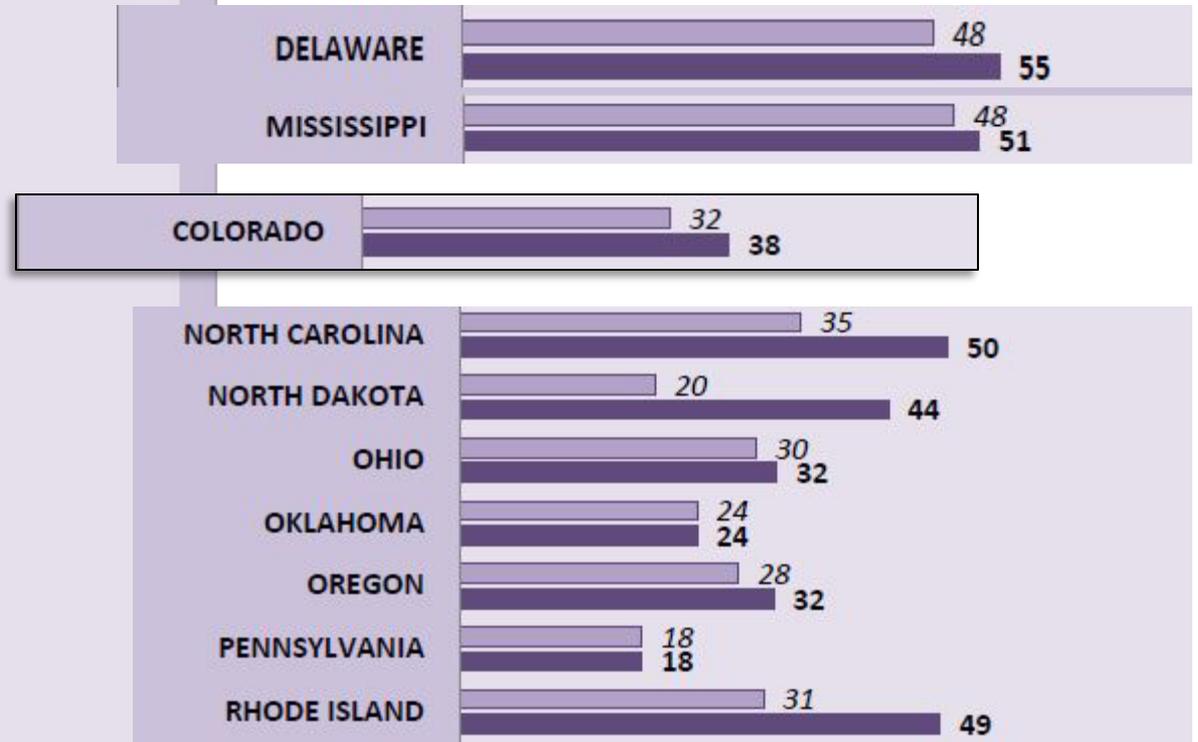
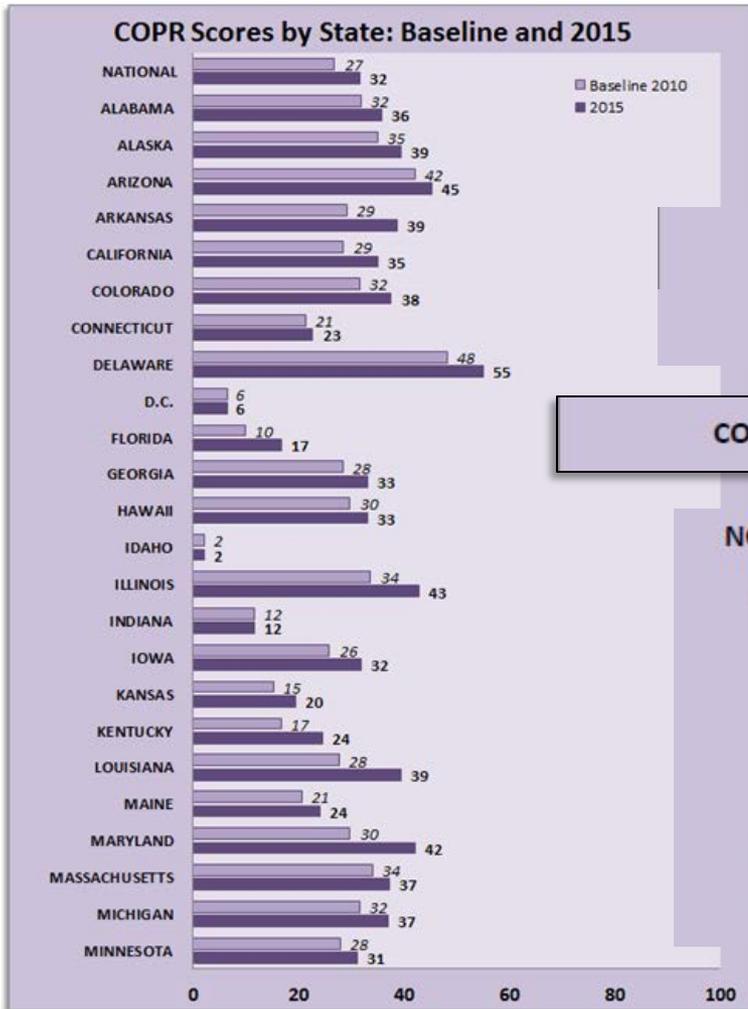
## State Comparisons: by COPR Scores





# ASHW 2015 Results

## State Comparisons: COPR Score by State

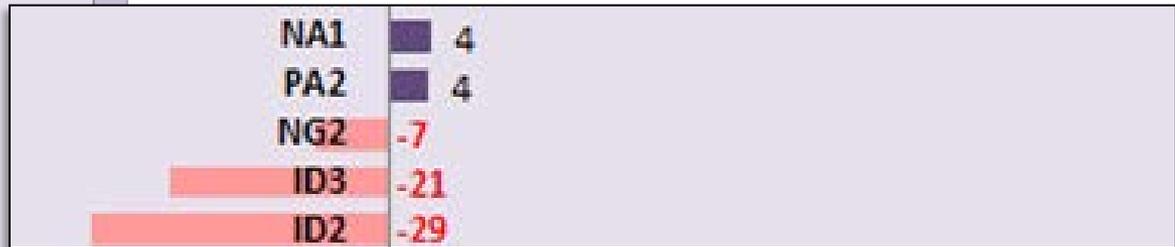
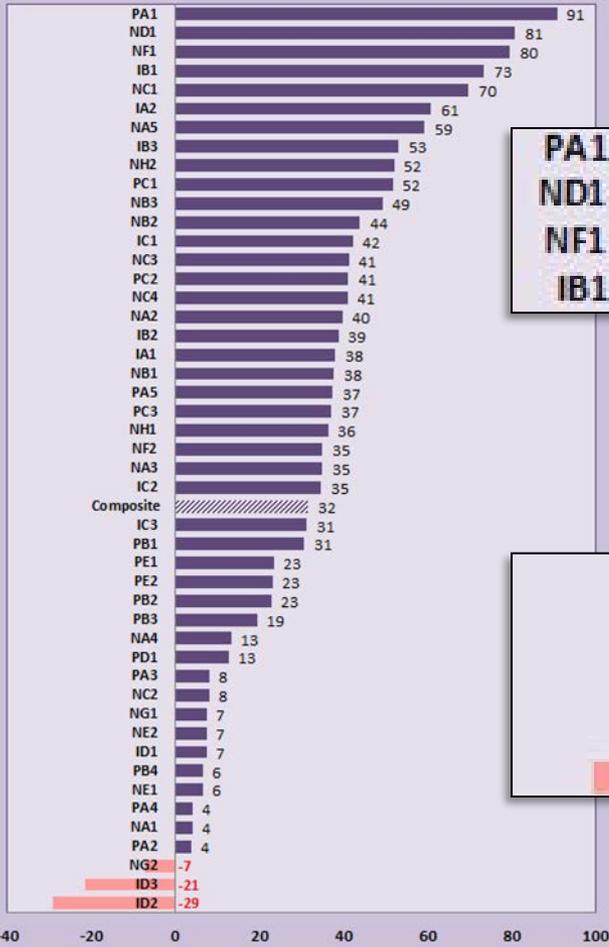




# ASHW 2015 Results

## Indicator COPR Scores

COPR Scores: 2015 Status of Individual Practices  
(Highest to Lowest)





# Participant Poll

---

**Who among us has been involved  
in some way  
in the development or promulgation of  
Colorado's child care licensing rules  
as they relate to ASHW?**





# ASHW 2015 Supplement

---

## How to Use Your State Profile

- Examine and compare Colorado's rules to the standards in *CFOC3* and *PCO*.
- See where Colorado's rules are strong in supporting healthy weight practices.
- Target specific practices for regulatory improvement.
- Identify other states that have strong regulatory language as examples to follow.



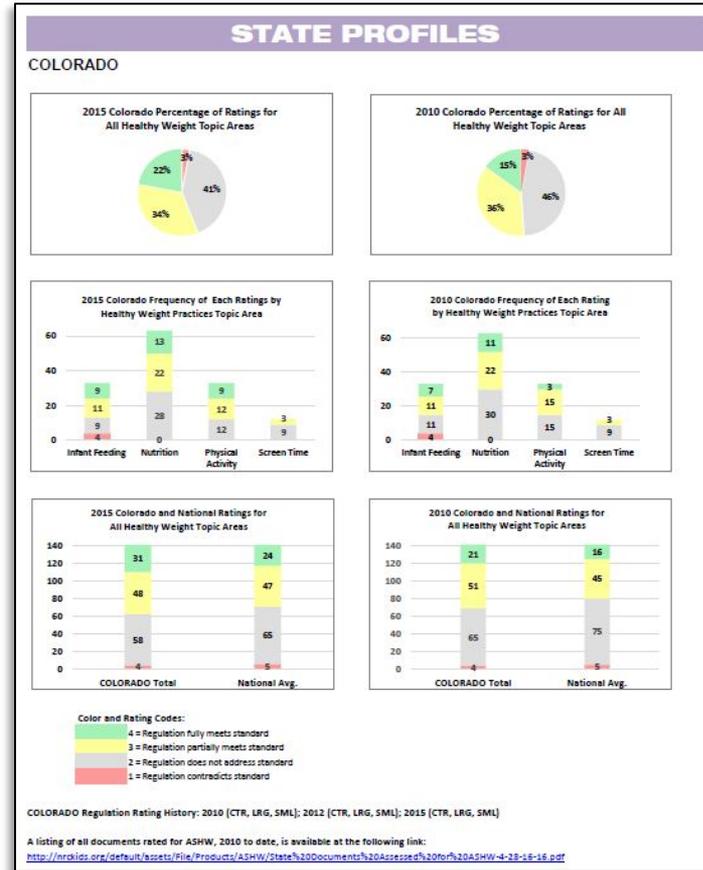


# ASHW 2015 CO State Profile

## How to Read Your State Profile

1

STATE PROFILES																					
COLORADO																					
Healthy Weight Practices by Topic Area: Most Recent Ratings & 2010 Baseline																					
		2015	2010																		
		CTR	LRG	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	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	2 / 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	2 / 2	3 / 3	3 / 3																	
	IB3 Hold infants while bottle feeding. Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the lap	3 / 3	3 / 3	3 / 3																	
	IC1 Develop plan for introducing age-appropriate solid foods in consultation with child's parent/guardian and primary care provider	2 / 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	2 / 2	3 / 3	3 / 3																	
	IC3 Introduce breastfed infants gradually to non-fortified foods no sooner than four months of age, but preferably around six months	2 / 2	3 / 3	3 / 3																	
	ID1 Do not feed an infant formula mixed with cereal, fruit juice or other foods without primary care provider's written instruction	4 / 2	3 / 2	2 / 2																	
	ID2 Serve whole fruits, mashed or pureed, for infants 7 months up to 1 year of age	2 / 2	1 / 1	1 / 1																	
Nutrition	IA1 Serve no fruit juice to children younger than 12 months of age	2 / 2	1 / 1	1 / 1																	
	IA2 Limit oils by choosing monounsaturated and polyunsaturated fats and avoiding trans fats, saturated fats and tinned foods	2 / 2	3 / 3	3 / 3																	
	IA3 Serve meats and/or beans - chicken, fish, lean meats, and/or seafood (such as dried peas, beans), avoiding fried meats	2 / 2	3 / 3	3 / 3																	
	IA4 Serve other milk equivalent products (yogurt, cottage cheese) using low-fat varieties for 2 years of age and older	2 / 2	3 / 3	3 / 3																	
	IA5 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																	
	IA6 Serve skim or 1% pasteurized milk to children two years of age and older	2 / 2	4 / 2	4 / 2																	
	IA7 Serve whole grain breads, cereals, and pasta	2 / 2	3 / 3	3 / 3																	
	IA8 Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and yams	2 / 2	3 / 3	3 / 3																	
	IA9 Serve fruits of several varieties, especially whole fruits	2 / 2	3 / 3	3 / 3																	
	IA10 Use only 100% juice with no added sweeteners	2 / 2	4 / 4	4 / 4																	
Physical Activity and Screen Time	NC1 Offer juice (100%) only during meal times	2 / 2	2 / 2	2 / 2																	
	NC2 Serve no more than 4 to 6 oz juice/day for children 1-6 years of age	2 / 2	4 / 4	4 / 4																	
	NC3 Serve no more than 8 to 12 oz juice/day for children 7-12 years of age	2 / 2	4 / 4	4 / 4																	
	ND1 Make water available both inside and outside	2 / 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																	
	NE3 Serve small-sized, age-appropriate portions	4 / 4	4 / 4	4 / 4																	
	NE4 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	2 / 2	3 / 3	3 / 3																	
	NE5 Limit salt by avoiding salty foods such as chips and pretzels	2 / 2	2 / 2	2 / 2																	
	NE6 Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk	2 / 2	3 / 3	3 / 3																	
Physical Activity and Screen Time	NE7 Do not force or bribe children to eat	3 / 3	3 / 3	3 / 3																	
	NE8 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 / 3	3 / 3																	
	PB1 Do not utilize media (television [TV], video, and DVD) viewing and computers with children younger than 2 years	3 / 3	3 / 3	3 / 3																	
	PB2 Limit total media time for children 2 years and older to not more than 30 min, weekly	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	PA6 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, from 6 months 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 vigorous physical activity	3 / 3	3 / 3	3 / 3																	
	PC3 Allow preschoolers 90-120 minutes per 8-hour day for 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-adjudicated 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 strollers, stationary activity centers, infant seats, molded seats, etc. only for short periods if at all	4 / 2	4 / 3	4 / 3																	
	Abbreviation Key: (C)=Change from baseline, (CTR)=Centers, (LRG)=Large Family Child Care Home, (SML)=Small Family Child Care Home																				
	<table border="0"> <tr> <td>Color Code:</td> <td>Rating Code:</td> <td>(Change) Code:</td> </tr> <tr> <td>Regulation fully meets the standard</td> <td>1 = Regulation contradicts the standard</td> <td>+ = Improved Rating</td> </tr> <tr> <td>Regulation partially meets the standard</td> <td>2 = Regulation does not address standard</td> <td>- = Lowered Rating</td> </tr> <tr> <td>Regulation contradicts the standard</td> <td>3 = Regulation partially meets standard</td> <td></td> </tr> <tr> <td></td> <td>4 = Regulation fully meets standard</td> <td></td> </tr> </table>						Color Code:	Rating Code:	(Change) Code:	Regulation fully meets the standard	1 = Regulation contradicts the standard	+ = Improved Rating	Regulation partially meets the standard	2 = Regulation does not address standard	- = Lowered Rating	Regulation contradicts the standard	3 = Regulation partially meets standard			4 = Regulation fully meets standard	
	Color Code:	Rating Code:	(Change) Code:																		
Regulation fully meets the standard	1 = Regulation contradicts the standard	+ = Improved Rating																			
Regulation partially meets the standard	2 = Regulation does not address standard	- = Lowered Rating																			
Regulation contradicts the standard	3 = Regulation partially meets standard																				
	4 = Regulation fully meets standard																				



2



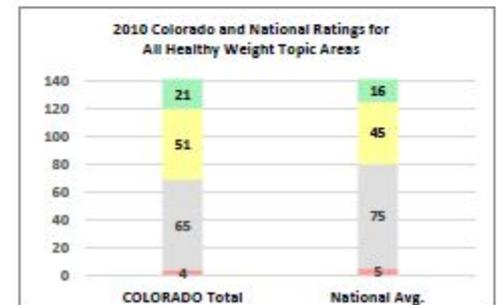
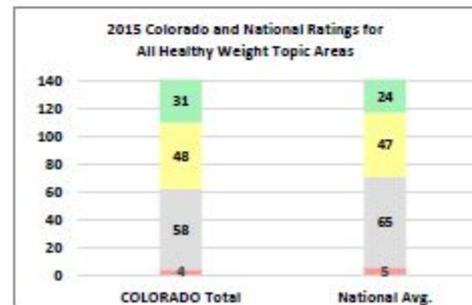
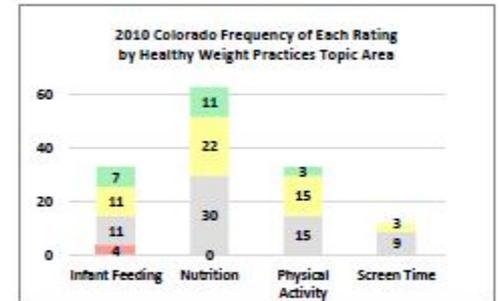
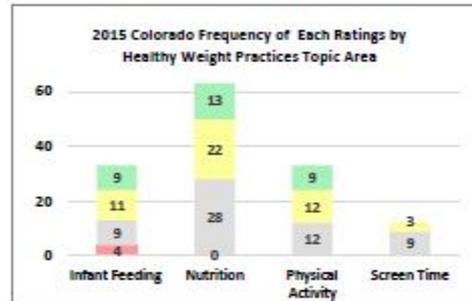
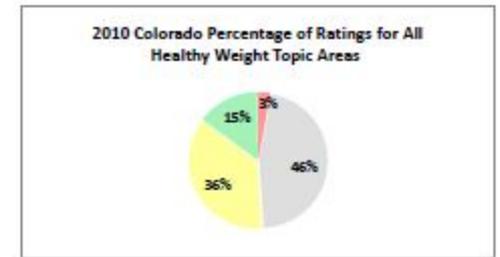
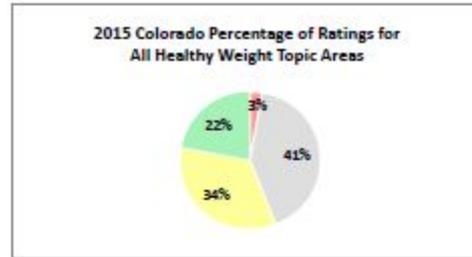
# ASHW 2015 CO State Profile

## How to Read Your State Profile

- Composition of all ratings
- Frequency of ratings per domain/subdomain
- Frequency of all ratings vs. national average

(Current)

(2010)





# ASHW 2015 Supplement

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

State	Regulation Document Title <small>For links to states' documents, click <a href="#">here</a></small>	Document Date	ASHW Assessment Year	Child Care Types Covered by Document		
				CTR	LRG	SML
CA	California					
	Title 22, Division 12, Chapter 1, Articles 1, 2 - Child Care Centers General Licensing Requirements	6/15/2005	2010	X		
	Title 22, Division 12, Chapter 1, Article 6 - Child Care Centers Continuing Requirements (continued)	6/8/2005	2010	X		
	Title 22, Division 12, Chapter 1, Article 7 - Child Care Physical Environment	11/1/2008	2010	X		
	Title 22, Division 12, Chapter 1 Subchapters 2, 3 - Child Care Infant Centers and School Age Day Care	11/1/1998	2010	X		
	Community Care Licensing Division Child Care Update - Winter/Spring 2011	Winter/Spring 2011	2012	X	X	X
CO	Colorado					
	Volume of Child Care Facility Licensing	5/1/2010	2010	X	X	X
	Rules and Regulations Governing the Health and Sanitation of Child Care Facilities	5/30/2005	2010		X	
	Rules Regulating Family Child Care Homes	6/1/2012	2012		X	X
	Rules Regulating Child Care Centers (Less than 24 hrs)	7/1/2012	2012	X	X	
	General Rules for Child Care Facilities	10/1/2015	2015	X	X	X
CT	Connecticut					
	Statutes and Regulations for Licensing Child Day Care Centers and Group Day Care Homes	7/2009	2010	X	X	
	Statutes and Regulations for Licensing Family Day Care Homes	7/2009	2010			X
DE	Delaware					
	Rules for Early Care and Education and School-Age Centers	1/1/2007	2010	X		
	Rules for Large Family Child Care Homes	1/1/2009	2010		X	
	Rules for Family Child Care Homes	1/1/2009	2010			X
	Regulations for Early Care and Education and School-Age Centers	7/1/2015	2015	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 to match report theme colors:





# Promising Preview

## Colorado 2016 Rule Changes

**Indicator PB4: Do not utilize TV, video or DVD viewing during meal or snack time [Previous rating = 2]**

### Text of previous rules:

No text related to this indicator was found in the Colorado rules.

### Text of 2016 rules:

**All television, recorded media, computer, tablet and media devices are prohibited during snack or meal times.**





# Promising Preview

## Colorado 2016 Rule Changes

**Indicator PC2: Allow toddlers 60-90 minutes per 8-hour day for vigorous physical activity [Previous rating = 3]**

### Text of previous rules:

2. The program must include outdoor play each day except when the severity of weather, including temperature extremes, makes it a health hazard or when a child must remain indoors due to health reasons.

### Text of 2016 rules:

5. Daily physical gross motor activities, with or without equipment or materials, must be provided to toddler age children outdoors for ... no less than 60 minutes for full day programs. (Says same for indoor activity in bad weather).





---

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

Marilyn J. Krajicek, EdD, RN, FAAN, Director

Website: <http://nrckids.org>

*CFOC3* Database: <http://cfoc.nrckids.org>

University of Colorado, College of Nursing  
13120 E. 19<sup>th</sup> Ave., F541, Aurora, CO 80045

