

## Scoring Algorithm: State ECE Licensing Scorecards

<b>Obesity Prevention Standards Overall State Score</b>			<b>Mean of the 47 High-Impact Obesity Prevention Standards in the State (awarded points/47)</b>
<b>Obesity Prevention Standards Overall National Score</b>			<b>National Average Score Across All States and D.C.</b>
<b>Healthy Infant Feeding (11 Standards)</b>			
		<b>Standard</b>	<b>Awarded Points</b>
<b>Breastfeeding Support Score</b>	Encourage and support breastfeeding and feeding of breast milk by making arrangements for mothers to feed their children comfortably on-site.	<b>IA1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
<b>Breastfeeding Support State Score</b>			<b>Mean of Breastfeeding Standard (awarded points/1)</b>
<b>Breastfeeding Support National Score</b>			<b>Average Score Across All States and D.C.</b>
	Introduce breastfed infants gradually to iron fortified foods no sooner than four months of age, but preferably around six months to complement the human milk.	<b>IC3</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	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.	<b>IA2</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Feed infants on cue.	<b>IB1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice

Last Reviewed  
September 2020

<b>Infant Feeding Score</b>	Do not feed infants beyond satiety; Allow infant to stop the feeding.	<b>IB2</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Develop a plan for introducing age-appropriate solid foods (complementary foods) in consultation with the child's parent/guardian and primary care provider.	<b>IC1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Do not feed an infant formula mixed with cereal, fruit juice or other foods unless the primary care provider provides written instruction.	<b>ID1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Introduce age-appropriate solid foods no sooner than 4 months of age, and preferably around 6 months of age.	<b>IC2</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Serve whole fruits, mashed or pureed, for infants 7 months up to one year of age.	<b>ID2</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Serve no fruit juice to children younger than 12 months of age.	<b>ID3</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Hold infants while bottle feeding; Position an infant for bottle feeding in the caregiver/teacher's arms or sitting up on the caregiver/teacher's lap.	<b>IB3</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
<b>Infant Feeding State Score</b>			<b>Mean of Infant Feeding Standards (total awarded points/10)</b>
<b>Infant Feeding National Score</b>			<b>Average Score Across All States and D.C.</b>

Nutrition Sub Domain (21 Standards)			
			Awarded Points
<b>Nutrition Standards Score</b>	Limit oils by choosing monounsaturated and polyunsaturated fats (such as olive oil or safflower oil) and avoiding trans fats, saturated fats and fried foods.	<b>NA1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Serve meats and/or beans - chicken, fish, lean meat, and/or legumes (such as dried peas, beans), avoiding fried meats.	<b>NA2</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Serve other milk equivalent products such as yogurt and cottage cheese, using low-fat varieties for children 2 years of age and older.	<b>NA3</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Serve whole pasteurized milk to 12 to 24 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	<b>NA4</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Serve skim or 1% pasteurized milk to children two years of age and older.	<b>NA5</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Offer juice only during mealtimes.	<b>NC2</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Make water available both inside and outside.	<b>ND1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice

Last Reviewed  
September 2020

	Serve no more than 4 to 6 oz juice/day for children 1-6 years of age.	<b>NC3</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Serve whole grain breads, cereals, and pastas.	<b>NB1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Serve fruits of several varieties, especially whole fruits.	<b>NB3</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Serve vegetables, specifically, dark green, orange, deep yellow vegetables; and root vegetables, such as potatoes and viandas.	<b>NB2</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Use only 100% juice with no added sweeteners.	<b>NC1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Avoid sugar, including concentrated sweets such as candy, sodas, sweetened drinks, fruit nectars, and flavored milk.	<b>NG2</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Limit salt by avoiding salty foods such as chips and pretzels.	<b>NG1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Serve no more than 8 to 12 oz juice/day for children 7-12 years of age.	<b>NC4</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
<b>Nutrition Standards State Score</b>			<b>Mean of Nutrition Standards (total points awarded/15)</b>

Last Reviewed  
September 2020

Nutrition Standards National Score			Average score across all states and D.C.
<b>Healthy Mealtime Practices Score</b>	Teach children appropriate portion size by using plates, bowls and cups that are developmentally appropriate to their nutritional needs.	<b>NE1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Require adults eating meals with children to eat items that meet nutrition standards.	<b>NE2</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Do not use food as a reward or punishment.	<b>NH2</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Do not force or bribe children to eat.	<b>NH1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Serve small-sized, age-appropriate portions.	<b>NF1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	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;	<b>NF2</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
<b>Healthy Mealtime Practices State Score</b>			<b>Mean of Healthy Mealtime Standards (total points awarded/6)</b>
<b>Healthy Mealtime Practices National Score</b>			<b>Average Score Across All 50 States and D.C.</b>

Physical Activity Sub Domain (11 Standards)			
			Awarded Points
<b>Physical Activity Score</b>	Provide children with adequate space for both inside and outside play.	<b>PA1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Provide orientation and annual training opportunities for caregivers/teachers to learn about age-appropriate gross motor activities and games that promote children’s physical activity.	<b>PA2</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Develop written policies on the promotion of physical activity and the removal of potential barriers to physical activity participation.	<b>PA3</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Require caregivers/teachers to promote children’s active play and participate in children’s active games at times when they can safely do so.	<b>PA4</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Do not withhold active play from children who misbehave, although out-of-control behavior may require five minutes or less calming periods to help the child settle down before resuming cooperative play or activities.	<b>PA5</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Provide daily for all children, birth to six years, two to three occasions of active play outdoors, weather permitting.	<b>PC1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Allow toddlers sixty to ninety minutes per eight hour day for vigorous physical activity.	<b>PC2</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice

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September 2020

	Allow preschoolers ninety to one-hundred and twenty minutes per eight-hour day for vigorous physical activity.	<b>PC3</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	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.	<b>PD1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Ensure that infants have supervised tummy time every day when they are awake.	<b>PE1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Use infant equipment such as swings, stationary activity centers (ex. exersaucers), infant seats (ex. bouncers), molded seats, etc. only for short periods of time if at all.	<b>PE2</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
<b>Physical Activity State Score</b>			<b>Mean of Physical Activity Standards (total awarded points/11)</b>
<b>Physical Activity National Score</b>			<b>Average Physical Activity Score Across All States and D.C.</b>
<b>Limits on Screen Time Sub Domain (4 Standards)</b>			
			<b>Awarded Points</b>
<b>Screen Time Score</b>	Do not utilize media (television [TV], video, and (DVD) viewing and computers with children younger than two years.	<b>PB1</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Limit total media time for children two years and older to not more than 30 minutes once a week. Limit screen time (TV, DVD, computer time).	<b>PB2</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice

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September 2020

	Use screen media with children age two years and older only for educational purposes or physical activity.	<b>PB3</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
	Do not utilize TV, video, or DVD viewing during meal or snack time.	<b>PB4</b>	100=Regulation is Fully Aligned 70=Regulation is Partially Aligned 30=Regulation Does Not Address 0=Regulation Contradicts Best Practice
<b>Screen Time State Score</b>			<b>Mean of Screen Time Standards (total award points/4)</b>
<b>Screen Time National Score</b>			<b>Average Screen Time Score Across All 50 states and D.C.</b>