

STATE of CHILDHOOD OBESITY

Helping All Children Grow Up Healthy



State Policies to Prevent Obesity

Strong state policies play a key role in improving access to healthy food and increasing physical activity which are essential for promoting a healthy weight. This feature tracks the status of each state's efforts on more than 20 policies aimed at preventing obesity and supporting health.

 **Early Childhood**

 **Schools**

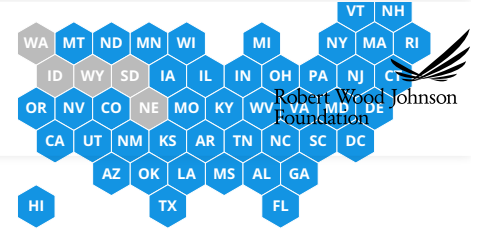
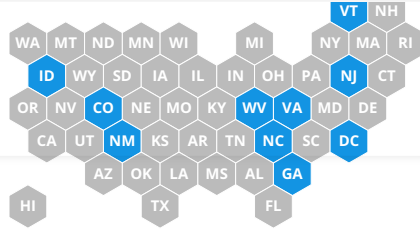
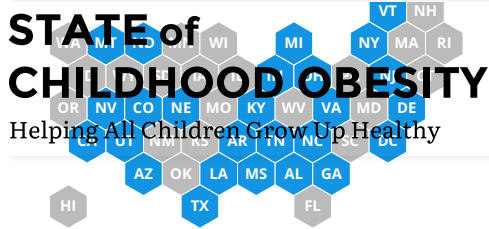
 **Communities**

Early Childhood



It is easier and more effective to prevent overweight and obesity during early childhood than to reverse trends later in life. Early childhood education (ECE) settings can encourage a healthy diet, physical activity, limits on screen time and other best practices to help young children adopt healthy habits early in life. Learn more about each state's policies that aim to prevent obesity in child care settings.

Yes  No 



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Breastfeeding

State requires licensed ECE programs to allow/encourage breastfeeding

UPDATED ON: DEC 2018

[See data »](#)

Defined Physical Activity

Activity

State has set a definition for physical activity in ECE settings

UPDATED ON: SEP 2017

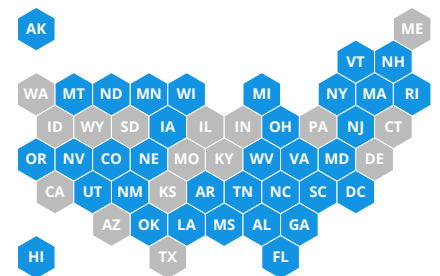
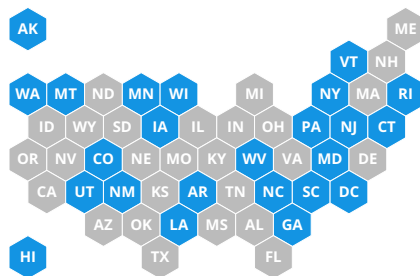
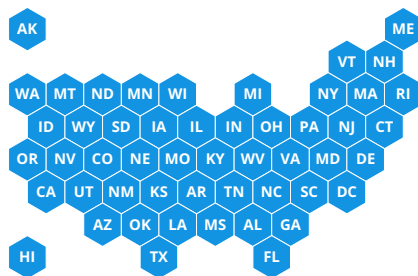
[See data »](#)

Drinking Water

State has regulations requiring licensed ECE programs to make drinking water available to children

UPDATED ON: DEC 2018

[See data »](#)



Healthy Eating

State requires licensed ECE programs to have healthy eating policies

UPDATED ON: APR 2019

[See data »](#)

Link to CACFP

Updates

State has licensing laws linked to the Child and Adult Care Food Program (CACFP) standards that automatically update

UPDATED ON: SEP 2017

[See data »](#)

Nutrition Standards

State requires licensed ECE programs to provide meals and snacks that meet general USDA and/or CACFP standards

UPDATED ON: APR 2019

[See data »](#)

