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## Early Care and Education Center Standards

### Nutrition Standards

Nutrition standards outlined in 922 KAR 2:120 and 922 KAR 2:100 are similar to the standards outlined in the federal Child and Adult Care Feeding Program (CACFP), although the federal standards are more detailed and offer more guidance to centers. The American Heart Association proposes the Cabinet delete individual requirements and standards and insert a statement that centers must comply with the standards outlined in the federal CACFP regulation. This would make it clear that the standards are the same. Therefore, addressing equity at all centers. Additionally, if the federal regulation is referenced, it would not require the Cabinet to open the state regulation anytime the federal regulation is changed. Although the new regulations reference compliance with the federal CACFP regulation, they do so only for the centers that are participating in the federal program, which falls short of meeting the American Heart Association's recommendation and ensuring equity at all centers.

### Sugary Drink Standards

No sugary drinks should be served to children 1-4 years old. Sugary drink is defined as any nonalcoholic beverage, whether carbonated or noncarbonated, sold for human consumption that contains any added sugar. Servings of approved juice should be limited to no more than once per day.

Children 1-4 years old are limited only to:

Water-With no added sweeteners or carbonation. Also requires access to free, safe drinking water.

Milk-Unflavored, low-fat and nonfat milk, and soy beverages in 8oz portions.

Juice- 0-4oz portions of 100% fruit or vegetable juice or fruit juice combined with water, no added sweeteners, and no more than 70mg of sodium per portion, no more than once per day.

### Physical Activity

Neither 922 KAR 2:120 or 922 KAR 2:100 contain time standards for physical activity. The AHA recommends the Cabinet adopt the YMCA's Healthy Eating and Physical Activity (HEPA) Standards, which recommends:

- Opportunities for children to engage in moderate to vigorous physical activity for at least 60 minutes a day for a full-time program and 30 minutes a day for a half-day program;
- Opportunities for infants to freely explore their indoor and outdoor environments under adult supervision;
- Engaging with infants on the ground each day to optimize adult-infant interactions; and
- Providing daily tummy time or time in prone position for infants less than 6 months of age.



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### **Screen Time**

922 KAR 2:120 and 922 KAR 2:100 limit individual use of electronic or listening devices to 2 hours. The AHA recommends the Cabinet adopt the following standards related to screen time:

- Prohibit screen time for children under age 2 in accordance with the recommendations from the American Academy of Pediatrics (AAP).
- For children over age 2, limit screen time to less than 30 minutes a day for half-day programs and less than 1 hour per day for those in full-day programs. During screen time, seek to minimize children's exposure to commercials and ads marketing unhealthy foods.

The AAP recommends no more than 2 hours of screen time per day (a 24-hour period) for children over age 2. The existing requirement in both regulations of no more than 2 hours a day of screen time fails to consider that children are likely to have additional screen time at home, which would result in daily screen time that exceeds recommended standards.