

## Nutrition & Physical Activity State Plan

### Child Care Licensing – Quality Assurance Division DPHHS

**Kirsten Geiger** is a Child Care Licensor in Bozeman. Dept. of Health and Human Services mission: “Improve and protect the health, well-being, and self-reliance of all Montanans.”

Activities Relevant to State Plan to Prevent Obesity: Through child care regulations, child care providers must adhere to the following: Outdoor play every day unless in the event of severe weather, television/movie watching shall not be excessive and must be child appropriate, nutritious meals and snacks must be provided to children (must meet the recommended dietary allowances for children of each age) and menu plans must be available for review by parents. Child Care Regulations are reviewed at New Provider Orientation and during on site visits by the child care licensor.

Services/Recipients: Child Care Licensing registers family and group day care settings, along with licensing child care centers. Child Care Licensors visit the programs to ensure compliance with day care regulations.

State Plan Settings: Child Care (early and education programs)

#### CDC Behaviors:

- Increasing fruit & vegetable consumption by offering best practice information to child care providers;
- Decreasing sugar-sweetened beverage consumption by offering best practice information to child care providers;
- Decreasing consumption of energy dense foods (> 4 calories/gram) by offering best practice information to child care providers;
- Increasing breastfeeding by offering best practice information to child care providers, with help from the local Resource and Referral agency and other educational entities;
- Increasing physical activity through offering best practice information to child care providers;
- Decreasing screen time through offering best practice information to child care providers.

#### Gaps and Concerns: