



On The Move: Increasing Physical Activity and Limiting Screen Time in Childcare Settings (HB 452 - Williams)

Approximately 75% of children between the ages of three and six regularly spend time in some type of childcare setting. Nearly six in ten of these children spend an average of 28 hours per week in such programs. An evaluation of state childcare regulations performed by Duke University gave Louisiana an overall grade of 'C-'.ⁱ The study noted the **absence of requirements for physical activity or limitations on screen time.**ⁱⁱ

HB 452 would have applied changes in licensing standards for physical activity and screen time across both Class 'A' and 'B' childcare facilities in accordance with the rules recently circulated by the Louisiana Department of Child and Family Services.ⁱⁱⁱ The new standards would have required **60 minutes** of structured physical activity, limit screen time to **no more than one hour** for children over two years, and **prohibit screen time for those less than two years.**

However, **the bill met strong opposition from the childcare lobby and was involuntarily deferred by the House Committee on Health and Welfare.** Although the defeat is a setback, the legislation garnered unexpected support from the Department of Child and Family Services (DCFS) and other sources. This support contributed to the adoption of **House Resolution 154 that formally requests DCFS adopt physical fitness standards for child day care facilities** through promulgation of administrative rules.

ⁱ Benjamin, Sara, ed. "Preventing Obesity In The Child Care Setting: Evaluating State Regulations," Durham, NC: Duke U School of Medicine, Dept of Community and Family Medicine.

ⁱⁱ Ibid.

ⁱⁱⁱ Louisiana Department of Children and Family Services. "Childcare Facility Licensing," www.dss.louisiana.gov.