

# Washington State Institute for Public Policy

## Benefit-Cost Results

The WSIPP benefit-cost analysis examines, on an apples-to-apples basis, the monetary value of programs or policies to determine whether the benefits from the program exceed its costs. WSIPP's research approach to identifying evidence-based programs and policies has three main steps. First, we determine "what works" (and what does not work) to improve outcomes using a statistical technique called meta-analysis. Second, we calculate whether the benefits of a program exceed its costs. Third, we estimate the risk of investing in a program by testing the sensitivity of our results. For more detail on our methods, see our [Technical Documentation](#).

Current estimates replace old estimates. Numbers will change over time as a result of model inputs and monetization methods.

### Public Health & Prevention

Program name	Date of last literature review	Total benefits	Taxpayer benefits	Non-taxpayer benefits	Costs	Benefits minus costs (net present value)	Benefit to cost ratio	Chance benefits will exceed costs
<b>School-based</b>								
Mentoring for students (non-Big Brothers Big Sisters): school-based (taxpayer costs only)	Jun. 2014	\$26,962	\$8,340	\$18,623	(\$1,489)	\$25,473	\$18.11	71 %
Mentoring for students (non-Big Brothers Big Sisters): school-based (including volunteer costs)	Jun. 2014	\$26,602	\$8,368	\$18,234	(\$2,417)	\$24,185	\$11.00	70 %
School-based programs to increase physical activity	Nov. 2015	\$15,613	\$3,772	\$11,841	(\$469)	\$15,144	\$33.28	66 %
Positive Action	Aug. 2015	\$14,002	\$3,543	\$10,459	(\$444)	\$13,558	\$31.57	87 %
Seattle Social Development Project	Apr. 2012	\$16,368	\$5,225	\$11,142	(\$3,759)	\$12,608	\$4.35	66 %
Good Behavior Game	Apr. 2012	\$10,673	\$2,760	\$7,912	(\$163)	\$10,510	\$65.47	70 %
Caring School Community (formerly Child Development Project)	Jun. 2014	\$10,275	\$2,609	\$7,666	(\$1,255)	\$9,021	\$8.19	61 %
Behavioral Monitoring and Reinforcement Program (BMRP)	Apr. 2012	\$9,441	\$2,752	\$6,688	(\$1,342)	\$8,098	\$7.03	64 %
Coping and Support Training (CAST)	Aug. 2017	\$8,420	\$2,720	\$5,700	(\$457)	\$7,963	\$18.43	91 %
Other school-wide positive behavior programs	Aug. 2015	\$8,423	\$2,207	\$6,216	(\$619)	\$7,804	\$13.61	78 %
Promoting Alternative Thinking Strategies (PATHS)	Jun. 2015	\$7,487	\$1,826	\$5,662	(\$360)	\$7,127	\$20.80	63 %
School-based tobacco prevention programs	Dec. 2014	\$4,790	\$1,221	\$3,569	(\$64)	\$4,726	\$75.10	99 %
Model Smoking Prevention Program	Dec. 2014	\$2,929	\$734	\$2,196	(\$33)	\$2,897	\$90.08	91 %
All Stars	Dec. 2014	\$2,694	\$685	\$2,009	(\$104)	\$2,590	\$25.81	97 %
Project EX	Dec. 2014	\$2,502	\$629	\$1,873	(\$60)	\$2,442	\$41.71	88 %
Life Skills Training	Jun. 2014	\$1,736	\$417	\$1,319	(\$100)	\$1,636	\$17.35	66 %
SPORT	Jun. 2014	\$1,528	\$391	\$1,137	(\$40)	\$1,489	\$38.59	69 %
Coping Power Program	Jun. 2016	\$2,842	\$938	\$1,904	(\$1,826)	\$1,016	\$1.56	55 %
Alcohol Literacy Challenge (for high school students)	Jun. 2016	\$1,017	\$316	\$701	(\$4)	\$1,013	\$259.46	58 %
ATHENA (Athletes Targeting Healthy Exercise and Nutrition Alternatives)	Dec. 2014	\$613	\$160	\$452	(\$38)	\$574	\$16.00	56 %
keepin' it REAL	Jun. 2014	\$581	\$184	\$397	(\$49)	\$531	\$11.81	62 %
American Indian adolescent substance use prevention programs	Dec. 2014	\$554	\$202	\$352	(\$56)	\$498	\$9.90	55 %
Lions Quest Skills for Adolescence	Jun. 2014	\$589	\$146	\$443	(\$97)	\$492	\$6.05	68 %
Project Towards No Drug Abuse (TND)	Jun. 2014	\$523	\$166	\$357	(\$66)	\$457	\$7.93	58 %
Too Good for Drugs	Dec. 2014	\$497	\$131	\$366	(\$54)	\$443	\$9.28	90 %
Project ALERT	Jul. 2014	\$503	\$146	\$357	(\$152)	\$351	\$3.30	64 %
School-based BMI screening and parental notification	Nov. 2015	\$77	\$25	\$52	(\$25)	\$51	\$3.02	50 %
School-based obesity prevention education	Nov. 2015	(\$28)	\$6	(\$34)	(\$117)	(\$145)	(\$0.24)	48 %
Youth advocacy/empowerment programs for tobacco prevention	Dec. 2014	(\$164)	(\$39)	(\$125)	(\$23)	(\$187)	(\$7.13)	36 %
Responsive Classroom	Oct. 2015	\$342	\$158	\$184	(\$547)	(\$205)	\$0.63	49 %
Preschool programs to create a healthy food environment and increase physical activity	Nov. 2015	(\$99)	\$4	(\$103)	(\$250)	(\$350)	(\$0.40)	46 %

Program name	Date of last literature review	Total benefits	Taxpayer benefits	Non-taxpayer benefits	Costs	Benefits minus costs (net present value)	Benefit to cost ratio	Chance benefits will exceed costs
Project SUCCESS	Aug. 2014	(\$293)	(\$54)	(\$239)	(\$160)	(\$453)	(\$1.84)	39 %
InShape	Jun. 2014	(\$451)	(\$139)	(\$312)	(\$15)	(\$466)	(\$29.59)	47 %
Drug Abuse Resistance Education (D.A.R.E.)	Aug. 2015	(\$423)	(\$184)	(\$239)	(\$55)	(\$478)	(\$7.71)	49 %
<b>Home- or Family-based</b>								
Parent Management Training - Oregon Model (Prevention population)	May. 2015	\$6,244	\$1,762	\$4,482	(\$657)	\$5,587	\$9.50	61 %
Strengthening Families for Parents and Youth 10-14	Apr. 2012	\$5,381	\$1,378	\$4,004	(\$835)	\$4,547	\$6.45	76 %
Computer-based substance use prevention programs	Dec. 2014	\$2,708	\$699	\$2,010	(\$71)	\$2,637	\$38.13	70 %
Nurse Family Partnership	Mar. 2018	\$13,646	\$3,027	\$10,619	(\$11,819)	\$1,827	\$1.15	53 %
Family Matters	Jun. 2016	\$1,772	\$473	\$1,299	(\$196)	\$1,576	\$9.04	74 %
Guiding Good Choices (formerly Preparing for the Drug Free Years)	Jun. 2014	\$1,869	\$558	\$1,311	(\$674)	\$1,195	\$2.77	56 %
Other home visiting programs for at-risk families	Apr. 2018	\$8,247	\$2,408	\$5,839	(\$8,457)	(\$211)	\$0.98	49 %
Family Check-Up (also known as Positive Family Support)	Jun. 2014	(\$66)	\$18	(\$84)	(\$333)	(\$399)	(\$0.20)	46 %
Home Instruction for Parents of Preschool Youngsters (HIPPIY)	Aug. 2017	\$3,530	\$1,306	\$2,224	(\$4,029)	(\$499)	\$0.88	46 %
Familias Unidas	Jun. 2016	(\$266)	\$141	(\$407)	(\$1,486)	(\$1,752)	(\$0.18)	41 %
Healthy Families America	Jul. 2017	\$3,232	\$2,087	\$1,145	(\$5,072)	(\$1,840)	\$0.64	42 %
Parents as Teachers	Aug. 2017	\$542	\$829	(\$287)	(\$4,467)	(\$3,926)	\$0.12	26 %
Early Start (New Zealand)	Jun. 2017	(\$1,713)	(\$223)	(\$1,490)	(\$3,520)	(\$5,233)	(\$0.49)	2 %
Child Parent Enrichment Project (CPEP)	Apr. 2018	(\$8,242)	(\$172)	(\$8,070)	(\$14,917)	(\$23,159)	(\$0.55)	12 %
Infant Health and Development Program (IHDP)	Aug. 2017	(\$1,590)	\$2,911	(\$4,501)	(\$39,598)	(\$41,188)	(\$0.04)	16 %
<b>Community-based</b>								
Computer-based programs for smoking cessation	Dec. 2014	\$32,321	\$6,704	\$25,617	(\$41)	\$32,280	\$794.18	100 %
Quantum Opportunities Program	Apr. 2012	\$49,449	\$18,286	\$31,164	(\$27,323)	\$22,127	\$1.81	63 %
Text messaging programs for smoking cessation	Dec. 2014	\$19,202	\$3,798	\$15,404	(\$53)	\$19,149	\$363.46	100 %
Mentoring for students (non-Big Brothers Big Sisters): community-based (taxpayer costs only)	Jun. 2014	\$14,904	\$4,680	\$10,224	(\$2,950)	\$11,954	\$5.05	64 %
Mentoring for students (non-Big Brothers Big Sisters): community-based (including volunteer costs)	Jun. 2014	\$13,316	\$4,608	\$8,709	(\$5,539)	\$7,777	\$2.40	59 %
Communities That Care	Apr. 2012	\$3,148	\$863	\$2,286	(\$593)	\$2,555	\$5.31	82 %
Project STAR	Jul. 2014	\$1,708	\$491	\$1,217	(\$516)	\$1,192	\$3.31	72 %
Project Northland	Jun. 2014	\$858	\$238	\$621	(\$191)	\$668	\$4.51	73 %
PROSPER	Jun. 2016	\$998	\$376	\$621	(\$529)	\$469	\$1.89	59 %
Big Brothers Big Sisters (community-based, taxpayer costs only)	Sep. 2017	(\$188)	\$112	(\$299)	(\$1,223)	(\$1,411)	(\$0.15)	13 %
Big Brothers Big Sisters (community-based, including volunteer costs)	Sep. 2017	(\$1,650)	\$119	(\$1,769)	(\$4,177)	(\$5,828)	(\$0.40)	0 %
Children's Aid Society--Carrera	Apr. 2012	\$7,571	\$4,227	\$3,344	(\$14,956)	(\$7,384)	\$0.51	42 %
CASASTART	Apr. 2012	(\$7,439)	(\$739)	(\$6,701)	(\$7,158)	(\$14,598)	(\$1.04)	23 %
Fast Track prevention program	Apr. 2012	(\$22,219)	\$2,254	(\$24,473)	(\$61,908)	(\$84,127)	(\$0.36)	0 %
<b>Population-level policies</b>								
Access to tobacco quitlines	Dec. 2014	\$20,789	\$1,580	\$19,210	(\$217)	\$20,572	\$95.85	95 %
More intensive tobacco quitlines (compared to less intensive quitlines)	Dec. 2014	\$9,687	\$1,577	\$8,111	(\$132)	\$9,556	\$73.51	100 %
Anti-smoking media campaign, youth effect	Dec. 2014	\$4,128	\$1,035	\$3,094	(\$28)	\$4,100	\$147.33	100 %
Anti-smoking media campaigns, adult effect	Dec. 2014	\$1,995	\$573	\$1,422	(\$36)	\$1,960	\$56.06	86 %
Triple-P Positive Parenting Program (System)	Apr. 2012	\$1,409	\$462	\$947	(\$152)	\$1,257	\$9.29	63 %
Multicomponent environmental interventions to prevent youth tobacco use	Jun. 2016	\$1,318	\$354	\$964	(\$157)	\$1,161	\$8.42	86 %
Multicomponent environmental interventions to prevent youth alcohol use	Jun. 2016	(\$174)	(\$37)	(\$137)	(\$106)	(\$281)	(\$1.64)	27 %

## Other Public Health & Prevention topics reviewed:

Program name	Date of last literature review	Notes
10% increase in cigarette tax (effect on adults)	Dec. 2014	Click for meta-analytic results
10% increase in cigarette tax (effect on youth)	Dec. 2014	Click for meta-analytic results
Adolescent Sibling Pregnancy Prevention	Apr. 2012	Click for meta-analytic results
Athletes Training and Learning to Avoid Steroids (ATLAS)	Jun. 2016	Click for meta-analytic results
Big Brothers Big Sisters (school-based)	Sep. 2017	Click for meta-analytic results
Body Project	Jun. 2016	Click for meta-analytic results
Case management for caregivers of older adults with dementia	Feb. 2018	Click for meta-analytic results
Case management with monetary assistance for caregivers of older adults with dementia	Feb. 2018	Click for meta-analytic results
Child FIRST	Jul. 2017	Click for meta-analytic results
Circle of Security - Parenting (COS-P)	Jun. 2017	Click for meta-analytic results
Compliance checks for alcohol	Jun. 2016	Click for meta-analytic results
Compliance checks for tobacco	Jun. 2016	Click for meta-analytic results
Curriculum-based support groups (CBSG)	Jun. 2016	Click for meta-analytic results
Family Connects	Nov. 2017	Click for meta-analytic results
Parent-Child Home Program	Aug. 2017	Click for meta-analytic results
Postponing Sexual Involvement (c)	Apr. 2012	Click for meta-analytic results
Protecting You/Protecting Me	Jun. 2016	Click for meta-analytic results
Raising Healthy Children	Jun. 2016	Click for meta-analytic results
Reconnecting Youth	Dec. 2014	Click for meta-analytic results
School-based programs to create a healthy food environment	Nov. 2015	Click for meta-analytic results
School-based service learning	Apr. 2012	Click for meta-analytic results
School-based sexual education	Apr. 2012	Click for meta-analytic results
Soda taxes: a 1% higher tax on soda than on other food items	Nov. 2015	Click for meta-analytic results
STARS (Start Taking Alcohol Risks Seriously) for Families	Jun. 2016	Click for meta-analytic results
Strong African American Families	Jun. 2016	Click for meta-analytic results
Strong African American Families—Teen	Jun. 2016	Click for meta-analytic results
Teen Outreach Program	Apr. 2012	Click for meta-analytic results
Workplace-wide interventions to prevent obesity	Nov. 2015	Click for meta-analytic results
4Results Mentoring	Jun. 2013	No rigorous evaluation measuring outcome of interest.
Aban Aya Youth Project	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Active Parenting of Teens: Families in Action	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Adult day services for older adults with dementia	Dec. 2017	No rigorous evaluation measuring outcome of interest.
BrainTrain4Kids	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Celebrating Families	Dec. 2014	No rigorous evaluation measuring outcome of interest.
DARE to be You	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Early Head Start – Home Visiting	Nov. 2017	No rigorous evaluation measuring outcome of interest.
Friday Night Live	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Healthy Beginnings	Nov. 2017	No rigorous evaluation measuring outcome of interest.
Hip-hop 2 prevent substance abuse and HIV	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Lead and Seed	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Marijuana Education Initiative	Jun. 2017	No rigorous evaluation measuring outcome of interest.
Maternal Early Childhood Sustained Home-Visiting (MESCH)	Nov. 2017	No rigorous evaluation measuring outcome of interest.
Media Detective	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Media Ready	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Minding the Baby	Nov. 2017	No rigorous evaluation measuring outcome of interest.
Mobile phone "apps" for smoking cessation	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Native FACETS	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Not on Tobacco	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Nurturing Fathers	Jun. 2016	No rigorous evaluation measuring outcome of interest.
PALS: Prevention through Alternative Learning Styles	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Project MAGIC	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Project Venture	Jun. 2014	No rigorous evaluation measuring outcome of interest.

Pyramid model	May. 2015	No rigorous evaluation measuring outcome of interest.
Reality Tour	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Red Cliff Wellness School Curriculum	Jun. 2014	No rigorous evaluation measuring outcome of interest.
Refuse, Remove, Reasons (RRR) High School Education Program	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Rock in Prevention, Rock PLUS	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Sembrando Salud	Dec. 2014	No rigorous evaluation measuring outcome of interest.
SMART Leaders	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Stay SMART	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Storytelling for Empowerment	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Strengthening Multi-Ethnic Families and Communities	Jan. 2013	No rigorous evaluation measuring outcome of interest.
TAP-Helping Teens Stop Using Tobacco	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Teens Against Tobacco Use (TATU)	Dec. 2014	No rigorous evaluation measuring outcome of interest.
TEG-Intervening with Teen Tobacco Users	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Tobacco and Alcohol Prevention Program	Dec. 2014	No rigorous evaluation measuring outcome of interest.
Youth and Family Link	Jun. 2016	No rigorous evaluation measuring outcome of interest.

For further information, contact:  
(360) 664-9800, [institute@wsipp.wa.gov](mailto:institute@wsipp.wa.gov)

Printed on 06-19-2018



## Washington State Institute for Public Policy

The Washington State Legislature created the Washington State Institute for Public Policy in 1983. A Board of Directors—representing the legislature, the governor, and public universities—governs WSIPP and guides the development of all activities. WSIPP's mission is to carry out practical research, at legislative direction, on issues of importance to Washington State.