

Raising Healthy Children

Public Health & Prevention: School-based

Literature review updated June 2016.

As part of WSIPP’s research approach to identifying evidence-based programs and policies, WSIPP determines “what works” (and what does not work) to improve outcomes using an approach called meta-analysis. For detail on our methods, see our [Technical Documentation](#). At this time, WSIPP has not yet calculated benefits and costs for this topic.

Program Description: Raising Healthy Children is a long-term school-based prevention program designed to increase students' bonds to school and prevent problem behaviors. The intervention begins in grade 1 and continues through grade 7. Teachers in those grades attend workshops in classroom management, cooperative learning methods and strategies to promote student reading, participation and interpersonal skills. In grades 4-6, the program provides after-school tutoring and includes family participation workshops, after-school homework clubs, summer camp, and retreats for students. This study followed students who began the program in 1st and 2nd grade and measured until grade 10. The program is based on the model used for the Seattle Social Development Project, which is a shorter intervention.

Meta-Analysis of Program Effects

Outcomes measured	No. of effect sizes	Treatment N	Adjusted effect size and standard error			Unadjusted effect size (random effects model)	
			ES	SE	Age	ES	p-value
Alcohol use before end of high school	1	480	-0.018	0.078	15	-0.049	0.535
Smoking before end of high school	1	480	-0.017	0.105	15	-0.044	0.677
Cannabis use before end of high school	1	480	-0.035	0.088	15	-0.093	0.293
Disruptive behavior disorder symptoms	1	497	-0.018	0.065	9	-0.047	0.476
Traffic accident	1	283	0.013	0.116	17	0.035	0.785

Meta-analysis is a statistical method to combine the results from separate studies on a program, policy, or topic in order to estimate its effect on an outcome. WSIPP systematically evaluates all credible evaluations we can locate on each topic. The outcomes measured are the types of program impacts that were measured in the research literature (for example, crime or educational attainment). Treatment N represents the total number of individuals or units in the treatment group across the included studies.

An effect size (ES) is a standard metric that summarizes the degree to which a program or policy affects a measured outcome. If the effect size is positive, the outcome increases. If the effect size is negative, the outcome decreases.

Adjusted effect sizes are used to calculate the benefits from our benefit cost model. WSIPP may adjust effect sizes based on methodological characteristics of the study. For example, we may adjust effect sizes when a study has a weak research design or when the program developer is involved in the research. The magnitude of these adjustments varies depending on the topic area.

WSIPP may also adjust the second ES measurement. Research shows the magnitude of some effect sizes decrease over time. For those effect sizes, we estimate outcome-based adjustments which we apply between the first time ES is estimated and the second time ES is estimated. We also report the unadjusted effect size to show the effect sizes before any adjustments have been made. More details about these adjustments can be found in our [Technical Documentation](#).

Citations Used in the Meta-Analysis

Brown, E.C., Catalano, R.F., Fleming, C.B., Haggerty, K.P., & Abbott, R.D. (2005). Adolescent substance use outcomes in the Raising Healthy Children project: a two-part latent growth curve analysis. *Journal of Consulting and Clinical Psychology, 73*(4), 699-710.

Catalano, R.F., J.J. Mazza, T.W. Harachi, R.D. Abbott, K.P. Haggerty, and C.B. Fleming. (2003). Raising healthy children through enhancing social development in elementary school: Results after 1.5 years. *Journal of School Psychology, 41*(2), 143-164.

Haggerty, K., Fleming, C., Catalano, R., Harachi, T., & Abbott, R. (2006). Raising healthy children: Examining the impact of promoting healthy driving behavior within a social development intervention. *Prevention Science, 7*(3), 257-267.

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

Printed on 03-23-2024



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.