

# 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>								
Positive Action	Sep. 2018	\$34,215	\$8,388	\$25,827	(\$1,048)	\$33,167	\$32.65	94 %
School-based programs to increase physical activity	Nov. 2015	\$16,942	\$3,746	\$13,196	(\$487)	\$16,456	\$34.81	67 %
Mentoring: School-based by teachers or staff	May. 2018	\$19,839	\$4,563	\$15,276	(\$3,421)	\$16,418	\$5.80	70 %
Caring School Community (formerly Child Development Project)	Apr. 2018	\$11,358	\$2,595	\$8,764	(\$1,085)	\$10,273	\$10.47	60 %
Good Behavior Game	Mar. 2018	\$9,923	\$2,707	\$7,216	(\$158)	\$9,765	\$62.73	77 %
Promoting Alternative Thinking Strategies (PATHS)	Jun. 2015	\$8,245	\$1,793	\$6,452	(\$373)	\$7,872	\$22.09	62 %
Coping and Support Training (CAST)	Aug. 2017	\$7,530	\$2,378	\$5,152	(\$475)	\$7,055	\$15.86	81 %
Sunshine Circle Model	Aug. 2018	\$5,293	\$1,706	\$3,587	(\$162)	\$5,131	\$32.61	91 %
Seattle Social Development Project	Mar. 2019	\$8,743	\$2,505	\$6,239	(\$3,899)	\$4,845	\$2.24	56 %
School-Wide Positive Behavioral Interventions and Supports (SWPBIS)	Jan. 2018	\$4,848	\$1,184	\$3,665	(\$642)	\$4,206	\$7.55	70 %
Communities in Schools	Sep. 2018	\$3,649	\$885	\$2,764	(\$261)	\$3,388	\$14.01	56 %
Project EX	Dec. 2014	\$2,887	\$653	\$2,234	(\$62)	\$2,825	\$46.40	88 %
All Stars	Dec. 2014	\$2,331	\$702	\$1,629	(\$108)	\$2,223	\$21.55	96 %
City Connects	Sep. 2018	\$2,902	\$801	\$2,101	(\$1,543)	\$1,359	\$1.88	56 %
LifeSkills Training	Jun. 2014	\$1,399	\$420	\$979	(\$104)	\$1,295	\$13.49	62 %
Alcohol Literacy Challenge (for high school students)	Jun. 2016	\$1,271	\$375	\$896	(\$4)	\$1,267	\$313.18	58 %
Model Smoking Prevention Program	Jan. 2019	\$1,159	\$266	\$892	(\$10)	\$1,148	\$113.93	100 %
Project Towards No Tobacco Use	Jan. 2019	\$991	\$245	\$746	(\$47)	\$944	\$21.11	78 %
American Indian adolescent substance use prevention programs	Dec. 2014	\$809	\$258	\$551	(\$58)	\$751	\$13.94	61 %
Lions Quest Skills for Adolescence	Jan. 2019	\$696	\$203	\$494	(\$11)	\$685	\$63.31	70 %
keepin' it REAL	Jun. 2014	\$587	\$179	\$408	(\$51)	\$536	\$11.52	62 %
Too Good for Drugs	Dec. 2014	\$485	\$151	\$334	(\$56)	\$430	\$8.74	95 %
ATHENA (Athletes Targeting Healthy Exercise and Nutrition Alternatives)	Dec. 2014	\$393	\$100	\$294	(\$40)	\$354	\$9.91	55 %
Project Towards No Drug Abuse	Jun. 2014	\$389	\$128	\$262	(\$68)	\$321	\$5.70	54 %
Coping Power Program	Feb. 2019	\$1,011	\$444	\$568	(\$731)	\$280	\$1.38	58 %
SPORT	Jan. 2019	\$273	\$83	\$190	(\$47)	\$226	\$5.81	51 %
Marijuana Education Initiative Impact Awareness curriculum	Aug. 2019	\$63	\$20	\$43	(\$11)	\$52	\$5.71	50 %
InShape	Jan. 2019	\$36	\$13	\$23	(\$26)	\$10	\$1.41	50 %
Responsive Classroom	Oct. 2015	\$553	\$182	\$371	(\$567)	(\$15)	\$0.97	49 %
School-based BMI screening and parental notification	Nov. 2015	(\$13)	\$0	(\$13)	(\$26)	(\$39)	(\$0.48)	50 %
Youth advocacy/empowerment programs for tobacco prevention	Dec. 2014	(\$114)	(\$25)	(\$90)	(\$24)	(\$138)	(\$4.79)	34 %
School-based obesity prevention education	Nov. 2015	(\$58)	\$1	(\$59)	(\$122)	(\$180)	(\$0.48)	48 %

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 ALERT	Jan. 2019	(\$286)	(\$71)	(\$215)	(\$16)	(\$302)	(\$18.20)	42 %
Preschool programs to create a healthy food environment and increase physical activity	Nov. 2015	(\$127)	\$1	(\$128)	(\$260)	(\$388)	(\$0.49)	45 %
Drug Abuse Resistance Education (D.A.R.E.)	Aug. 2015	(\$711)	(\$224)	(\$487)	(\$57)	(\$767)	(\$12.51)	45 %
Project SUCCESS	Feb. 2019	(\$715)	(\$208)	(\$506)	(\$165)	(\$880)	(\$4.32)	38 %
Mentoring: Big Brothers Big Sisters School-Based (taxpayer costs only)	May. 2018	(\$36)	\$225	(\$261)	(\$1,514)	(\$1,550)	(\$0.02)	6 %
Mentoring: Big Brothers Big Sisters School-Based (including volunteer costs)	May. 2018	(\$371)	\$225	(\$596)	(\$2,183)	(\$2,554)	(\$0.17)	1 %
Mentoring: School-based by volunteers (taxpayer costs only)	May. 2018	(\$8,400)	(\$1,662)	(\$6,738)	(\$1,549)	(\$9,949)	(\$5.42)	16 %
Mentoring: School-based by volunteers (including volunteer costs)	May. 2018	(\$8,832)	(\$1,662)	(\$7,170)	(\$2,412)	(\$11,244)	(\$3.66)	12 %
<b>Home- or Family-based</b>								
Positive Family Support/Family Check-Up	Feb. 2019	\$8,931	\$2,798	\$6,133	(\$45)	\$8,886	\$197.50	70 %
Parent Management Training - Oregon Model (Prevention population)	May. 2015	\$6,339	\$1,835	\$4,504	(\$682)	\$5,657	\$9.29	61 %
Nurse Family Partnership	Mar. 2018	\$16,886	\$4,255	\$12,631	(\$12,265)	\$4,621	\$1.38	64 %
Familias Unidas	Feb. 2019	\$5,422	\$1,898	\$3,524	(\$1,548)	\$3,874	\$3.50	67 %
Strengthening Families for Parents and Youth 10-14	Aug. 2018	\$3,079	\$947	\$2,132	(\$575)	\$2,504	\$5.36	61 %
Healthy Families America	Jul. 2017	\$7,683	\$4,972	\$2,711	(\$5,268)	\$2,415	\$1.46	57 %
Computer-based substance use prevention programs	Dec. 2014	\$1,893	\$582	\$1,311	(\$74)	\$1,819	\$25.71	64 %
Home Instruction for Parents of Preschool Youngsters (HIPPI)	Aug. 2017	\$5,776	\$1,925	\$3,850	(\$4,188)	\$1,588	\$1.38	52 %
Family Matters	Jun. 2016	\$1,642	\$522	\$1,120	(\$203)	\$1,438	\$8.07	73 %
Strong African American Families—Teen	Jun. 2016	\$1,685	\$574	\$1,111	(\$554)	\$1,131	\$3.04	57 %
Family Spirit	Jun. 2018	\$1,712	\$659	\$1,053	(\$785)	\$928	\$2.18	56 %
Strong African American Families	Jun. 2016	\$1,460	\$586	\$874	(\$748)	\$712	\$1.95	55 %
Circle of Security—Parenting (COS-P)	Jun. 2017	\$818	\$297	\$521	(\$232)	\$587	\$3.53	56 %
Guiding Good Choices (formerly Preparing for the Drug Free Years)	Aug. 2018	\$927	\$325	\$602	(\$683)	\$244	\$1.36	51 %
Other home visiting programs for at-risk families	Apr. 2018	\$9,038	\$2,609	\$6,429	(\$8,809)	\$228	\$1.03	50 %
New Beginnings for children of divorce	Jul. 2018	(\$104)	\$66	(\$170)	(\$751)	(\$856)	(\$0.14)	49 %
Child First	Jul. 2017	\$8,027	\$3,929	\$4,098	(\$9,188)	(\$1,161)	\$0.87	44 %
Parents as Teachers	Aug. 2017	\$827	\$977	(\$150)	(\$4,637)	(\$3,810)	\$0.18	30 %
Early Start (New Zealand)	Jun. 2017	(\$1,430)	(\$69)	(\$1,361)	(\$3,659)	(\$5,088)	(\$0.39)	6 %
Child Parent Enrichment Project (CPEP)	Apr. 2018	(\$9,163)	(\$417)	(\$8,746)	(\$15,502)	(\$24,665)	(\$0.59)	12 %
Infant Health and Development Program (IHDP)	Aug. 2017	\$1,849	\$4,165	(\$2,316)	(\$41,079)	(\$39,230)	\$0.05	19 %
<b>Community-based</b>								
Computer-based programs for smoking cessation	Dec. 2014	\$37,629	\$6,757	\$30,872	(\$42)	\$37,587	\$892.20	100 %
Text messaging programs for smoking cessation	Dec. 2014	\$22,418	\$3,819	\$18,599	(\$55)	\$22,363	\$409.30	100 %
Mentoring: Community-based (taxpayer costs only)	May. 2018	\$9,666	\$2,308	\$7,358	(\$2,471)	\$7,196	\$3.91	66 %
Mentoring: Community-based (including volunteer costs)	May. 2018	\$8,873	\$2,308	\$6,565	(\$4,057)	\$4,816	\$2.19	60 %
Communities That Care	Jan. 2019	\$3,194	\$989	\$2,205	(\$614)	\$2,580	\$5.20	86 %
Project STAR (Students Taught Awareness and Resistance, also known as the Midwestern Prevention Project)	Jun. 2019	\$2,512	\$789	\$1,723	(\$65)	\$2,447	\$38.45	70 %
PROSPER (PROmoting School-community-university Partnerships to Enhance Resilience)	Jun. 2016	\$894	\$383	\$511	(\$549)	\$344	\$1.63	57 %
Youth Mental Health First Aid (YMHFA)	Aug. 2019	\$295	\$90	\$205	(\$25)	\$270	\$11.81	69 %
Project Northland	Mar. 2019	\$276	\$94	\$181	(\$101)	\$175	\$2.73	53 %
Families and Schools Together (FAST)	Mar. 2018	\$34	\$1,883	(\$1,849)	(\$946)	(\$912)	\$0.04	49 %
Conjoint behavioral consultation	Jan. 2018	(\$206)	\$52	(\$258)	(\$730)	(\$936)	(\$0.28)	23 %
Mentoring: Big Brothers Big Sisters Community-Based (taxpayer costs only)	May. 2018	(\$634)	\$119	(\$753)	(\$1,740)	(\$2,375)	(\$0.36)	41 %
Mentoring: Big Brothers Big Sisters Community-Based (including volunteer costs)	May. 2018	(\$2,049)	\$119	(\$2,168)	(\$4,570)	(\$6,620)	(\$0.45)	29 %
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

Children's Aid Society—Carrera	Apr. 2012	\$2,743	\$2,067	\$676	(\$15,526)	(\$12,783)	\$0.18	32 %
CASASTART	Apr. 2012	(\$6,509)	(\$288)	(\$6,222)	(\$7,435)	(\$13,944)	(\$0.88)	21 %
Quantum Opportunities Program	Jan. 2019	\$16,307	\$9,822	\$6,485	(\$32,298)	(\$15,991)	\$0.50	30 %
Fast Track prevention program	Mar. 2018	(\$28,440)	\$726	(\$29,166)	(\$64,270)	(\$92,710)	(\$0.44)	0 %
<b>Population-level policies</b>								
Access to tobacco quitlines	Dec. 2014	\$28,499	\$1,689	\$26,810	(\$225)	\$28,274	\$126.78	95 %
More intensive tobacco quitlines (compared to less intensive quitlines)	Dec. 2014	\$11,815	\$1,600	\$10,215	(\$137)	\$11,678	\$86.51	100 %
Anti-smoking media campaigns, adult effect	Dec. 2014	\$1,920	\$543	\$1,377	(\$37)	\$1,883	\$51.96	87 %
Anti-smoking media campaign, youth effect	Dec. 2014	\$1,702	\$393	\$1,309	(\$29)	\$1,673	\$58.64	100 %
Triple-P Positive Parenting Program (System)	Apr. 2012	\$1,528	\$503	\$1,024	(\$157)	\$1,370	\$9.71	65 %
Multicomponent environmental interventions to prevent youth tobacco use	Jun. 2016	\$797	\$212	\$585	(\$163)	\$634	\$4.90	82 %
Multicomponent environmental interventions to prevent youth alcohol use	Jun. 2016	(\$241)	(\$53)	(\$187)	(\$110)	(\$351)	(\$2.19)	29 %

## 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	Feb. 2019	Click for meta-analytic results
Athletes Training and Learning to Avoid Steroids (ATLAS)	Jun. 2016	Click for meta-analytic results
Behavioral Monitoring and Reinforcement Program (BMRP)	Apr. 2012	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
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 Group (CBSG)	Apr. 2018	Click for meta-analytic results
Family Connects	Nov. 2017	Click for meta-analytic results
Other home visiting programs for adolescent mothers	Jun. 2018	Click for meta-analytic results
ParentChild+ (formerly Parent-Child Home Program)	Aug. 2017	Click for meta-analytic results
Postponing Sexual Involvement (c)	Apr. 2012	Click for meta-analytic results
Project SHOUT (Students Helping Others Understand Tobacco)	Jan. 2019	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
Resources, Education, and Care in the Home (REACH-Futures)	Jun. 2018	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
Teen Outreach Program	Apr. 2012	Click for meta-analytic results
Workplace-wide interventions to prevent obesity	Nov. 2015	Click for meta-analytic results
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.
LifeSkills Training (high school)	Sep. 2018	No rigorous evaluation measuring outcome of interest.
Love and Logic	Sep. 2018	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	Sep. 2018	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	Sep. 2018	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.
Sources of Strength	Sep. 2018	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	Feb. 2019	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.

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## 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.