

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 |
|---|--------------------------------|----------------|-------------------|-----------------------|-----------|--|-----------------------|-----------------------------------|
| School-based | | | | | | | | |
| 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 | \$2,921 | \$732 | \$2,188 | (\$33) | \$2,888 | \$89.83 | 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 % |
| Home- or Family-based | | | | | | | | |
| Other home visiting programs for at-risk mothers and children | Apr. 2012 | \$18,580 | \$6,363 | \$12,217 | (\$5,938) | \$12,642 | \$3.13 | 67 % |
| 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 % |
| 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 % |
| 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 (HIPPI) | 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 % |
| Nurse Family Partnership | Jun. 2017 | \$9,545 | \$5,084 | \$4,461 | (\$11,813) | (\$2,268) | \$0.81 | 48 % |
| 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 % |
| Infant Health and Development Program (IHDP) | Aug. 2017 | (\$1,590) | \$2,911 | (\$4,501) | (\$39,598) | (\$41,188) | (\$0.04) | 16 % |
| Community-based | | | | | | | | |
| 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 % |
| Population-level policies | | | | | | | | |
| 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 | \$2,034 | \$585 | \$1,449 | (\$36) | \$1,998 | \$57.07 | 87 % |
| 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 |
| 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 |
| 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. |
| 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. |
| Familias Unidas | Dec. 2014 | No rigorous evaluation measuring outcome of interest. |
| Friday Night Live | Dec. 2014 | 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. |
| Media Detective | Dec. 2014 | No rigorous evaluation measuring outcome of interest. |
| Media Ready | Dec. 2014 | 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. |

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|---|-----------|---|
| 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. |

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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.