

LAUREN CLAIRE HOUGHTON, PhD, MSc

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Birthplace: United States Citizenship: United States & United Kingdom

ACADEMIC APPOINTMENT/ WORK EXPERIENCE

- 6/1/2018-Present **Assistant Professor**, Epidemiology Department, Columbia University
Mailman School of Public Health
- 10/2014 – 5/2017 **Associate Research Scientist**, Epidemiology Department, Columbia
University Mailman School of Public Health

EDUCATION

- 10/2008-10/2013 **PhD, Anthropology**, Department of Anthropology, Durham University
(DU), UK
Thesis title: *Juvenility, Puberty and Adolescence among Bangladeshi and
British Youth* (2013).
Advisors: Drs. Gillian Bentley, Mark Booth, Kate Hampshire (DU);
Robert Hoover, Rebecca Troisi, Hormuzd Katki, Regina Ziegler (NCI)
- 10/2006-3/2008 **MSc, Biological Anthropology**, Durham University, UK
Thesis title: *Ethnic variation in correlations of salivary and serum
reproductive steroid hormones: a comparison of Bangladeshi and British
women* (2008).
- 9/2001-12/2004 **BA, Anthropology**, Summa Cum Laude, Ithaca College, NY
Spanish Minor, Center for Cross-Cultural Studies, Spain

PRE- AND POSTDOCTORAL TRAINING

- 1/2013- 10/2014 **Post-Doctoral Fellow**, Division of Cancer Epidemiology and Genetics,
National Cancer Institute (NCI), MD
- 10/2008-10/2012 **Pre-Doctoral Fellow**, Division of Cancer Epidemiology and Genetics,
National Cancer Institute, MD

HONORS and AWARDS

- 2015-2017 Cancer Prevention Research Fellowship, Breast Cancer Research
Foundation and the American Society for Preventative Oncology
- 2016 New Investigators Workshop Awardee, American Society for Preventative
Oncology
- 2013 NCI Director's Innovation Award
- 2013 Best Abstract Award (#1 of over 100). Breast Cancer and the Environment
Research Program
- 2012 Fellows Award for Research Excellence, National Cancer Institute
- 2012 E.E. Hunt Student Prize, Human Biology Association 2009
Best Presentation, Anthropology Postgraduate Conference, Durham
University
- 2006- 2007 Ustinov Scholarship, Durham University, UK

2001- 2004 Presidential Scholarship, Ithaca College, NY

ACADEMIC SERVICE

2019 Panelist, Global Health Certificate
 2019 Committee Member, Academic and Corporate Partnerships
 2018 Grant review, World Cancer Research Fund International
 2018 Judge, Global Health Practicum Showcase,
 Columbia University Mailman School of Public Health
 2016-2017 Committee Member, Taskforce on Diversity, Culture, and Inclusion Committee,
 Columbia University Mailman School of Public Health
 2014 Committee Member, Hormone Laboratory Advisory Committee, NCI
 2013 Co-chair, Division of Cancer Epidemiology and Genetics Fellows Committee,
 NCI
 2012 Committee Member, 2012 NIH Career Symposium, NIH
 2012 Committee Member, 2012 Population Science Career Symposium, NCI
 2011- 2013 Editor, Fellows Editorial Board, NCI
 2011 Ethics Facilitator for Responsible Conduct of Research, NCI
 2009 Anthropology Postgraduate Conference Co-Chair, Durham University, UK
 2009 Postgraduate Representative, Anthropology Department, Durham University, UK
 2005- 2006 Co-Chair, Steering Committee, Ithaca Free Clinic, NY

PROFESSIONAL ORGANIZATIONS and SOCIETIES

Memberships

American Society for Preventative Oncology
 Developmental Origins of Health and Disease
 Human Biology Association
 International Breast Cancer and Nutrition Network
 Society for Epidemiologic Research

Journal Reviewer

American Journal of Epidemiology
 British Medical Journal
 Cancer, Causes, & Control
 Cancer Epidemiology, Biomarkers & Prevention
 Environment International
 Human Reproduction
 Human Reproduction Update
 International Journal of Cancer
 Journal of Anthropology
 Lancet Endocrinology
 Maternal and Child Health Journal
 Pediatric & Perinatal Epidemiology
 PLOS One
 Population Research and Policy Review
 Reproductive Toxicology

Steroids

GRANT SUPPORT

Present

- 2019 Primary Investigator, CTSA Health Practice Research Pilot Award, “Breast EMICS (Early Moments Informing Cancer Screening)” (\$50,000)
- 2018 Co-Investigator, Cancer Research UK, “Free Time For Wellness” (\$55,000)
- 2018 Primary Investigator, NCI K07, “The Role of Androgens in Breast Cancer Susceptibility Across the Lifecourse”, (\$850,000)

Past

- 2015-2017 Cancer Prevention Research Fellowship, Breast Cancer Research Foundation and the American Society for Preventative Oncology (\$80,000)
- 2012 Durham University Dissemination Grant
- 2008- 2012 NIH- Wellcome Trust PhD Fellowship
- 2007 BioSocial Society Student Bursary

EDUCATIONAL CONTRIBUTIONS

Advising and Mentorship**Dissertation Committees**

- 2018-Present Second Reader: Bobi Morris, Columbia University
- 2018 Second Reader: Patrick Dawson, Columbia University
- 2018 Discussant: Danielle Crookes, Columbia University

Masters’ Thesis Advisor

- 2018 Catherine Brooks, Columbia University
- 2018 Jeanette Shekelle, Columbia University

Graduate Students

- 2019-Present MPH Advisor to Zaynub Ibrahim, Columbia University
- 2019-Present MPH Advisor to Matthew Green, Columbia University
- 2018-Present MPH Advisor to Hannah Braunlin, Columbia University
- 2018-Present MPH Advisor to Liuyezi Du, Columbia University
- 2018-Present MPH Advisor to Marietta Ojo, Columbia University
- 2018-Present MPH Advisor to Pooja Vyas, Columbia University
- 2017-2019 MPH Advisor to Catherine Brooks, Columbia University
- 2016-2018 MPH Advisor to Tamar Platt, Columbia University
- 2016 Co-Mentor of Chloe Freidman, Practicum, Columbia University
- 2015 Co-Mentor of Muxing Guo, Master’s Thesis, Columbia University

College and High School Students

- 2018 Mentor of Marvin Siguencia, CURE Summer Intern, Columbia University
- 2016 Co-Mentor of Rebecca Venetianer, Summer Intern, Columbia University
- 2015-2016 Co-Mentor of Kirsten Scheller, Summer Intern, Columbia University

Direct Teaching

- 2019 Guest Lecturer, Executive Program SAS Class, Epidemiology Department, Columbia University
- 2018 Guest Lecturer, DrPH Seminar, Epidemiology Department, Columbia University

- 2018 Guest Lecturer, Cancer Epidemiology, Epidemiology Department, Columbia University
- 2017 Guest Lecturer, Qualitative Methods, Sociomedical Sciences Department, Columbia University
- 2016 Guest Lecturer, BEST (Biostatistics Enrichment Summer Training Diversity) Program, Columbia University
- 2015 Guest Lecturer, CURE (Continuing Umbrella of Research Experiences) Program, Columbia University
- 2013 Facilitator, Summer Journal Club, National Cancer Institute, MD
- 2006- 2009 Teaching Assistant, Medicine in the Community, School of Medicine, Pharmacy & Health, Durham University, UK

Community Education

- 2009- 2010 After-school Club Coordinator and Facilitator, ABBY (Adolescence among Bangladeshi and British Youth) Project, UK

PUBLIC HEALTH ACTIVITIES AND INNOVATIONS

Public Health Activities

- 2009- 2011 ABBY (Adolescence among Bangladeshi and British Youth) Project, Community-based Participatory Research in UK and Bangladesh.
- 2009 Adrenarcheal Timing among Mayan Youth in Merida, Mexico
- 2007 Cross-Cultural Study of Salivary and Plasma Progesterone, Fieldwork in UK and Bangladesh

Public Health Innovations

- 2019 Free Time 4 Wellness, a Cancer Prevention intervention for moms by moms
- 2014-2015 Founder, Dance Dance Party Party DC, a weekly woman only dance exercise class
- 2004-2005 Co-Director of the Ithaca Free Clinic Steering Committee, Ithaca, New York

PEER-REVIEWED RESEARCH PUBLICATIONS

1. **Houghton LC**, Jung S, Troisi R, Hylton NM, Klifa C, Van Horn L, Snetselaar LG, Le Blanc ES, Lasser NL, Shepherd JA, Paris K, Hoover RN, Dorgan JF. The pubertal window provides new views on breast density in young women. *Breast Cancer Research*. In Press.
2. **Houghton LC**, Howland R, McDonald JA. Mobilizing Breast Cancer Prevention Research through Smartphone Apps: A Systematic Review of the Literature. *Frontiers in Medicine*. In Press.
3. **Houghton LC** and Elhadad N. If only all women menstruated two weeks ago: Interdisciplinary challenges and experiences of capturing hormonal variation across the menstrual cycle. Chris Bobel et al. (eds.), *Handbook of Critical Menstruation Studies*, Palgrave MacMillan, forthcoming 2020.

4. Mandy Goldberg, Barbara A. Cohn, **Lauren C. Houghton**, Julie D. Flom, Ying Wei, Piera Cirillo, Karin. B. Michels, Mary Beth Terry. Early-life Growth and Benign Breast Disease. *AJE*. In Press.
5. **Houghton LC**, Julia A. Knight, Ying Wei, Russell D. Romeo, Mandy Goldberg, Irene L. Andrulis, Angela R. Bradbury, Sandra S. Buys, Mary B. Daly, Esther M. John, Wendy K. Chung, Regina Santella, Frank Stanczyk, Mary Beth Terry. Association of Prepubertal and Adolescent Androgen Concentrations with Timing of Breast Development and Family History of Breast Cancer. *JAMA Open Network*. 2019. 2(2):e190083.
6. Terry MB, Cohn BA, Goldberg M, Flom JD, Wei Y, **Houghton LC**, Tehranifar P, McDonald JA, Protacio A, Cirillo P, and Michels KB. Do birthweight and weight gain during infancy and early childhood explain variation in mammographic density in women in midlife? Results from cohort and sibling analyses. *Am J Epidemiol*. 2019 Feb 1;188(2):294-304.
7. **Houghton LC**, Lauria M, Maas P, Stanczyk FZ, Hoover RN, Troisi R. Circulating Maternal and Umbilical Cord Steroid Hormone and Insulin-like Growth Factor Concentrations in Twin and Singleton Pregnancies. *J Dev Orig Health Dis*. 2018 Oct 8:1-5.
8. **Houghton LC**, Knight JA, De Souza MJ, Goldberg M, Bradbury A, Andrulis I, John EA, Buys S, Terry MB. Comparison of Pubertal Development Assessment in LEGACY Girls Study: Methodological Considerations for Studies of Breast Cancer. *Breast Cancer Research*. 2018. 20:33
9. **Houghton LC**, Sisti JS, Hankinson SE, Xie J, Xu X, Hoover RN, Eliassen AE, Ziegler RG. Early life body fatness in relation to urinary estrogens and estrogen metabolites among premenopausal women. *CEBP*. 2018. 27(5); 1–9.
10. **Houghton LC**, Goldberg M, Wei Y, Cirillo PM, Cohn BA, Michels KB, Terry MB. Why do studies show different associations between prenatal smoke exposure and age at menarche? *Annals of Epi*. 2018. 28(3): 197-203.
11. Terry MB, Keegan THM, **Houghton LC**, Goldberg M, Andrulis IL, Daly MB, Buys S, Wei Y, Whittemore AS, Protacio A, Bradbury AR, Chung WK, Knight JA, and John EM. Pubertal Development in Girls by Breast Cancer Family History: The LEGACY Girls Cohort. *Breast Cancer Research*. 2017. 19:69.
12. Flom JD, Cohn BA, Tehranifar P, **Houghton LC**, Wei Y, Protacio A, Cirillo P, Michels KB, Terry MB. Earlier Age at Menarche in Girls with Rapid Early Life Growth: Cohort and Within Sibling Analyses. *Annals of Epidemiology*. 2017 27(3): 187-193. PMID 28215584
13. **Ester WA and Houghton LC**, Lumey LH, Michel, KB, Wei Y, Cohn BA, Susser ES, Terry MB. Maternal and early childhood determinants of women's body size in midlife: overall cohort and sibling analyses. *AJE* 2017 Feb 15:1-10. PMID: 28200097

14. Schooling MC, **Houghton LC** and Terry MB. Potential intervention targets in utero and early life for prevention of hormone related cancers. *Pediatrics*. 2016. 138 (Supp 1): S22-S33. PMID: 27940974.
15. **Houghton LC**, Ganmaa D, Rosenberg PS, Davaalkham D, Stanczyk FZ, Hoover RH, Troisi R. Associations of Breast Cancer Risk Factors with Premenopausal Sex Hormones in Women at Very Low Breast Cancer Risk. *Int. J. Environ. Res. Public Health* 2016, 13(11), E1066. PMID: 27809264
16. Terry MB, Goldberg M, Schechter S, **Houghton LC**, White M, O'Toole K, Chung WK, Daly MB, Keegan THM, Andrulis IL, Bradbury AR, Schwartz L, Knight JA, John EM, Buys SS. Comparison of Clinical, Maternal and Self Pubertal Assessments: Implications for Health Studies. *Pediatrics*. 2016. 138(1). PMID: 27279647
17. **Houghton LC** and Ester WA, Lumey LH, Michels, KB, Wei, Y, Cohn BA, Susser, ES, Terry MB. Maternal weight gain in excess of pregnancy guidelines is related to daughters being overweight 40 years later. *AJOG*. 2016 215(2):246. PMID: 26901274
18. **Houghton LC**, Pollak M, Tao Y, Tu Y G, Black A, Bradwin G, Hoover RN, Troisi R. Similarity of Serum and Plasma Insulin-like Growth Factor Concentrations. *Biomarkers in Cancer*. 2015 Jun 8;7:13-7. PMID: PMC4467203.
19. Faupel-Badger JM, McElrath TF, Lauria M, **Houghton LC**, Lim KH, Parry S, Cantonwine D, Lai G, Karumanchi SA, Hoover RN, Troisi R. Maternal Circulating Angiogenic Factors in Twin and Singleton Pregnancies. *Am J Obstet Gynecol*. 2015 212(5): 636. PMID: 25434840.
20. Troisi R, Davaasa G, De Silva I, Rosenberg P, Rich-Edwards J, Frazier L, **Houghton LC**, Craig J, Stanczyk F, Hoover R. The Role of Hormones in the Differences in the Incidence of Breast Cancer between Mongolia and the United Kingdom. *PLoS One*. 2014 Dec 23;9(12):e11445. PMID: 25536229.
21. **Houghton LC**, Cooper G, Bentley GR, Booth M, Chowdhury OA, Troisi R, Ziegler RG, Hoover RN, Katki HA. Pubertal timing and body mass in a migrant study of British-Bangladeshi girls at varying risk for breast cancer. *Breast Cancer Research*. 2014. 16:469. PMID: 25398700.
22. **Houghton LC**, Cooper G, Booth M, Chowdhury OA, Troisi R, Ziegler RG, Hoover RN, Katki HA, Bentley GR. Childhood environment influences adrenarche among Bangladeshi migrants to the UK. *PLoS ONE*. 2014. 9(10): e109200. PMID: 25309977
23. **Houghton LC**, Sharmeen T, Begum K, Chodhury OA, Seivert LL, Muttukrishna S, Chatterton RT, Bentley GR. Salivary and serum sampling of progesterone and oestradiol among Bangladeshi and British women. *SBHA*. 2008. 73(1-2): 4-25.

REVIEWS

24. **Houghton LC**. Methods for Community Public Health Research: Integrated and Engaged Approaches. Edited by: Jessica Burke and Steven Albert. *Am J Epidemiol*. 2015. PMID: 25587175.

MANUSCRIPTS UNDER REVIEW

25. Landy R, **Houghton LC**, Berg Christin D, Grubb RL, Katki HA, Black A. Risk of prostate cancer death following a low PSA level in the PLCO Trial. Under Review.
26. **Houghton LC**, Howland RE, Wei Y, Ma X, Kehm R, Chung WK, Genkinger JM, Santella RM, Hartmann MF, Wudy SA, Terry MB. The steroid metabolome and breast cancer risk in women with a family history of breast cancer: the novel role of adrenal androgens and glucocorticoids. Under Review.
27. **Houghton LC**, Troisi R, Sommer M, Hormuzd Katki, Osul Choudhury, Mark Booth, Kate Hampshire. I'm not a Freshi: Culture shock and pubertal timing in a migrant study of Bangladeshi girls to the UK. Under Review.
28. Howland RE, Deziel NC, Bentley GR, Booth M, Choudhury OA, Hofmann J, Hoover RN, Katki HA, Trabert B, Fox SA, Troisi R, **Houghton LC**. Endogenous and exogenous exposures and breast development in a migrant study of Bangladeshi and British girls. Under Review

MEDIA COVERAGE

Jenna Worthman. We're More Honest With Our Phones Than With Our Doctors - The New York Times. *N Y Times Mag*. 2016. http://www.nytimes.com/2016/03/27/magazine/were-more-honest-with-our-phones-than-with-our-doctors.html?_r=0.

Prices S. Clue: How This Period Tracking App Is Helping Scientists Fight Disease. *Fortune*. 2015. http://fortune.com/2015/12/14/period-tracking-app-fight-disease/?xid=soc_socialflow_twitter_FORTUNE.

ORAL AND POSTER PRESENTATIONS (Invited in Bold)

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| 2019 | Invited Talk: Interrogating the Effect of Biological and Social Exposures During Puberty on Health and Wellbeing in Adulthood. DOHAD |
| 2019 | Invited Talk: Family as the Basis and Buffer of Embodied Stress in Girls, Children, Youth and Families Mini-Conference. Columbia Population Research Center. |
| 2019 | Invited Talk: Normalizing Menstruation: How Can We Shift to Unmet Needs as Menstrual Health Gains Momentum? The United Nations, 63rd sessions of the Commission on the Status of Women. Access to Menstrual Health as a Public Service: The Lived Experiences of Women and Girls |

- 2019 Androgens and the risk for breast cancer in women with a family history. American Society for Preventative Oncology.
- 2018 Invited Discussant, "Touch the Pickle!" The Representation of Menstrual Beliefs and Practices in the Popular Media Through the Lens of the White Savior Complex. Columbia Seminar on Women and Society**
- 2018 Invited Discussant, "Context, Adversity, Pubertal Development and the Next Generation: Findings in a Latino Subgroup," 5th World Congress of Cultural Psychiatry.**
- 2018 Invited Talk: Mobilizing Breast Cancer Research through Smartphone Apps. International Breast Cancer Research and Nutrition. Purdue University**
- 2017 Pubertal Window Sheds New Views on Breast Cancer. Developmental Origins of Health and Disease, Rotterdam, Netherlands.
- 2017 **Invited Talk: The Role of Androgen Concentrations in Improving Risk Assessment Across the Lifecourse. American Society for Preventative Oncology Cancer Prevention Research Fellowship Awardee Address, Seattle Washington.**
- 2016 Comparison of Pubertal Development Tools in LEGACY. American Developmental Origins of Health and Disease Inaugural Meeting, Detroit Michigan
- 2016 Why do studies show different associations between prenatal smoke exposure and age at menarche? American Society for Preventative Oncology Annual Meeting
- 2015 Mother's weight gain in pregnancy is related to daughters being overweight 40 years later. Developmental Origins of Health and Disease Annual Meeting, Cape Town South Africa.
- 2014 Measuring Health Bioculturally in Migrant Studies. American Anthropological Association.
- 2014 **Dietary Intake in the Distant Past: Relevance for Radiation Dose Estimation from Trinity. University of New Mexico School of Nursing.**
- 2014 **Culture beneath the skin: melding anthropology with epidemiologic studies. Anthropological Research Interest Group. National Institutes of Health.**
- 2014 **Culture Beneath the Skin: a biocultural approach to understanding ethnic variation in hormones and breast cancer risk. Mixed Methods Interest Group. National Cancer Institute**
- 2013 Thelarche occurs earlier than menarche among Bangladeshi migrants to the UK. Breast Cancer and the Environment Research Program Annual Meeting.
- 2013 The timing and tempo of puberty, estrogens and westernization: A migrant study of Bangladeshi girls to the UK. Society for Pediatric and Perinatal Epidemiologic Research
- 2012 The timing of adrenarche among Bangladeshi and British Youth. Human Biology Association.
- 2012 Adolescent development among Bangladeshi migrants to the UK. Society for Research in Child Development.

- 2012 International variation in adrenarche: Is it worth splitting hairs. *Frontiers in Bioscience*, OXCAM.
- 2012 Pubertal development, BMI, and westernization: A migrant study of Bangladeshi girls to the UK. OXCAM NIH Scholars-Mentors Annual Colloquium.
- 2012 International differences in age at onset of adrenarche: A migrant study of Bangladeshi girls to the UK. DCEG Fellows Training Symposium.
- 2011 Should we include adrenarche in pubertal assessments? Society for the Study of Human Biology.
- 2011 Physical and hormonal markers of puberty among Bangladeshi and British girls. OXCAM NIH Scholars-Mentors Annual Colloquium.
- 2010 Conducting culturally compelling health research with migrant children. 3rd Conference of Migrant and Ethnic Minority Health in Europe
- 2010 Biomarkers of adrenarche and breast cancer risk. OXCAM NIH Scholars-Mentors Annual Colloquium.
- 2009 Saliva versus blood in reproductive hormone profiles. *Human Biology Association*.
- 2008 Early determinants of later health outcomes in migrant populations. GPP Symposium NIH
- 2006 Saliva versus blood in reproductive hormone profiles. Newcastle University.
- 2006 Healthcare Forum: Is Healthcare a right or a luxury? Ithaca Free Clinic, NY.
- 2005 Mosaico: The Aesthetic of Flamenco Dance JJ Whalen Symposium, Ithaca, NY.