

Table S1. Conditional odds ratios (OR) with 95% confidence intervals (CI) for associations between sociodemographic factors and sequence clusters among monozygotic (MZ) and dizygotic (DZ) twins in the age cohort 26-35 years.

26-35 years old MZ twins													
	Cluster group 1		Cluster group 2		Cluster group 3		Cluster group 4		Cluster group 5		Cluster group 6		
	(n = 310)		(n = 1504)		(n = 1396)		(n = 1990)		(n = 282)		(n = 78)		
	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	
Education level													
Elementary (≤9 years)	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	
High school (10-12 years)	1.13	0.43, 2.97	0.64	0.34, 1.22	1.36	0.77, 2.40	1.41	0.83, 2.41	0.56	0.19, 1.67	na	-	
University/college (>12 years)	1.12	0.26, 4.90	0.74	0.35, 1.54	1.02	0.53, 1.99	1.74	0.93, 3.25	0.52	0.12, 2.15	na	-	
Degree of urbanization													
Cities (densely populated areas)	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	
Towns and suburbs (intermediate density areas)	1.08	0.45, 2.59	1.37	0.96, 1.95	0.98	0.67, 1.45	0.82	0.60, 1.13	1.15	0.41, 3.23	0.20	0.02, 1.76	
Rural areas (thinly populated areas)	6.55	1.20, 35.73	0.75	0.44, 1.29	1.01	0.61, 1.69	0.87	0.56, 1.33	2.75	0.77, 9.89	0.00	0.00, 0.00	
Married													
No	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	
Yes	0.45	0.15, 1.34	1.10	0.61, 2.01	0.84	0.53, 1.32	1.25	0.79, 1.98	1.17	0.52, 2.63	na	-	
26-35 years old DZ twins													
	Cluster group 1		Cluster group 2		Cluster group 3		Cluster group 4		Cluster group 5		Cluster group 6		
	(n = 324)		(n = 1194)		(n = 1048)		(n = 1684)		(n = 266)		(n = 112)		
Education level													
Elementary (≤9 years)	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	
High school (10-12 years)	1.40	0.71, 2.73	0.68	0.44, 1.06	0.91	0.55, 1.48	1.83	1.17, 2.84	2.13	0.98, 4.64	0.06	0.01, 0.60	
University/college (>12 years)	0.70	0.27, 1.85	0.87	0.52, 1.43	0.62	0.35, 1.10	2.82	1.74, 4.57	0.41	0.15, 1.17	na	-	
Degree of urbanization													
Cities (densely populated areas)	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	
Towns and suburbs (intermediate density areas)	0.74	0.34, 1.63	1.02	0.71, 1.49	1.40	0.93, 2.10	0.95	0.70, 1.29	0.61	0.23, 1.59	0.52	0.09, 3.09	
Rural areas (thinly populated areas)	0.93	0.36, 2.45	1.12	0.67, 1.87	0.86	0.52, 1.44	1.02	0.69, 1.51	1.18	0.40, 3.41	1.11	0.10, 12.85	
Married													
No	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	
Yes	0.50	0.19, 1.29	1.25	0.79, 1.98	0.82	0.50, 1.34	1.08	0.72, 1.63	1.77	0.65, 4.80	na	-	

na = not able to be assessed due to low number of individuals.

Table S2. Conditional odds ratios (OR) with 95% confidence intervals (CI) for associations between sociodemographic factors and sequence clusters among monozygotic (MZ) and dizygotic (DZ) twins in the age cohort 36-45 years.

36-45 years old MZ twins												
	Cluster group 1		Cluster group 2		Cluster group 3		Cluster group 4		Cluster group 5		Cluster group 6	
	1		2		3		4		5		6	
	(n = 1740)		(n = 590)		(n = 484)		(n = 1478)		(n = 130)		(n = 310)	
	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI
Education level												
Elementary (≤ 9 years)	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
High school (10-12 years)	0.90	0.57, 1.43	0.52	0.23, 1.18	0.92	0.45, 1.88	1.47	0.91, 2.37	0.56	0.17, 1.89	1.14	0.54, 2.40
University/college (>12 years)	1.09	0.64, 1.87	0.28	0.10, 0.81	0.96	0.39, 2.38	1.54	0.87, 2.71	0.56	0.11, 2.93	0.46	0.12, 1.72
Degree of urbanization												
Cities (densely populated areas)	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
Towns and suburbs (intermediate density areas)	0.97	0.72, 1.32	1.62	0.91, 2.88	0.92	0.51, 1.66	1.03	0.73, 1.46	1.61	0.45, 5.79	0.39	0.16, 0.98
Rural areas (thinly populated areas)	0.76	0.52, 1.13	1.42	0.70, 2.87	1.01	0.49, 2.06	1.22	0.78, 1.90	2.22	0.40, 12.45	0.52	0.21, 1.27
Married												
No	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
Yes	1.47	1.17, 1.84	0.71	0.48, 1.06	1.12	0.73, 1.72	0.75	0.59, 0.96	0.34	0.12, 0.93	1.05	0.55, 1.99
36-45 years old DZ twins												
	Cluster group 1		Cluster group 2		Cluster group 3		Cluster group 4		Cluster group 5		Cluster group 6	
	1		2		3		4		5		6	
	(n = 2362)		(n = 766)		(n = 574)		(n = 1848)		(n = 202)		(n = 456)	
Education level												
Elementary (≤ 9 years)	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
High school (10-12 years)	1.15	0.84, 1.59	1.01	0.65, 1.58	1.28	0.71, 2.29	1.29	0.91, 1.82	0.16	0.05, 0.56	0.75	0.43, 1.29
University/college (>12 years)	2.43	1.66, 3.55	0.58	0.32, 1.04	1.02	0.51, 2.06	0.87	0.58, 1.31	0.06	0.01, 0.29	0.30	0.14, 0.64
Degree of urbanization												
Cities (densely populated areas)	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
Towns and suburbs (intermediate density areas)	0.92	0.71, 1.19	0.91	0.56, 1.49	1.25	0.73, 2.15	1.18	0.89, 1.56	1.21	0.47, 3.10	0.67	0.36, 1.25
Rural areas (thinly populated areas)	0.63	0.46, 0.88	1.35	0.75, 2.42	1.16	0.61, 2.22	1.31	0.92, 1.86	2.82	0.61, 12.98	1.07	0.53, 2.15
Married												
No	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
Yes	1.42	1.17, 1.71	0.61	0.43, 0.87	0.72	0.49, 1.05	0.97	0.79, 1.19	0.35	0.16, 0.77	0.98	0.65, 1.47

Table S3. Conditional odds ratios (OR) with 95% confidence intervals (CI) for associations between sociodemographic factors and sequence clusters among monozygotic (MZ) and dizygotic (DZ) twins in the age cohort 46-55 years.

46-55 years old MZ twins												
	Cluster group 1		Cluster group 2		Cluster group 3		Cluster group 4		Cluster group 5		Cluster group 6	
	(n = 1896)		(n = 1800)		(n = 480)		(n = 484)		(n = 526)		(n = 170)	
	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI
Education level												
Elementary (≤9 years)	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
High school (10-12 years)	0.87	0.62, 1.21	1.33	0.94, 1.86	0.68	0.33, 1.39	0.62	0.35, 1.09	1.46	0.77, 2.79	1.57	0.54, 4.54
University/college (>12 years)	0.96	0.63, 1.47	1.47	0.94, 2.29	0.37	0.14, 0.98	0.48	0.20, 1.14	1.10	0.48, 2.55	2.30	0.49, 10.67
Degree of urbanization												
Cities (densely populated areas)	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
Towns and suburbs (intermediate density areas)	1.17	0.88, 1.55	0.85	0.63, 1.15	0.88	0.49, 1.57	0.80	0.44, 1.46	1.11	0.64, 1.94	1.02	0.34, 3.12
Rural areas (thinly populated areas)	0.73	0.50, 1.08	1.21	0.82, 1.79	0.82	0.41, 1.67	0.92	0.46, 1.86	1.20	0.61, 2.34	2.62	0.87, 7.83
Married												
No	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
Yes	1.20	0.97, 1.49	0.94	0.75, 1.17	0.87	0.57, 1.33	0.79	0.51, 1.24	0.85	0.56, 1.28	1.24	0.57, 2.70
46-55 years old DZ twins												
	Cluster group 1		Cluster group 2		Cluster group 3		Cluster group 4		Cluster group 5		Cluster group 6	
	(n = 3356)		(n = 2930)		(n = 820)		(n = 918)		(n = 878)		(n = 250)	
Education level												
Elementary (≤9 years)	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
High school (10-12 years)	1.06	0.86, 1.31	1.12	0.90, 1.39	1.05	0.73, 1.52	0.76	0.53, 1.10	1.19	0.79, 1.80	0.64	0.28, 1.47
University/college (>12 years)	1.68	1.29, 2.18	1.03	0.79, 1.35	0.64	0.38, 1.06	0.31	0.18, 0.52	0.97	0.57, 1.64	0.22	0.07, 0.68
Degree of urbanization												
Cities (densely populated areas)	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
Towns and suburbs (intermediate density areas)	1.04	0.84, 1.29	1.21	0.96, 1.52	0.65	0.42, 1.03	0.82	0.55, 1.24	0.94	0.61, 1.45	1.24	0.44, 3.53
Rural areas (thinly populated areas)	1.08	0.84, 1.39	1.14	0.88, 1.49	0.65	0.40, 1.05	0.69	0.43, 1.10	0.97	0.58, 1.63	2.36	0.75, 7.39
Married												
No	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
Yes	1.57	1.36, 1.82	1.03	0.88, 1.20	0.64	0.46, 0.88	0.53	0.40, 0.70	0.54	0.40, 0.71	0.72	0.40, 1.30

Table S4. Conditional odds ratios (OR) with 95% confidence intervals (CI) for associations between sociodemographic factors and sequence clusters among monozygotic (MZ) and dizygotic (DZ) twins in the age cohort 56-65 years.

56-65 years old MZ twins												
	Cluster group 1		Cluster group 2		Cluster group 3		Cluster group 4		Cluster group 5		Cluster group 6	
	(n = 2284)		(n = 1944)		(n = 828)		(n = 926)		(n = 242)		(n = 440)	
	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI	OR	95% CI
Education level												
Elementary (≤ 9 years)	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
High school (10-12 years)	0.77	0.59, 1.01	1.16	0.87, 1.55	0.74	0.49, 1.11	1.51	0.99, 2.31	0.81	0.39, 1.69	1.91	1.02, 3.56
University/college (>12 years)	0.72	0.50, 1.03	1.12	0.76, 1.65	0.62	0.31, 1.25	2.10	1.15, 3.85	0.55	0.15, 1.99	2.45	1.08, 5.53
Degree of urbanization												
Cities (densely populated areas)	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
Towns and suburbs (intermediate density areas)	1.11	0.86, 1.44	0.94	0.71, 1.23	1.38	0.87, 2.20	0.67	0.44, 1.04	0.92	0.40, 2.12	1.01	0.55, 1.85
Rural areas (thinly populated areas)	0.96	0.69, 1.34	0.89	0.62, 1.27	1.67	0.97, 2.87	0.62	0.36, 1.08	1.19	0.38, 3.75	1.70	0.73, 3.93
Married												
No	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
Yes	1.16	0.96, 1.42	0.94	0.76, 1.17	0.78	0.57, 1.07	0.98	0.71, 1.35	0.75	0.43, 1.29	1.23	0.79, 1.91
56-65 years old DZ twins												
	Cluster group 1		Cluster group 2		Cluster group 3		Cluster group 4		Cluster group 5		Cluster group 6	
	(n = 3756)		(n = 3764)		(n = 1628)		(n = 1404)		(n = 444)		(n = 700)	
Education level												
Elementary (≤ 9 years)	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
High school (10-12 years)	1.06	0.90, 1.26	1.32	1.10, 1.58	0.62	0.48, 0.79	0.83	0.62, 1.09	0.95	0.57, 1.57	1.17	0.81, 1.69
University/college (>12 years)	0.97	0.77, 1.21	2.02	1.57, 2.60	0.34	0.22, 0.51	0.80	0.54, 1.18	0.58	0.25, 1.34	0.86	0.50, 1.46
Degree of urbanization												
Cities (densely populated areas)	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
Towns and suburbs (intermediate density areas)	0.96	0.79, 1.16	1.04	0.84, 1.28	1.11	0.82, 1.51	0.89	0.64, 1.23	1.40	0.75, 2.60	0.95	0.59, 1.54
Rural areas (thinly populated areas)	0.88	0.70, 1.10	1.03	0.80, 1.31	1.16	0.82, 1.64	1.03	0.72, 1.49	1.27	0.61, 2.67	0.97	0.57, 1.63
Married												
No	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref	1.00	ref
Yes	1.16	1.00, 1.34	1.40	1.19, 1.63	0.50	0.40, 0.63	0.92	0.73, 1.17	0.37	0.23, 0.59	1.20	0.87, 1.66