

# **Influence of body weight at young adulthood on the epigenetic clock and lifespan in the BXD murine family**

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# Abstract

**Background.** The DNA methylation landscape is shaped by genetic and environmental factors and is modulate by aging. Here we evaluate the “aging methylome” in 12 recombinant inbred mouse strains from the BXD family that have more than two-fold variation in longevity. We examine relations among body weight, diet, lifespan, and DNA methylation-based rate of biological aging. We used affinity capture with the methyl-CpG binding domain (MBD) protein, followed by deep sequencing (MBD-seq), to assay DNA methylation in 70 mostly female liver samples, ranging in age from 6 to 25 months from mice maintained either on low fat chow or high fat diet (HFD).

**Results.** Genetic background among strains is a major source of variation in genome-wide DNA methylation patterns. Surprisingly, body weight at young adulthood had a stronger association with the methylome than age itself. Nonetheless, age also had a strong effect on methylation at well-defined CpG regions largely located within genes. We used subsets of age-informative CpGs to build versions of the epigenetic clock and as expected, these were strongly correlated with chronological age. Both high initial body weight and the HFD were associated with accelerated epigenetic aging. A DNA methylation clock model built using CpGs associated with body weight correlated with longevity of strains rather than chronological age, implying an underlying lifespan clock. Complementary mRNA clocks were also informative of chronological age. **Conclusion.** Our results support the known association between body mass and lifespan, and indicate that the methylome provides a mechanistic link to accelerated aging.

**Keywords:** Epigenetic clock, DNA methylation, aging, lifespan, longevity, age acceleration

# Background

In the past few years, the “epigenetic clock” has emerged as a robust and widely used biomarker of aging that perhaps surpasses telomere length assays in its accuracy and utility [1-3]. Also referred to as the DNA methylation age (DNAmAge), the CpG based estimator of biological age comes in a few different versions for both humans and mice [4-11]. All these clocks share a common feature—they rely on the methylation status of preselected subsets of CpGs that are each assigned weights and are used collectively to estimate age. A critical question has been: are these DNAmAge clocks detecting changes that are purely a function of time and, therefore, correlates of chronological age? Or are they providing a measure of the intrinsic pace of biological aging that can be related to health, fitness, and life expectancy? Evidence from retrospective human epidemiological studies indicates that certain versions of the clock perform better at predicting life expectancy. In general, a younger DNAmAge relative to chronological age is associated with lower risk of disease and mortality [6, 12-18]. The age-dependent CpGs have also been studied in the context of lifespan variation among mammalian species [19], as well as variation within species, for example when lifespan is shifted by caloric restriction, treatment with rapamycin, or single gene mutations [7, 9, 10, 20-22].

As is the case with humans, aging trajectories vary considerably among mouse genotypes, and common DNA variants contribute to the pace of normal aging [23]. The BXD family has a long history in model organism aging and longevity research with median longevity of females ranging from at least 400 to 900 days [24-28]. Genomes of the BXDs are randomly recombinant versions of genomes of their two parents—strains C57BL/6J (B6) and DBA/2J (D2). On average,

D2 has a shorter lifespan than B6 [29, 30]. The more “accelerated aging” profile of D2 is consistent with other age-associated parameters such as more rapid thymic involution [31] and replicative senescence of hematopoietic progenitor cells [25], and increased tail tendon breakage in D2 compared to B6 [32, 33]. Variation in lifespan is much greater among the progeny BXD strains due to random assortment of independent gene variants [25].

Here, we have leveraged extensive experimental longevity data generated for the BXD family [28] to evaluate the associations between body weight, DNA methylation, aging, and lifespan. We used an affinity-capture enrichment followed by deep sequencing (MBD-seq) to profile the liver methylome in 12 members of the BXD family [34-36]. To evaluate the impact of a common metabolic stressor on aging, we also quantified the methylome of a subset of cases maintained on a high fat diet (HFD), which is known to decrease the longevity by as much as ~13% in the BXDs [28]. The main question we posed was: can we define DNA methylation clocks that are predictive of strain and diet dependent variation in lifespan? And how do these relate to strain characteristics such as body weight? Lastly, we tested whether age or lifespan predicted by methylome patterns can be carried over to the transcriptome, and whether transcripts can also be assembled into age-informative, and lifespan-predictive mRNA clocks.

Overall, the results reveal interdependence among body mass, the aging methylome, and lifespan. In particular, body weight of young adults (ca. 100 days) has a pronounced effect of DNA methylation. We were able to compute reasonably accurate DNAmAge estimates using subsets of age-informative CpG regions. A similar clock using CpG regions associated with body weight did not correlate with age, but was strongly correlated with strain lifespan. The clocks



highlight accelerated aging associated with higher initial body weight, and one version of the DNAmAge estimator also showed accelerate aging on HFD. While mRNA-based clocks are a feasible alternative, the methylome remains a more robust biomarker for aging and life expectancy.

## Results

### Characteristics of the study sample

The longevity data was collected from a cohort of females that were allowed to age until mortality. (Details on this cohort in Roy et al., 2019 [28] and full data can be accessed from GeneNetwork 2 [37].) A parallel cohort was used for biospecimen collection at different ages. For the 12 selected strains and F1 hybrids, lifespans on *ad libitum* standard chow (control diet or CD) ranged from an average of  $417 \pm 155$  days (mean  $\pm$  SD) to  $933 \pm 86$  days (**Table 1**). HFD generally reduces longevity, but with marked differences among strains [28]. Matched samples from cases on HFD were included for five strains and sub-strains (**Table 1**). Each strain-by-diet group was classified as short-lived (mean lifespan  $< 600$  days), medium-lived (between 600 and 750 days), and long-lived ( $>800$  days). A strain classified as long-lived on CD may also be classified as short-lived on HFD, e.g., BXD65 (**Table 1**).

We performed methylome-wide assays in 70 liver samples collected from the strain and diet groups at different ages. Since age and lifespan are the main variables of interest, liver specimens were chosen so that distribution of age across the three lifespan groups are closely matched (**Fig. 1a**; individual level sample information in **Table S1**). We note that aside from

three male cases for BXD102, B6D2F1, and B6D2F1 (**Table 1**), all specimens were from females. While the samples were not chosen on the basis of body or organ weight, there was significant variation in body weight when the mice were initially weighed before introduction to HFD (**Fig. 1b**). The F1s had higher body weights compared to BXDs on CD, and this hybrid vigor was apparent with or without the male cases. The final weight of mice (i.e., weight on day of sample collection) continued to show significant strain variation (**Fig. 1b**). The weight of the liver appeared fairly consistent across the strains (**Fig. 1b**). There was no group difference in body weight at baseline between the two diets (CD =  $25 \pm 7$  g vs. HFD =  $23 \pm 5$  g;  $n = 70$ ). By final weighing, the group on HFD had become significantly heavier when compared to the full set of mice on CD (HFD =  $41 \pm 12$  vs. CD =  $29 \pm 8$  g,  $p < 0.0001$ ;  $n = 70$ ), or when compared only to the matched strains on CD (HFD =  $41 \pm 12$  vs. CD =  $26 \pm 6$  g,  $p < 0.0001$ ;  $n = 34$ ). The weight of the liver on HFD was slightly heavier but the effect was not statistically significant, likely due to the modest sampling of cases on HFD (HFD =  $1.29 \pm 0.23$  g vs. CD =  $1.22 \pm 0.23$  g;  $p = 0.37$ ,  $n = 34$ ). The baseline weight was measured at young adulthood (mean age of  $134 \pm 81$  days) and at this point, age was a significant predictor of body weight with lower body weight for the younger mice (**Fig. 1c**). The age of mice at time of sample collection was, however, not correlated with final body weight ( $r = 0.01$ ) or with weight of liver ( $r = 0.12$ ). Instead, the baseline body weight remained a significant predictor of the final body weight (**Fig. 1d**) and liver weight (**Fig. 1e**). When restricted to only the few HFD mice, baseline weight was still a significant correlate of final body weight ( $r = 0.53$ ,  $p = 0.05$ ,  $n = 15$ ), but not liver weight ( $r = 0.28$ ,  $p = 0.30$ ).

**Table 1. Characteristics of selected strains from the BXD panel**

Strain/line	Longevity trait			Diet <sup>3</sup>	Biospecimen	
	Mean lifespan (days) <sup>1</sup>	Median lifespan (days) <sup>1</sup>	Lifespan Group <sup>2</sup>		N <sup>3</sup>	Age Range (days) <sup>3</sup>
B6D2F1	933±86	896	long	CD	5 <sup>4</sup>	216–726
BXD102	861±222	891	long	CD	5 <sup>4</sup>	183–714
BXD40	585±239	577	short	CD	8	284–719
BXD48	695±124	684	med	CD	3	188–731
BXD48	523±152	517	short	HFD	3	189–595
BXD48a	617±196	670	med	CD	3	233–604
BXD48a	635±113	650	med	HFD	3	233–543
BXD65	824±199	896	long	CD	6	181–711
BXD65	534±128	551	short	HFD	3 <sup>5</sup>	230–541
BXD65b	726±91	751	med	CD	4	187–748
BXD73	702±116	687	med	CD	4	206–759
BXD73	699±112	715	med	HFD	3	206–694
BXD73b	820±129	807	long	CD	3	237–743
BXD73b	742±193	790	med	HFD	3	237–729
BXD79	417±155	330	short	CD	7	217–570
BXD9	507±135	462	short	CD	3	245–548
D2B6F1	771±143	791	long	CD	4 <sup>4</sup>	210–744

<sup>1</sup> Average and median lifespans for strains under standard or high fat diet estimated from an aging cohort of mice co-housed with mice used for biospecimen collection and methylome assays

<sup>2</sup> Groups based on phenotypic lifespan: short = average lifespan < 600 days; med = average 640–750 days, and long = average lifespan > 800 days

<sup>3</sup> Diet, sample size, and age range of mice from MBD-seq data was generated. CD = control diet; HFD = high fat diet

<sup>4</sup> One male case; see Table S1 for individual level data

<sup>5</sup> One case excluded due to uncertain identity

## Strain dependent patterns in global features of the methylome

Deep sequencing of the methylome was carried out after samples were enriched for methylated-CpGs (MBD-seq). After quality checks and filtering by read coverage, we retained a set of 368,300 regions, each 150 bp in length, with sufficient coverage in the 70 samples. The majority of the CpG regions (83%) contained no sequence variants (SNPs or small insertions/deletions) segregating in the BXDs. For the 17% with sequence variants, there was

an average of  $2 \pm 1.6$  variants within the 150 bp bin. (Chromosomal coordinates, CpG density, variant counts, and normalized data will be made available from NCBI GEO upon official publication.) Consistent with the DNA enrichment and filtering protocols, the 368,300 CpG regions were enriched in annotated gene features and CpG islands and depleted in intergenic regions when compared to the genome-wide background (**Table S2**). Our first goal was to gain a global perspective, and for this, we performed two analyses: (1) dimension reduction with principal component analysis (PCA), and (2) analysis of genome-wide mean methylation and variance.

PC1 and PC2 captured 19% and 13% of the variance, respectively. A plot of the top two principal components (PCs) showed clustering of samples by strain identity, irrespective of diet (**Fig. 2a**). The one exception was a BXD65 on HFD; this case plotted away from the BXD65 cluster and, as this was of questionable identity, this sample was excluded from downstream analyses. Sub-strains (e.g., BXD73/BXD73b; BXD65/BXD65b) also clustered in close proximity with only slight separation. Unsupervised hierarchical clustering confirmed the clustering of samples by strain identity rather than age or diet groups (QC plots in **Fig. S1**). The top five PCs collectively explained 58% of the variance (PC1–PC5 in **Table S1**). We found no correlation between these five PCs and the age of mice. For strains with matched CD and HFD cases, the PCs did not differentiate between the two diets.

Next, we computed the within-individual genome-wide average methylation and variance. Global average methylation was inversely correlated with within-individual variance and showed extensive strain variability. When we divided the CpG regions into genic (i.e., CpG

regions that overlap annotated gene features) and intergenic sets, we found that the inverse correlation between global methylation and variance was significant for both sets but particularly pronounced for the intergenic set (**Fig. 2b, c**; and **Table S1** for individual level data on methylome means and variance). This reveals that for CpGs in intergenic regions, mice that have a hypermethylated profile have lower within-individual variance. There is extensive strain variation in this global methylation and variance patterns (**Fig. 2b, c**). For the intergenic set, the BXD73 sub-strains showed the lowest methylation scores and highest variance while the F1s had the highest methylation and lowest variance. Age was not a significant correlate of the genic and intergenic features. We evaluated if the top 5 PCs relate to the methylation averages and variance. The average methylation and variance at intergenic CpG regions were significantly correlated with PC1 (**Fig. 2d**), and PC3 (11% of variance) (**Fig. 2e**). PC4 (8% of variance) showed a significant negative correlation with mean methylation at genic CpG regions (**Fig. 2f**).

To summarize, the global analyses show that the clustering by strains in the PC plot, to a large extent, can be explained by the strain-dependent methylation averages. We did not detect any effect of age or diet on these large-scale methylome features.

## **Intercorrelations between body weight, methylome, and strain-level lifespan**

We next examined whether the body weight measures could be associated with the large-scale methylome features. Since the F1s exhibit hybrid vigor both in body weight and mean methylation, we report the results after excluding the F1s (correlations with and without the F1s in **Table S3**). Of the top 5 PCs, only PC1 showed a weak but significant negative correlation

with baseline weight (**Fig 3a**), and final weights of body and liver. Body weight at baseline, but not the final body weight, had a weak but significant negative correlation with mean methylation (**Fig 3b**), and significant positive correlation with variance (**Fig 3c**) at genic CpG regions that indicates a sustained inter-relatedness between body mass at younger age and the methylome. Unlike the baseline body weight, the final body weight was not correlated with methylation means or variance at either the genic or intergenic regions in the BXDs (**Table S3**). We considered the possibility that the HFD-induced shifts in body weight may have reduced the correlation; however, when we restricted the analysis to only the CD BXDs ( $n = 46$ ), the final body weight still showed no correlation with the intergenic and genic features. The liver weight had a significant positive correlation with mean methylation and negative correlation with variance at intergenic CpGs (**Table S3**).

The lifespan data is from 17 strain-diet groups (**Table 1**), and while this is a small sampling of lifespan variability in the BXD panel, we used this longevity information to explore associations with the body weight measures and the global methylome features. This analysis was again performed without the F1s due to the vigor in both methylome features, body weight, and lifespan. Only PC4, an inverse correlate of genic CpG methylation means (**Fig. 2f**), showed a strong correlation with the strain longevity phenotype (**Fig 3d**). Lifespan showed no direct correlations with the methylation averages and variance at either the genic or intergenic CpG regions. For the weight measures, baseline body weight had a weak but significant negative correlation with strain mean lifespan ( $r = -0.27$ ,  $p = 0.04$ ; **Fig 3d**). This is in agreement with the stronger inverse correlation between body weight and lifespan that is seen in the larger BXD cohort [28].

Taken together, while the individual correlations are weak (**Fig 3**), the results suggest that body weight at younger age is associated with multiple interdependent features of the global methylome that are also predictive of strain life expectancy.

## Effect of age on site specific DNA methylation

Following the global analyses, we next evaluated the effect of age and diet on site-specific DNA methylation at each of the 368,300 CpG bins. Our goal was to identify age informative CpG regions that we can then use to estimate the epigenetic age of mice. We applied a multiple regression model for age and diet with adjustment for other major sources of variance (methylation  $\sim$  age + diet + PC1 + PC2 + PC3 + PC4 + PC5). Although we did not detect a generalized impact of aging on the global methylation, the distribution of  $p$ -values indicated a strong effect on few CpG regions (**Fig. 4a**). For the effect of diet, the  $p$ -value distribution was close to the null hypothesis (**Fig. 4b**), likely because with only 14 samples from the HFD group, the sampling is underpowered. For the remainder, we focused mainly on age, and considered diet only in the context of its effect on strain lifespan and potential age-accelerating effect.

At a Bonferroni threshold of 10% (unadjusted  $p \leq 2.6 \times 10^{-7}$ ), there were 26 age-associated differentially methylation regions (age-DMRs). All of these were genic regions, including neighboring block of CpGs, and were located within 17 annotated genes (**Table S4**). While only a small number of CpG bins were significant at the 10% Bonferroni threshold, given the non-independence of adjacent CpG regions, we used a lenient statistical threshold and selected the top 500 age-DMRs to define the general characteristics of the aging methylome (unadjusted  $p \leq 3.1 \times 10^{-4}$ , 23% FDR; Manhattan plot **Fig. 4c**; **Table S4**). Of these, 60% (299 of 500) were

associated with loss of methylation with age (age-hypomethylation), and 40% showed gains in methylation with age (age-hypermethylation) [38, 39]. This set of 500 age-DMRs collectively represented differentially methylated CpG regions located in or near 347 unique genes (location within genes or distance to nearest promoter for intergenic CpG regions in **Table S4**). Gene set enrichment analysis (GSEA) for the age-DMRs ranked by regression coefficient for age showed no strong enrichment after FDR correction. However, we note that the most overrepresented pathway was for signaling genes involved in stem cells pluripotency (KEGG ID mmu04550; nominal enrichment  $p = 0.005$ , FDR = 0.10) and the five genes in this pathway (*Fzd1*, *Fzd8*, *Wnt5a*, *Jak3*, *Meis1*) were associated with increase in DNA methylation with age. Genes involved in mesenchyme development were also slightly overrepresented (GO ID 0060485; nominal enrichment  $p = 0.001$ , FDR = 0.24) and members of this GO (*Ptk7*, *Nrp2*, *Sema5b*, *Zfp703*, and *Wnt5a*) were also associated with age-hypermethylation (**Fig. S2**).

Compared to the background set of 368,300 CpG bins, the age-DMRs were depleted in intergenic regions and enriched in genic regions (enrichment and depletion p-values in **Table S2**). The majority of the age-DMRs (86%) contained no sequence variants in the BXDs and the age dependent methylation patterns are unlikely to be confounded by SNP or variant effects. The age-hypermethylated set was highly enriched in CpG islands, promoters, and exons, and also slightly enriched in 5'UTRs (**Fig. 4d**; **Table S2**). The age-hypomethylated set was enriched in introns, and 3'UTRs and transcription termination sites (**Fig. 4d**; **Table S2**). For each CpG region, we computed the average methylation and variance across the 69 samples, and compared these to the age regression coefficients, which convey the change in methylation per unit change in age. The most pronounced age-hypermethylation (positive regression coefficients for



age) occurred in bins with high CpG density and lower average methylation, and the magnitude of the age coefficient showed positive correlation with CpG density and negative correlation with average methylation (**Fig. 4e, f**). In contrast, age-hypomethylated regions (negative regression coefficient for age) featured low CpG density, and higher average methylation (**Fig. 4e, f**).

## **Age-DMR based epigenetic clocks and lifespan prediction**

We next explored constructing age-informative and potentially lifespan-predictive clocks using three different approaches: (1) training-based age estimator by applying elastic net regression, (2) untrained age estimator with the set of 500 age-DMRs, and (3) untrained age estimator using only a subset of the age-DMRs that are also associated with cross-sectional variation in lifespan.

First, we implemented the standard clock-building protocol by deriving the clock in a training cohort, and then testing accuracy in a validation cohort [40, 41]. We are clearly limited in sample size; nevertheless, as assessment of feasibility, we randomly assigned 36 samples (52% of the 69 cases) to the training set to model an age-estimator (see **Table S1** for sample assignments). This constructed an age-estimator that was based on 60 “clock CpGs”, i.e., CpG regions that are collectively used in determining the DNAmAge [5]. These clock CpGs included a few regions that individually showed no significant association with age; but most had modest to strong associations with age and included fifteen of the 500 age-DMRs (clock CpG regions and weighing coefficients in **Table S5**). In the training set, this age estimates had a near perfect correlation with chronological age at Pearson  $r = 0.999$  (**Fig. 5a; Table 2**). In the test set of  $n =$

33, the correlation between the estimated age and chronological age was 0.74 ( $p < 0.0001$ ) with a median absolute error of 90 days (**Fig. 5b; Table 2**). Due to the small sample size of the test set, we did not use this clock to examine age acceleration.

For the non-training based estimator, we simply treated the 500 age-DMRs as possible clock CpGs and used the respective age regression coefficients as weighing factors to compute the weighted average for each sample (coefficients for each CpG region are in **Table S4**). The weighted averages were significantly correlated with chronological age of mice, and for a more direct comparison, the values were scaled to the age range for the 69 samples. This clock is therefore study-specific and calibrated to this cohort. The DNAmAge had a near linear correlation with chronological age at  $r = 0.90$  ( $p < 0.0001$ ), and with a median absolute error of 96 days (**Fig. 6a; Table 2**). We then estimated the age acceleration for each mouse (DNAmAge-acc) based on the residuals derived from the linear regression between DNAmAge and chronological age [9, 12] (individual-level DNAmAge data in **Table S1**). For this, positive residual values indicate an accelerated, and negative values a decelerated rate of biological aging. Unlike the DNAmAge, DNAmAge-acc was not correlated with the final age of mice, indicating that this measure of age acceleration is independent of chronological age [9]. The DNAmAge-acc derived from this clock did not correlate with the lifespan phenotype but showed a significant positive correlation with body weight measures that would suggest a more accelerated clock with increased body mass (**Fig. 6b, c; Table S6**). For the strains with matched samples, the DNAmAge-acc did not differentiate between the diet groups (**Fig. 6d**).

We then examined if we can build a version of the DNAmAge estimator using only the age-DMRs that were also associated with strain differences in expected lifespan. We limited this analysis to the top 500 age-DMRs, and to test association with lifespan, we applied a mixed effects model with strain median lifespan and age as fixed variables and strain-diet as random variable. At a lenient statistical threshold of  $p \leq 0.05$ , there were 56 age-DMRs associated with lifespan and we refer to this set as putative lifespan-age-DMRs (**Table S4**). The majority of these (84% or 47 of 56) had lower methylation among the long-lived strains regardless of whether these were age-hypermethylated or age-hypomethylated (**Fig. 7a**). We illustrate this pattern using three of the top-ranking lifespan-age-DMRs: age-hypomethylated *Cas21* (**Fig. 7b**), and age-hypermethylated *Cyp46a1* (**Fig. 7c**) and *Abca7* (**Fig. 7d**). *Cas21* was associated with a small age-hypomethylation (age coefficient of only -0.0007, unadjusted  $p = 1.6 \times 10^{-4}$ ) and most strain-diet groups had slight downward trajectory over time. *Cyp46a1* and *Abca7*, on the other hand, were associated with stronger age-hypermethylation, and almost all the strain-diet groups showed an upward trajectory with age. In addition to the change over time, cross-sectional comparison between lifespan groups showed lower average methylation in the long-lived strains relative to the medium and short-lived strain-diet groups.

While most of the CpG regions were only weakly associated with lifespan (for instance, *Abca7* in **Fig 7d**), we used the 56 lifespan-age-DMRs to calculate the DNAmAge by weighing each CpG by the respectively age regression coefficients (estimated ages in **Table S1**). Chronological age correlated strongly to this version of the DNAmAge ( $r = 0.83$ ,  $p < 0.0001$ ), although the trend appeared to fit a quadratic equation with a greater degree of plateau at older age, an observation that is consistent with the apparent underestimation or possible decline in aging

rate with increased chronological age [15, 42, 43] (**Fig. 6e**). The DNAmAge-acc derived from this version of the clock showed a significant negative correlation with the longevity phenotype (both mean and median lifespan) with more accelerated aging in mice from the short-lived strain-diet groups (**Fig. 6f**). This correlation was robust and remained significant after excluding the F1s (full correlation and probabilities in **Table S6**). The DNAmAge-acc was also positively correlated with the body weight measures, again indicating more accelerated aging in mice with higher body mass (**Fig. 6g, Table S6**). For the strains with matched samples from CD and HFD, the group on HFD had a mean age acceleration of  $21 \pm 36$  days compared to the mean decelerated aging ( $-26 \pm 57$  days) for the group on CD ( $p = 0.01$ ;  $n = 33$ ; **Fig. 6h**). Therefore, this DNAmAge estimator, built from fewer CpG regions, is therefore both age-informative and lifespan-predictive.

**Table 2. Versions of DNA methylation and mRNA clocks**

Clock versions	Sample N	Clock CpGs/mRNAs	Age $r^1$	median  error  <sup>2</sup> (days)	BW0 $r^3$	Lifespan $r^3$
DNA methylation elastic net	36 training	60	0.99 ( $<0.0001$ )	4.5	not tested	not tested
	33 testing		0.74 ( $<0.0001$ )	90	not tested	not tested
500 age-DMRs	69	500	0.9 ( $<0.0001$ )	96	0.38 (0.001)	0.004 (ns)
56 lifespan-ageDMRs	69	56	0.83 ( $<0.0001$ )	111	0.24 (0.05)	$r = -0.58$ ( $<0.0001$ )
500 BW0-DMRs	69	500	0.12 (ns)	*66	* $r = -0.52$ ( $<0.0001$ )	*0.47 ( $<0.0001$ )
RNA clock elastic net Ver1	150 training	65	0.89 ( $<0.0001$ )	52	not tested	not tested
	141 testing		0.65 ( $<0.0001$ )	85	-0.17 (0.05)	-0.15 (ns)
RNA clock elastic net	141 training	62	0.90 ( $<0.0001$ )	67	not tested	not tested

Ver2	150	0.62	100	0.19 (0.02)	0.08 (ns)
	testing	(<0.0001)			

<sup>1</sup> Pearson correlation between clock estimates and chronological age; significance within parenthesis  
<sup>2</sup> Median of the absolute difference between estimated and chronological age as a measure of DNAmAge precision as defined in [40]. \*For the 500 BW0-DMR clock, median of the absolute difference between estimates and mean lifespan was used as a measure of lifespan clock accuracy.  
<sup>3</sup> Pearson correlation between age acceleration residuals and baseline body weight and strain mean lifespan. \*For the 500 BW0-DMR clock, the estimated values instead of the residuals were used.

## Baseline body weight based epigenetic clock and lifespan prediction

Given the strong influence on baseline body weight on the methylome, we then explored the possibility of deriving lifespan informative estimator from body weight associated CpG regions. To identify relevant CpG regions, we applied a regression analysis with baseline body weight (BW0) as predictor with adjustment for age and top 5 PCs as covariates. While age was associated with only a few strong age-DMRs, BW0 had a more widespread association with the methylome (**Fig. 8a**). At a Bonferroni threshold of 10% (unadjusted  $p \leq 2.6 \times 10^{-7}$ ), there were 667 CpG regions associated with body weight. Unlike the age-DMRs, which were depleted in intergenic regions, 74% of the baseline body weight associated differentially methylated CpG regions (BW0-DMRs) were intergenic. The vast majority (581 of the 667) had positive regression estimates for body weight, i.e., higher levels of methylation in heavier mice.

As in the case of the age-DMR based clock, we then took the top 500 BW0-DMRs and weighed each CpG region by the respective age regression coefficient (weighing coefficients and the list of CpG regions in **Table S7**). We note that 27.6% (138 of the 500) of the BW0-DMRs contained sequence variants, and the differential methylation at these sites could also be capturing the effect of underlying sequence effects. Using the BW0-DMRs, the weighted averages did not

correlate with the chronological age of mice. Instead, the values had a significant positive correlation with strain lifespan. For direct comparison, we rescaled the weighted averages to the range of median lifespan for the study sample (**Fig. 8b; Table S1**). The strong positive correlation with lifespan suggests that this clock is an indicator of the expected age at death rather than the chronological age of mice. The median absolute error for the predicted lifespan relative to the known lifespan for the strain-diet groups was at 66 days (**Table 2**), and we refer to this as a baseline body weight based lifespan clock (BW0.lifespan). For a few of the long-lived strains, particularly the robust F1 hybrids that have both higher body weight and longer lifespan (labelled as groups A and B in **Fig. 8b**), the BW0.lifespan was much lower than the expected lifespan. Since the CpGs regions were individually associated with body weight, as expected, the BW0.lifespan showed a strong correlation with the baseline weight (**Fig. 8c**) and with liver weight, but not strongly with final body weight (**Table S6**). For strains that had both CD and HFD cases, BW0.lifespan did not differentiate between the diet groups, suggesting that this clock is not sensitive to lifespan modification by HFD but is mainly dependent on strain differences in baseline body weight. The age acceleration residuals from the 56 lifespan-age-DMRs had a strong inverse correlation with the BW0.lifespan estimates indicating convergent information from both the clocks (**Fig. 8d**).

### **Impact on gene expression and mRNA based clocks**

To examine age-dependent changes in the liver transcriptome, we made use of available liver RNA sequencing (RNA-seq) data from a larger cohort of aging BXDs. The data obtained from GeneNetwork was generated in two batches, and sample and batch information are in **Table**

**S8.** First, to examine whether the transcripts that correspond to the age-DMRs also show changes in expression levels with age, the 347 unique genes represented by the 500 age-DMR CpGs were matched to the corresponding transcripts by gene symbol. This resulted in 265 age-DMRs and transcript pairs. Of these, 110 of the transcripts (42%) were correlated with age at an unadjusted  $p \leq 0.05$  ( $|r| \geq 0.12$  in  $n = 291$ ) (**Table S9**). The majority of the age-hypermethylated CpG regions were associated with increased gene expression with age with only nine age-hypermethylated DMRs (e.g., *Fzd8*, *Cyp46a1*, *Nfix*, *Rnf4*) associated with decreased gene expression with age (**Table S9**). For the age-hypomethylated DMRs, 37 transcripts showed a decrease in expression and 39 transcripts showed an increase in expression with age. Overall, this shows that many of the age-DMRs are also associated with gene expression changes with age.

Finally, we attempted to derive age-informative clocks using the training-based approach. We first performed the training in batch 1 and then tested in batch 2, and then vice versa using the liver transcriptome-wide data. The elastic net modeling trained on the 150 samples in batch 1 identified 65 transcripts for mRNA clock estimation (**Table S10**), and the age estimated from these transcripts (mRNAage) had a correlation of  $r = 0.89$  with chronological age in the training set (**Fig. 5c; Table 2**). In the validation set (i.e., batch 2 with 141 samples), the correlation between the age estimates and chronological age was 0.65 with median error of 85 days (**Fig. 5d; Table 2**). The age acceleration, as estimated by the residuals from the regression between mRNAage and chronological age, showed a weak but significant ( $p = 0.05$ ) negative correlation with baseline body weight, which is at odds with the expected age acceleration with higher body mass, and no significant correlation with strain lifespan (mRNA age estimates and age

acceleration for individual samples in **Table S8**). Training in batch 2 identified 62 transcripts for clock estimation (**Table S11**). Of these 62 transcripts, only 9 transcripts (*Rin3*, *Adcy3*, *Cpn1*, *Chuk*, *Rpl41*, *Rps27a*, *Serpina3m*, *Srm*, and *Ubb*) overlapped between the two versions of the mRNA clocks. Correlation between the mRNAage and chronological age was 0.90 in the training set, and 0.62 in the testing set (**Fig 5e, 5f; Table 2**). The age acceleration for this version of the clock showed a significant positive correlation with baseline body weight and no correlation with lifespan (**Table S8**). For strains with samples from both CD and HFD, the age accelerations derived from the mRNA clocks did not differentiate between diets.

## Discussion

The results we have presented convey deep associations between body mass, DNA methylation, aging, and lifespan. Somewhat to our surprise, we found that body weight at young adulthood, more so than age at time of tissue collection, had a stronger influence on the large-scale methylome. Age, on the other hand, had a strong effect on few discrete CpG regions. Age and weight appeared to exert effects on largely independent sets of CpGs, with the age-DMRs mostly located within gene bodies, while the BW0-DMRs included a large proportion of intergenic loci. Nonetheless, longevity information could be derived from both the age- and BW0-DMRs.

## Consistency in age-dependent DNA methylation changes

In regard to whether genomic characteristics can explain whether a CpG region gains or loses methylation with time, we found a clear dependence on CpG density and methylation status



that agreed with previous reports [44, 45]. Since DNA methylation levels were quantified over 150 bp non-overlapping bins, we could directly examine how the local CpG density relates to (1) average methylation levels and variance across the 69 samples, and (2) the change over time using the age regression coefficients. The results show that loss of methylation over time occurs at regions with low CpG density that also generally have higher average methylation. This is consistent with the general age-dependent hypomethylation at CpG sparse regions of the genome where the few or isolated CpGs exist mostly in a methylated state [46-49]. For age-hypermethylated regions, the gains in methylation was directly correlated with CpG density, and inversely correlated with methylation, and occurred in regions with lower average methylation. This too, is consistent with reports that CpG dense regions on the genome, a feature of CpG islands, which typically remain unmethylated, are the sites that tend to gain methylation with age [50-53].

For the 347 unique genes that correspond to the 500 age-DMRs, we did not find a particularly strong functional theme. However, the list included notable members that have previously been linked to aging related diseases or with longevity and lifespan. For example, *Cyp46a1*, *Lrp1* and *Abca7* play roles in lipid shuttle and cholesterol metabolism, and have been associated with Alzheimer's disease [54, 55]. Other age-DMR genes that have been previously implicated in aging and human longevity include *Adarb2* [56], *Abcc4* [57], *Igf2r* [58], *Ucp3* [59], *Grb2* [60], *Il7r* [61], *Ikbkb* [62]. The current data replicated the CpG islands in *C1q/3* and *Ptk7*, which we previously reported as age-hypermethylated sites in the BXD parental strains, C57BL/6J and DBA/2J [63]. We also compared the list of age-DMRs from the present study to a list of 79 genes reported to harbor age-DMRs in a recent study of DNA methylation in aging human liver

[42], and found only three genes in common: *Il4i1*, *Il1dr2* and *Nfix*. The study by Bacalini et al. [42] reported an enrichment in mesenchymal and Wnt-signaling pathways, and similarly, we also find a slight over-representation of genes that are part of signaling pathways and mesenchyme development (e.g., *Fzd1*, *Fzd8*, *Wnt5a*, *Jak3*, *Ptk7*, *Nrp2*, etc.).

## **Building clocks from age dependent CpG regions**

Currently, there are several different versions of the DNAmAge estimator available for both mice and humans. Some have multi-tissue application [5, 8, 9], and others are optimized for specific tissues [4, 7, 10, 11]. The standard protocol for developing DNAmAge clocks starts by applying a linear regression algorithm in a training dataset, followed by age estimation in validation cohorts to gauge the accuracy of the clock [5, 40, 41]. The training sessions identify age informative CpGs, referred to as clock CpGs, that are each assigned predetermined weight for estimating DNAmAge. This preselected ensemble of clock CpGs can then be used to estimate age in other independent data sets, under the condition that the same or at least the majority of the CpGs are also measured. To our knowledge, all these clocks have relied on bisulfite-based assays that provide single CpG resolution [4-11, 64, 65]. These existing clocks rarely share CpGs in common. For instance, a comparison of the three mouse clocks showed only two CpGs in common between the blood-based and multi-tissue clocks [7, 8, 41]. This is not particularly surprising given that these were constructed from reduced representation bisulfite sequencing (RRBS) data, a protocol for which CpG coverage can have low overlap between libraries. But even in the case of the human clocks that were built from microarray data with fixed and limited number of CpGs to select from, the overlap is still poor. The Horvath

and Hannum clocks share only about six CpGs in common. This means that DNAmAge can be defined and calibrated from numerous different subsets of potential clock CpGs [9, 41].

While MBD-sequencing does not provide single CpG resolution, it is nonetheless known to deliver highly sensitive and reliable quantification of genome-wide methylation [34-36, 39]. Instead of measuring individual CpGs, MBD-seq quantifies methylation levels within circumscribed regions containing spatially proximal CpGs that are generally correlated in methylation patterns [66-68]. To test feasibility, we started by training to chronological age using linear regression. Despite the extremely humble sample number, the estimated age had a near perfect correlation with chronological age in the training set ( $r = 0.99$ ). In the test set of 23 mice, the age correlation was at 0.74 with a fairly high median error of  $\pm 90$  days. While not precise, this DNAmAge estimator, consisting of 60 clock CpG regions, could still be applied to classify mice into broad age groups (young, middle, old), and may perform just as well as transcriptomic age-classifiers that have been defined from much larger sample numbers [69, 70]. The constituent clock CpG regions included sites in or near 29 genes that were represented among the age-DMRs (e.g., *Cyp46a1*, *Fzd8*, *Gata6*), although in terms of the exact CpG regions, only 15 age-DMRs were present in both lists (see **Table S5**). The RRBS-based clock published by Wang et al. [10] was for the liver tissue, and we compared the genes in their list of 149 clock CpGs and we found two common genes, *Cyp46a1* and *Sulf2*, represented in both, although again, the precise CpGs did not overlap.

We also applied a direct weighted averaging method that did not impose a training step. Both versions of the age-DMR based clocks (i.e., one built using the full set of 500 age-DMRs, and

another built from a restricted set of only 56 lifespan-age-DMRS) provided fairly close estimates of chronological ages. Of these two DNAmAge estimators, only the DNAmAge<sub>56</sub> appeared sensitive to lifespan variability, and the age acceleration derived from this clock was predictive of strain lifespan, and also accelerated in the HFD group. Using this clock, almost all cases from strain-diet groups classified as long-lived had negative DNAmAge-acc; the only exceptions were four F1 samples, including the male B6D2F1, that had positive DNAmAge-acc. For cases belonging to strain-diet groups classified as short-lived, all had positive DNAmAge-acc with the exception of one BXD65 kept on HFD that had negative DNAmAge-acc. The strain with the most decelerated clock, and presumably slowest rate of biological aging, was BXD102 on CD, which is also the longest lived BXD strain we had in the study (**Table 1**). For these mice, the DNAmAge-acc for the female were highly decelerated and ranged from -127 to -194 days. Interestingly, the one male BXD102 had a less decelerated clock with a DNAmAge-acc of -56 days.

The members of the DNAmAge<sub>56</sub> clock were selected because these CpGs were both correlates of age, and predictive of lifespan. The majority of these (31 of the 56) were age-hypermethylated and had lower methylation among the long-lived strains (lower right box of **Fig. 7a**). These CpGs also had the most pronounced association with both age and lifespan and were CpGs in the introns, exons and promoters of genes such as *Jak3*, *Wnt5a*, *Abca7* and *Cyp46a1*. The relation between the regression coefficients for age and lifespan would suggest that for these CpGs that gain methylation with age, the long-lived strains have a more “youthful” profile, i.e., lower average methylation. However, 16 of the age-lifespan-DMRs were age-hypomethylated, and yet had lower methylation among the long-lived strains (lower left box of **Fig. 7a**). A few epidemiological studies have also attempted to define predictors of all-

cause mortality risk in humans, and these studies paint a very complex picture for humans. While two of the studies showed that hypomethylation at specific CpGs was prognostic of poor survival [71, 72], another study found a combination of both hypo- and hyper-methylated CpGs linked to mortality [73]. A complication with the human studies is that several of the mortality CpGs were also markers for tobacco use, indicating that a good proportion of the CpGs were likely capturing the effects of lifestyle and environmental exposures [72, 74, 75]. In the BXDs, given the controlled environment, the CpG methylation patterns are presumably providing a closer marker of genetic and epigenetic predisposition to life expectancy.

## **Body weight, DNA methylation, and lifespan prediction**

We also explored a less conventional clock based on the methylation levels at the top 500 BW0-DMRs. This clock does not qualify as a DNAmAge clock since the estimates were uncorrelated with chronological age. Instead, the estimates were correlated with strain longevity data and we tentatively refer to this as lifespan clock (BW0.lifespan clock). The main mismatches between the lifespan predicted by the BW0.lifespan clock versus the recorded strain lifespans were for the long-lived F1 hybrids and BXD65, members of the BXD panel that, in this particular cohort, also exhibited higher body weight. For these F1s and strain, recorded median lifespans are over 790 days; the BW0.lifespan clock incorrectly predicted much shorter lifespans for these cases (all at under 566 days). We note that the simple averages for the top 500 BW0-DMRs (i.e., not weighed by any variable) were also correlated with lifespan but to a lesser degree ( $r = -0.41$ ,  $p = 0.0004$ ). Incorporating the age information by using the age regression

coefficients as weighing variables enhanced the predictive power and made it a directly comparable to the lifespan data.

A key point of distinction between the DNAmAge and BW0.lifespan clocks is that the DNAmAge is primarily an estimate of chronological age, and the age acceleration is a secondary derivative. The higher DNAmAge-acc in the HFD group also implied that the rate of the clock, as measured by the DNAmAge\_56 clock, is a modifiable outcome. The BW0.lifespan clock on the other hand, provided a direct estimate of expected lifespan dependent on a phenotype from a younger age. One could speculate that the BW0.lifespan clock represents a genotype dependent “lifespan potential”, while the DNAmAge-acc represents a health-related trait that can be accelerated or decelerated over the course of life, and is responsive to health promoting interventions. This distinction aside, the DNAmAge and the BW0.lifespan clocks had consistent associations with body weight. Specifically, DNAmAge-acc derived from both the 500 and 56 age-DMR clocks showed positive correlation with baseline body weight indicating more accelerated aging for mice with higher body mass. For the BW0.lifespan clock, the estimates were negatively correlated with body weight, also indicating shorter lifespan for mice with higher body mass. This conveys remarkably close interrelations among body weight/mass, the aging methylome and final lifespan. The influence of body mass on longevity and the more favorable health profile associated with smaller body mass has been known for a long time [76-81]. The results we present are further evidence that the epigenome plays a mechanistic intermediary role that links body weight to the rate of biological aging, and the DNA methylation clocks likely capture the effects of weight and other biological factors that collectively influence the longevity of the BXDs.

In terms of the direction of causality (i.e., whether the methylome patterns are due to body weight, or body weight differences due to DMRs), based on the timeline of data collection, a simple inference would be that the baseline body weight predicted the methylome patterns and the epigenetic age acceleration. In humans, differences in DNA methylation also appear to be more the effect of, rather than the cause for differences in body mass index [82]. However, both body weight and DNA methylation are genetically regulated phenotypes that are tightly interlinked. And in these mice, body weight from young adulthood had a sustained or even lifelong effect of weight measured later in life. This was also true for the few mice that were introduced to HFD as the mice that were heavier at young age, prior to HFD, continued to be heavier on HFD, indicating a genetic predisposition to heavier bodies. Given this, we are inclined to interpret that these three phenotypic domains (body weight, methylome, longevity) as inter-dependent and are ultimately modulated by underlying DNA sequence variation. A well-powered genetic dissection of these phenotypes will certainly shed more light on the nature of this inter-relatedness.

The analysis with the RNA-seq data shows that the aging methylome may have an impact on gene expression. However, the mRNA clocks, derived from much larger sample sizes, had lower correlations with chronological age. Furthermore, the age-accelerations from the two versions of the mRNA clocks had inconsistent associations with body weight, and were not predictive of lifespan.

## **Technical considerations and caveats**

Before concluding, we should address a few caveats. The sequence alignment was done to the mm10 B6 reference genome, which means that for regions with D2 haplotypes, the sequence differences could compromise alignment. The strong population stratification in the PC plot is likely the result of true quantitative variation in methylation, and also due to a portion of the CpG regions serving as surrogates for underlying genotype [83]. The main methylome-wide analysis we performed was for age, and then baseline body weight. Since age is independent of strain and the different BXDs and lifespan groups were represented across the entire age range, the age-DMRs are expected to be less susceptible to the confounding effect of DNA sequence variants. For body weight, a phenotype that is closely linked to genotype, differential quantification due to sequence effects could be more problematic. To partly control for this, we included the top five PCs in the regression models as these PCs capture a portion of the genotype effects and also possibly other unmeasured confounder variables (e.g., cryptic batch effects, cell composition) [39, 84]. For the top 500 age-DMR, only 71 bins (14%) contained at least one sequence variant and the remaining were monomorphic. This is lower than the 17% of variant containing bins in the background set of 368,300 regions. For the top 500 BW0-DMRs, 139 (27.6%) contained sequence variants, and this higher proportion shows that the BW0-DMRs occur in genomic loci that are variable in the BXD, and some of the differential methylation estimates may be conflated by sequence variants. Nonetheless, the majority of the BW0.DMRs used to estimate the clock by weighing on the age coefficients were devoid of sequence variants.

Another weakness to consider is that the present study made use of DNA from frozen liver tissue and does not account for cellular composition. This is an issue that is inherent to



epigenomic and transcriptomic data from bulk tissue [85]. While the liver is relatively homogeneous in cellular makeup, at least compared to blood or brain, cellular heterogeneity is still a confounding factor, particularly since this is known to increase with age [53, 85]. For this issue too, incorporating the top PCs in the statistics is an *in silico* method to partly mitigate the confounding effect.

## Conclusion

In conclusion, we have provided a comprehensive description of the aging methylome in a subset of the BXD panel. Our results demonstrate that the DNA methylations based epigenetic clock is sensitive to subtle differences in natural lifespan that arise from common genetic variants. The effect of body mass and other biological and environmental variables on lifespan may also be mechanistically mediated by the methylome.

## Materials and Methods

### Sample preparation and high throughput sequencing

Liver samples were obtained from the BXD colony maintained at the University of Tennessee Health Science Center (see Roy et al. [28] for details). All animal procedures were in accordance to the protocol approved by the Institutional Animal Care and Use Committee (IACUC) at the University of Tennessee Health Science Center. DNA from liver tissue was extracted using the DNeasy Blood & Tissue Kit from Qiagen. Nucleic acid purity was inspected using a NanoDrop spectrophotometer, and quantified using Qubit fluorometer dsDNA BR Assay. Affinity based

enrichment was carried out using the MethylMiner DNA enrichment kit from ThermoFisher Scientific according to the standard manufacturer's protocol. This kit relies on the methyl-CpG binding domain (MBD) protein to capture methylated CpG fragments. In brief, 1 µg of DNA in 110 µl of low TE buffer was fragmented to ~150 bp using a Covaris S2 ultrasonicator. The sonication settings were: cycle/burst of 1 for 10 cycles of 60 s, duty cycle of 10%, intensity of 5.0. DNA fragment size and quality were assessed using the Agilent Bioanalyzer 2100. Following the MBD capture reactions, DNA was eluted in a single step using the high salt (2000 mM NaCl) elution buffer, and re-concentrated by ethanol precipitation. The final concentration of methylated-CpG enriched DNA ranged from 1.12 to 5.43 ng per µl ( $2.46 \pm 0.94$ ). The library construction and sequencing were carried out at Novogene Genomic Services facility. Sequencing was done to a depth of approximately 50 million reads per sample (150 bp paired-end) on the Illumina HiSeq 4000.

## **Read alignment and data quality**

The FASTQ files were first inspected with the FastQC tool (v.0.11.8) [86], and all files passed the initial quality checks. Alignment was then done to the mouse reference genome (mm10/GRCm38) using the Bowtie2 aligner (v.2.3.4.3) [87], and alignment quality was evaluated with SAMtools (v.1.9) [88], and SAMstat v.1.5.1[89]. Potential PCR duplicates and reads with mapping quality less than 10 were filtered out, and indexed Bam files were created. The Bam files were then loaded to the MEDIPS R package (v.1.36.0) [90], for additional quality control and assessment of read coverage. Saturation analysis (MEDIPS.saturation) showed that all 70 libraries had sufficient read coverage, and pair-wise correlations (MEDIPS.correlation)

showed high consistency between samples (Pearson  $r > 0.90$  for all pairs). Given the MBD enrichment, all the samples were enriched for CpGs (mean CG enrichment score of  $2.30 \pm 0.19$ ; using the MEDIPS MEDIPS.CpGenrich function), and on average, 51% of CpGs in the reference genome was covered by at least one mapped read, with 28% of CpGs covered by  $> 5$  mapped reads. To quantify DNA methylation, the mouse genome was divided in 150 bp non-overlapping windows and reads were counted for each bin with normalization to the local CpG density (referred to as coupling factor or CF) using the function MEDIPS.meth and the following parameters:  $ws = 150$ ,  $extend = 150$ ,  $uniq = 1$ ,  $shift = 0$ .

## Global methylome analysis

Read counts generated in MEDIPS were filtered to retain only the 150 bp bins that had sufficient coverage for reliable quantification and statistical analyses. First, bins with no CpGs ( $CF = 0$ ) and mean read counts  $\leq 1$  were excluded, resulting in 4,286,826 bins. The Y chromosome was also excluded. Following these filters, the data was loaded to the EdgeR R package (v3.24) [91] and further filtered on the basis of counts per million (CPM) such that only reads with more than 1 count per million in 2 or more libraries were retained. This resulted in 368,300 CpG regions with sufficient coverage across the libraries, these were normalized using the calcNormFactors in EdgeR, and RPKM values extracted using the parameters  $gene.length = 150$ ,  $log = TRUE$ . These 368,300 bins had a mean CpG density of  $5.4 \pm 2.6$  and in total cover 2,001,723 CpG sites. The compendium of SNPs and small insertions/deletions segregating in the BXDs have been catalogued for the BXDs [92, 93], and we used this information to count the number of variants in each of the 368,300 150 bp bins.

To evaluate sample clustering and to detect potential outliers, we performed PCA and hierarchical clustering (**Fig. S1a**). There were no outlier samples and the DNA methylation profile was highly consistent across the samples (**Fig. S1b**) and averaged at  $3.8 \pm 0.72$  logRPKM. These CpG regions were then annotated for genomic features using the HOMER program (v4.10) [94] and evaluated for enrichment relative to the genome-wide set using a hypergeometric test (R codes in **Table S2**). Based on the annotations, the CpG regions were then divided into bins that occurred within annotated genes (genic set, 200531 bins), and those that were in intergenic regions (167769 bins). For each sample, the overall average methylation and variance for these genic and intergenic sets were computed. The intercorrelations between the large-scale methylome features, body weight measures, and strain-level lifespan phenotype were examined using Pearson correlations.

## **Statistics for differential methylation analyses**

To detect age-DMRs, we applied a generalized multiple regression model that included diet and the top 5 PCs:  $\text{glm}(\log\text{RPKM} \sim \text{age} + \text{diet} + \text{PC1} + \text{PC2} + \text{PC3} + \text{PC4} + \text{PC5})$ . The top 5 PCs were included so that the age-effect can be adjusted for other major sources of variance, including strain effect and other unmeasured potential confounder variables. The top age-DMRs were selected at a lenient statistical threshold of unadjusted  $p \leq 3.1 \times 10^{-4}$  (23% FDR) since our primary goal was to examine the overall trends and to test if these sites can collectively be used to estimate chronological age and lifespan prediction. For these, GSEA was carried out using the WebGestalt platform (<http://www.webgestalt.org>) with genes ranked by the age regression coefficients [95, 96]. To test if the top 500 age-DMRs were associated with strain-level lifespan,

we applied a mixed effects model using the lme4 R package (v4\_1.1-19) [97]. The lifespan data are at the level of strain within a diet group (CD or HFD), and to test association between the individual level DNA methylation and the strain-diet longevity data, we treated strain-diet as a random variable. The mixed effects model was:  $\text{lmer}(\log\text{RPKM} \sim \text{age} + \text{median.lifespan} + (1 + \text{age} | \text{strain.diet}))$ , where age and median lifespan are numeric variables and strain.diet is a categorical identity. To identify CpG regions that are associated with baseline body weight variation, we used the regression model:  $\text{glm}(\log\text{RPKM} \sim \text{BW0} + \text{age} + \text{PC1} + \text{PC2} + \text{PC3} + \text{PC4} + \text{PC5})$ , where BW0 was baseline body weight as a numeric variable.

## Epigenetic clock calculation

For the training-based clock construction, we applied elastic net regression ( $\alpha=0.5$  using the glmnet R package (v2.0-18) [98, 99]. For the DNA methylation data, we randomly selected 36 of the 69 samples as a training set, and training was done using the log RPKM values for the 368,300 CpG bins. The untransformed chronological age of mice in days was entered as the training variable. Model parameters were optimized using a 10-fold cross-validation with the following cv.glmnet parameter:  $\text{nfolds} = 50$ ,  $\alpha = 0.5$ ,  $\text{family} = \text{"gaussian"}$ . The performance of the age estimator were then tested in the remaining 33 MBD-seq samples. The accuracy of the predicted age was examined by Pearson correlation with chronological age. As a second measure of accuracy, we also used the median absolute error as described in Horvath & Raj [40]. As recommended in Thompson et al. 2018 [9], the “age acceleration” was computed as the residuals after fitting the predicted age to chronological ages:  $\text{residuals}(\text{lm}(\text{DNAMAge} \sim \text{Age}))$ .

For non-training DNA methylation clocks, each CpG region was weighed by the age regression coefficient derived from the equation:  $\text{glm}(\log\text{RPKM} \sim \text{age} + \text{diet} + \text{PC1} + \text{PC2} + \text{PC3} + \text{PC4} + \text{PC5})$ , which means that each CpG region was weighed by the change in DNA methylation per unit change in age. For the for the 500 age-DMR version, the weighted average was computed for the 500 CpG regions; for the 56 lifespan-age-DMR version, the weighted averages were computed from the restricted set of 56 CpG regions (for each CpG region, the weighing factor is in the Estimate.Age column of **Table 54**). The DNAmAge\_56 and DNAmAge\_500 clocks were then derived by scaling the weighted average to the age scale in the 69 samples using the following formula:  $\text{DNAmAge} = (((\text{weighted.average} - \text{min.weighted.average}) \times \text{age.range}) / (\text{weighted.average.range} - \text{min.age})) + \text{min.age}$ , where min.weighted.average and weighted.average.range are the minimum value and range for the weighted averages in the 69 BXD samples, and age.range = 578 days is the range of chronological age in the 69 BXDs, and min.age = 181 days is the minimum age for the 69 BXDs. For the body weighted based clock, we again used the age coefficient from the same regression model as a weighing factor, but the weighted averages were computed for the top 500 CpG regions that were associated significantly with baseline body weight of mice. The same scaling formula was applied to bring the weighted averages to the same scale the median lifespan data.

## **Transcriptomes analyses**

We used liver gene expression data from a larger cohort of 291 BXDs that is available from GeneNetwork 2 [100]. The RNA sequencing was carried out in two batches, with batch 1 generated in 2017 from 150 samples (77 CD and 73 HFD cases), and batch 2 generated in 2018

from another set of 141 samples (84 CD and 57 HFD). While the liver specimens all came from the UTHSC Aging BXD Colony, the two batches did not share overlapping samples. Batch 2 had lower sequencing depth than batch 1, and to make the two batches more comparable, we excluded all transcripts with no read coverage (i.e., logRPKM values of 0) in 10% or more of the 291 samples, and this retained 25,676 Ensemble transcript IDs. The 347 age-DMR genes were matched by gene symbol to the corresponding transcripts, and only 265 of the age-DMR genes paired to one or more transcript variants in the liver transcriptome. We performed a simple Pearson correlation between the expression of these transcripts and age using data from both batches. In the case of age-DMR genes that matched to multiple transcript variants (specifically, different Ensemble transcript variants) from the same gene, we retained only the transcript with the most significant correlation with age that resulted in 265 unique age-DMR and mRNA pairs (**Table S9**).

For mRNA based age estimation, we considered the 25,676 transcripts and applied the same elastic net regression parameters as described for the DNA methylation clocks. In the case of the RNA-seq data, the training to age was first carried out in the 150 cases from batch 1, followed by validation in the 141 cases from batch 2. This was then complemented by performing the training in the 141 cases from batch 2, followed by validate in batch 1.

## **Data availability**

The normalized MBD-seq data for the 368,300 CpG bins that were considered for statistical analyses and sample metadata will be available from the NCBI NIH Gene Expression

715 Omnibus upon official publication. The full raw alignment files for the MBD-seq data will be  
716 made available from the NCBI NIH Sequence Repository Archive upon official publication.

## 717 **Abbreviations**

718 age-DMR: age-associated Differentially Methylation Region

719 bp: base pair

720 BW0-DMR: Baseline body Weight associated differentially methylated CpG region

721 BW0: Baseline body Weight

722 BW0.lifespan: baseline weight-based lifespan clock

723 CD: Control Diet

724 CF: Coupling Factor

725 CPM: Counts Per Million

726 DNAmAge-acc: DNA methylation age acceleration

727 DNAmAge: DNA methylation age

728 GO: Gene Ontology

729 GSEA: Gene Set Enrichment Analysis

730 HFD: High Fat Diet

731 KEGG: Kyoto Encyclopedia of Genes and Genomes

732 MBD-seq: Methyl-CpG binding domain sequencing

733 mRNAage: mRNA based age estimates

734 RRBS: Reduced Representation Bisulfite Sequencing

735 PC: Principal Component



736 PCA: Principal Component Analysis  
 737 QC: Quality Control  
 738 RPKM: Reads Per Kilo base per Million mapped reads  
 739 SNP: Single Nucleotide Polymorphism

740

## 741 **Declarations**

742 **Ethics approval and consent to participate.** All animal procedures were in accordance to  
 743 protocol approved by the Institutional Animal Care and Use Committee (IACUC) at the  
 744 University of Tennessee Health Science Center.

745 **Consent for publication.** All author read and approved the current version of the manuscript

746 **Availability of data and materials.** The normalized data and the raw fastq files will be made  
 747 available from NCBI NIH Gene Expression Omnibus and the Sequence Repository Archive upon  
 748 official publication.

749 **Competing interests.** No competing interests

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## 751 **Authors' contributions**

752 KM supervised the study, contributed to conception of study design and analysis, and wrote the  
 753 manuscript. RWW contributed to the conception of the BXD Aging Colony, and provided access  
 754 to the biorepository resource. JVSS, AHBH, and EGW contributed to the lab work, and JVSS  
 755 performed the primary bioinformatics and contributed to analysis and manuscript. DA and SR  
 756 contributed to analysis and data acquisition. All authors contributed to and approved the final  
 757 version of the manuscript.

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100. NIA Aging BXD CD+HFD Liver RNA-Seq (Aug18) Log2.

# **Figure legends.**

## **Fig. 1. Age distribution and body weight characteristics.**

**(a)** Each point depicts a mouse used for methylome assay. The purpose of this plot is to show a near uniform distribution of ages (y-axis) across the three lifespan groups (categorical classification on x-axis; short-lived with strain mean lifespan < 600 days, medium-lived: 640–750 days, and long-lived: lifespan > 800 days).

**(b)** The bar plots show significant strain variation in mean body weight at young adulthood (baseline weight) and at final weighing. By final weight, mice on high fat diet (HFD) had gained significant weight. The weight of the liver did not differ significantly between strains and showed only a slight gain for mice on HFD. These graphs were plotted using all 70 samples; excluding the three male cases in BXD102, B6D2F1, and D2B6F1, did not alter the strain distribution and the F1s still had robust body weights.

**(c)** At young adulthood, body weight was significantly correlated with age of mice. The baseline body weight was also correlated with final weight of body **(d)** and liver **(e)**.

## **Fig. 2. Global features of the methylome**

**(a)** Scatter plot between the top 2 principal components—PC1 (19% of variance) and PC2 (13% of variance)—show a strong population structure with mice clustering by strain identity (color coded). Members of sub-strains also cluster in close proximity. For strains with animals from both standard chow (CD; solid circles) and high fat diet (HFD; squares), mice on HFD co-cluster with the CD mice.

For each individual mouse, the overall mean methylation and within-individual variance was calculated for 200,531 genic CpG regions located with annotated genes **(b)**, and 167,769 CpG regions in intergenic sites **(c)**. The intergenic regions have wide variation between strains and the F1 hybrids have the highest mean methylation and lowest variance. The genic CpG regions are more consistent across strains. Scatter plots on the right show the correlation between methylation averages and variance in the 70 samples. Mean methylation is inversely correlated with variance, and this is particularly pronounced for the intergenic CpG regions. Average methylation at intergenic regions (x-axis) is correlated with PC1 **(d)**, and PC3 **(e)**, and average methylation at genic regions is correlated with PC4 **(f)**.

**Fig. 3. Intercorrelation between body weight at young adulthood, the methylome, and strain longevity**

Body weight at young adulthood has weak but significant correlations with **(a)** the methylome top principal component, PC1, and the **(b)** mean methylation and **(c)** variance at genic CpG regions. Given the timeline, the results indicate that the body weight at earlier time is predictive of DNA methylation (solid arrow). However, since both are genetically modulated phenotypes and the methylome may also have had a sustained effect on the body weight of mice (dashed arrow), the direction of causality cannot be clearly resolved, and we consider these as interdependent phenotypes.

**(d)** The methylome in turn may be predictive of lifespan (solid arrow), and PC4, a correlate of mean methylation at genic CpG regions, is strongly correlated with lifespan.

(e) Baseline body weight is also predictive of strain longevity (solid arrow), and the negative correlation conveys reduced lifespan for mice that had heavier body weight at young adulthood.

# **Fig. 4. Features of age dependent differentially methylated CpGs regions (age-DMRs)**

(a) Histogram of observed  $p$ -values for age dependent methylation shows that aging has a strong effect on few CpG regions. (b) The  $p$ -values for the effect of diet showed a null distribution, likely because of the small number of samples from mice kept on high fat diet. (c) Each point in the Manhattan plot depicts the location of a CpG region (x-axis: autosomal chromosomes 1 to 19; and chromosome X as 20), and the  $-\log_{10}p$  for age effect (y-axis). The genome-wide significant threshold was set at  $-\log_{10}(2.6e-7)$  (red line; 10% Bonferroni threshold for 368,300 tests) and the suggestive threshold at  $-\log_{10}(3.6e-4)$  (blue line). (d) The top 500 age-DMRs consisted of 206 regions that gained methylation with age (age-hypermethylated; positive regression coefficient for age), and 294 regions that were age-hypomethylated (negative regression coefficient for age). The bar-plots display the percent total of genomic features in the age-hypermethylated (burgundy) and age-hypomethylated (sandy brown) sets, relative to the set of 369,300 MBD-seq bins (grey), and the full genome-wide background set (black). Within the bins, the regression coefficients for age (i.e., change in DNA methylation per unit change in age in days,  $\log_{10}$  scale) were dependent on the (e) CpG density, and (f) mean methylation.

# **Fig. 5. Elastic net regression DNA methylation and mRNA clocks**

The y-axis shows the chronological age of mice, and the x-axis shows the DNAmAges predicted by the 60 clock CpG regions in the **(a)** training set of 36 samples, and **(b)** the testing set of 33 samples.

For the transcriptomic data, the training in 150 RNA-seq samples (batch 1) identified 65 transcripts for age estimation. The plots compare the chronological ages to the predicted ages in the **(c)** training set of 150 samples, and **(d)** in the testing testing of 140 samples (batch 2). To complement this, the training was also carried out in the 140 samples (batch 2) and this identified 62 transcripts for age estimation. Correlations between chronological age and estimated age in the batch 2 training set **(e)**, and batch 1 testing set **(f)** are shown.

# **Fig. 6. DNA methylation based epigenetic clocks derived from age-DMRs**

The epigenetic age of mice was estimated from DNA methylation levels at the 500 age-DMRs. **(a)** The estimated DNAmAge (y-axis) was correlated with chronological age (x-axis) of mice. The age acceleration residuals (DNAmAge-acc) derived from this clock **(b)** did not correlate with strain lifespan, **(c)** but was positively correlated with body weight. **(d)** For strains with samples from both standard chow (control diet or CD) and high fat diet (HFD), the DNAmAge-acc did not differentiate between the diet groups.

A second version of the clock was made using 56 age-DMRs that were also associated with lifespan variation. **(e)** The DNAmAge derived for the 56 age-lifespan-DMRs correlated with chronological age on mice; however, the relation deviated from linearity and appeared to plateau for the older mice. The DNAmAge-acc from this clock was **(f)** inversely correlated with strain lifespan that indicates decelerated aging in long-lived strains, and **(g)** positively correlated

with baseline body weight that suggests a more accelerated clock for mice with higher body weight at younger age. **(h)** This clock also indicates greater age acceleration for the HFD group compared to the CD group (mean of  $21 \pm 36$  for HFD,  $-26 \pm 57$  for CD;  $p = 0.01$ ;  $n = 33$ ).

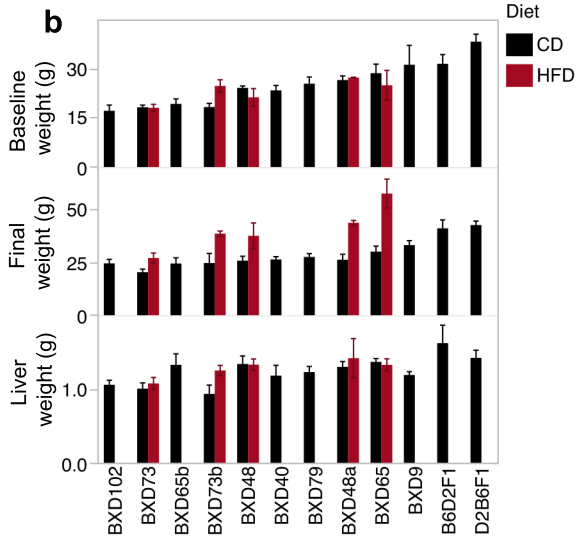
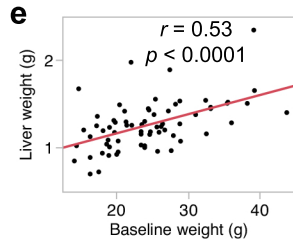
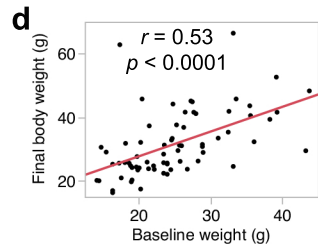
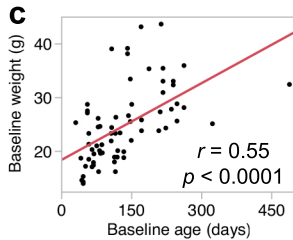
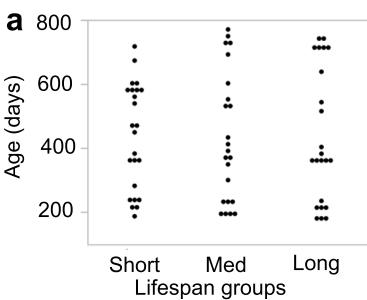
# **Fig. 7. Lifespan predictive age-DMRs**

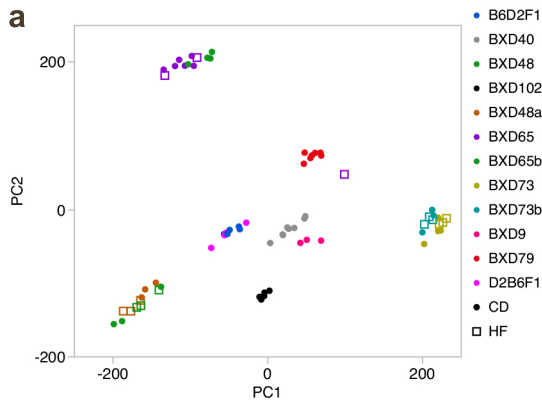
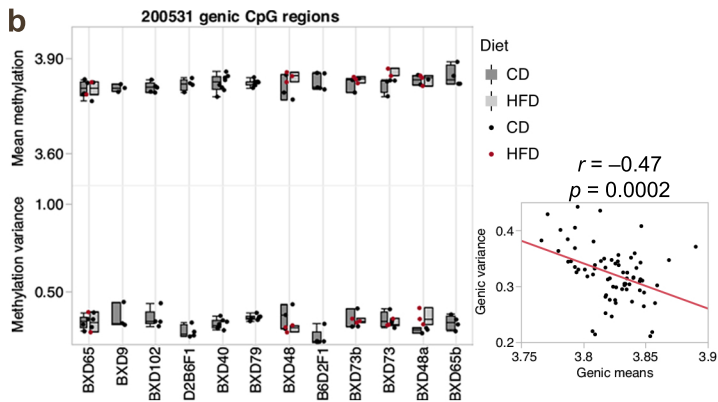
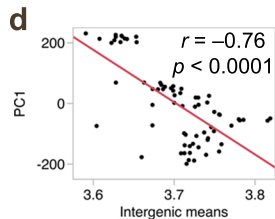
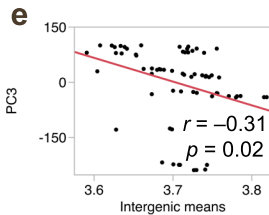
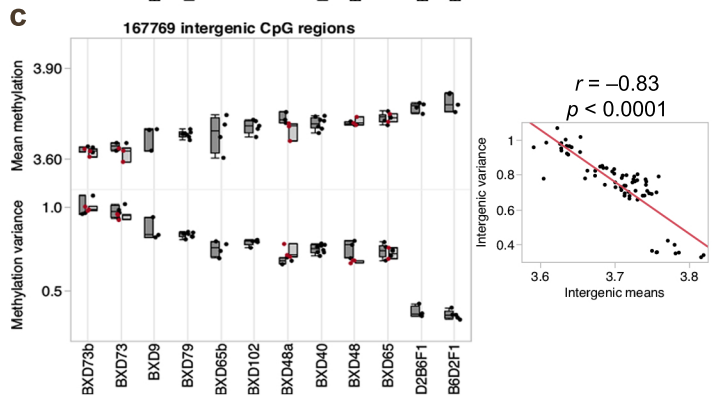
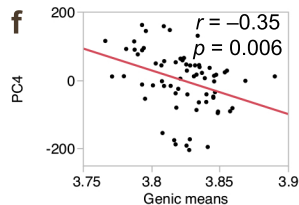
**(a)** Comparison between the regression coefficients for age (x-axis) vs. the regression coefficient for strain median lifespan (y-axis) shows that most of the age-DMRs that are also associated with lifespan have generally lower methylation levels in strains with longer median lifespan, as indicated by the negative regression coefficient for lifespan. As examples of age and lifespan associated CpG regions, the change in methylation over time along with cross-sectional variation is illustrated by the age-hypomethylated CpG region in **(b)** *Cas21*, and by the age-hypermethylated CpG regions in **(c)** *Cyp46a1* and **(d)** *Abca7*. Each point represents a mouse plotted by age (x-axis) and methylation level (y-axis, logRPKM). The lines represent linear regression lines for each strain-by-diet, classified by strain lifespan phenotype as short- (red), medium (yellow) or long-lived (blue). In all three CpG regions, cross-sectional comparisons show that mice belonging to short-lived groups have higher average methylation relative to mice belong to medium and long-lived groups (box plots). *Cas21* mean methylation log RPKM in short-lived =  $3.96 \pm 0.28$ , medium-lived =  $3.62 \pm 0.39$ , long-lived =  $3.28 \pm 0.42$  (ANOVA  $p < 0.0001$ . *Cyp46a1* mean methylation log RPKM in short-lived =  $3.34 \pm 0.69$ , medium-lived =  $3.08 \pm 0.85$ , long-lived =  $2.51 \pm 0.83$  ( $p = 0.0025$ . *Abca7* mean methylation log RPKM in short-lived =  $3.85 \pm 0.41$ , medium-lived =  $3.75 \pm 0.33$ , long-lived =  $3.58 \pm 0.32$  ( $p = 0.04$ ).

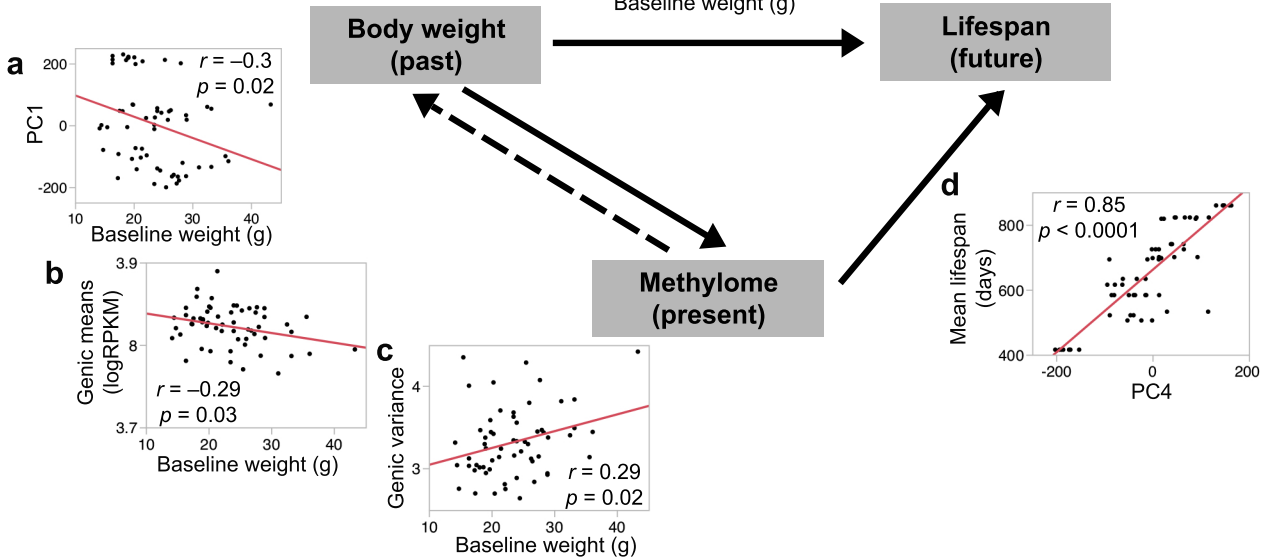
**Fig. 8. Epigenetic clock derived from body weight associated CpG regions**

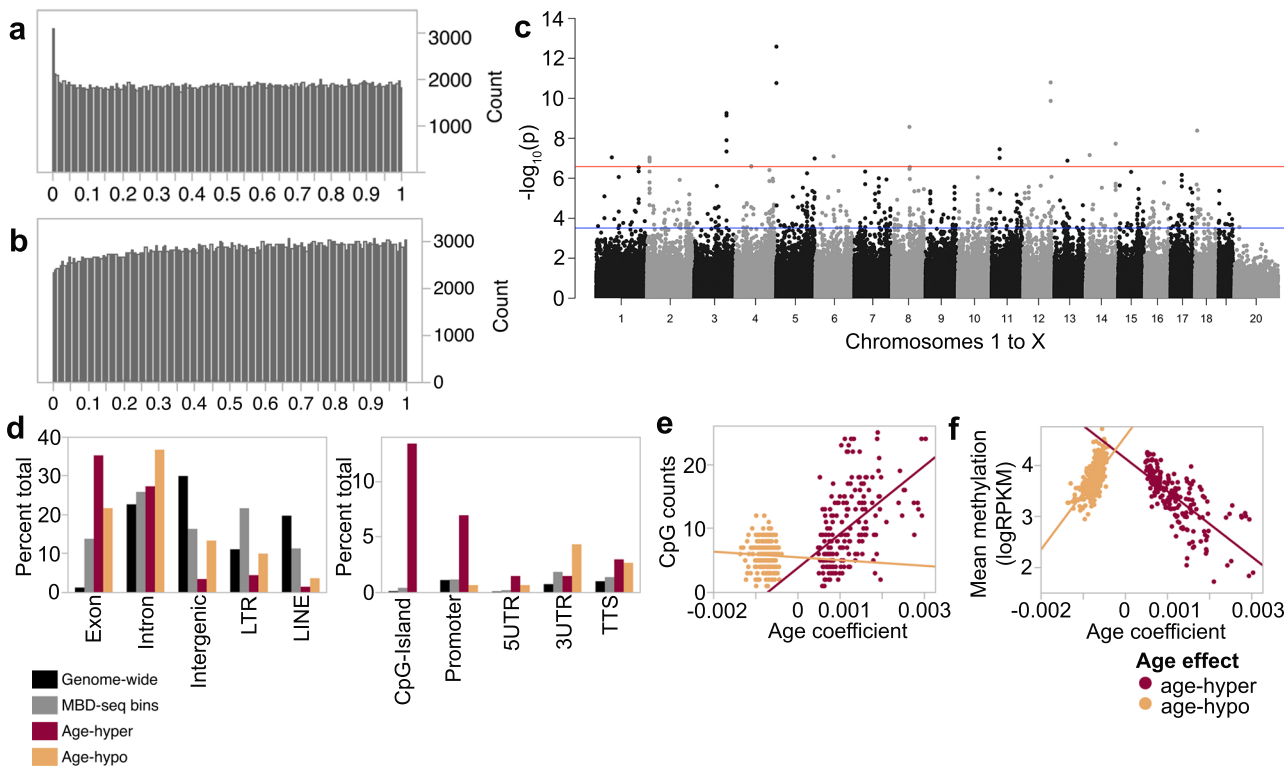
**(a)** The Manhattan plot for baseline body weight (BW0) shows widespread association with DNA methylation. The genome-wide significant threshold is set at  $-\log_{10}(2.6e-7)$  (red line; 10% Bonferroni threshold for 368,300 tests). The epigenetic clock was estimated from DNA methylation levels at the top 500 BW0 associated CpG regions. **(b)** We refer to this version of the clock as BW0.lifespan as the estimates (y-axis) has a significant positive correlation with the expected lifespan of strains (x-axis). However, for the long-lived F1 hybrids and BXD65 cases that also had higher body weight, the estimates were shorter than the recorded lifespans (cluster A has B6D2F1 and BXD65, cluster B has D2B6F1). **(c)** Baseline body weight (x-axis) is negatively correlated with the BW0.lifespan estimates. **(d)** Age-acceleration from the 56 lifespan-age-DMR clock (x-axis) was negatively correlated with the BW0.lifespan estimated with more accelerated epigenetic aging for shorter-lived BXDs.

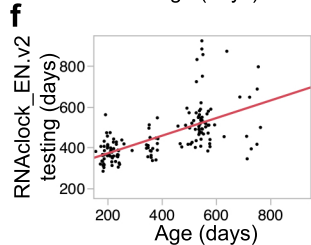
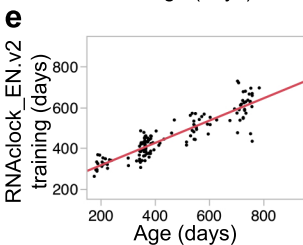
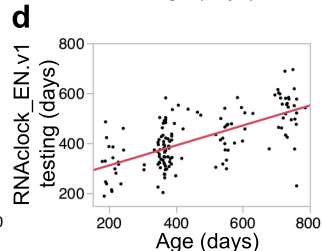
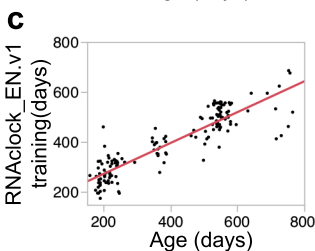
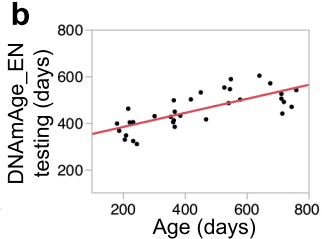
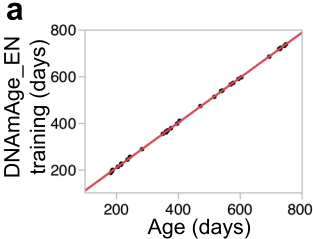


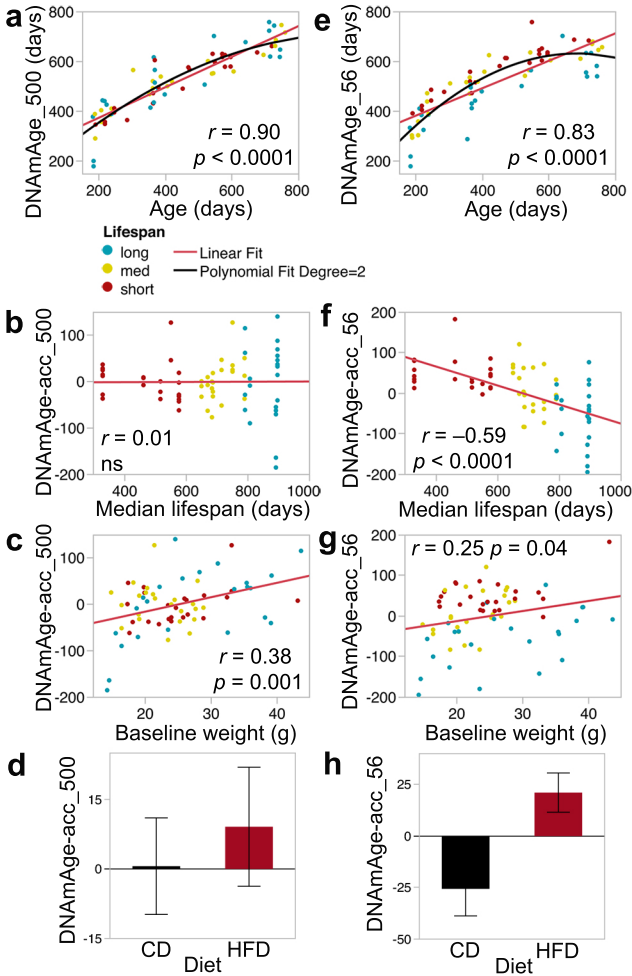


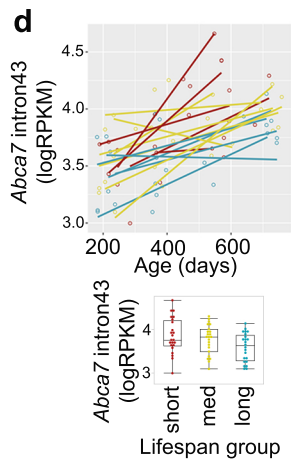
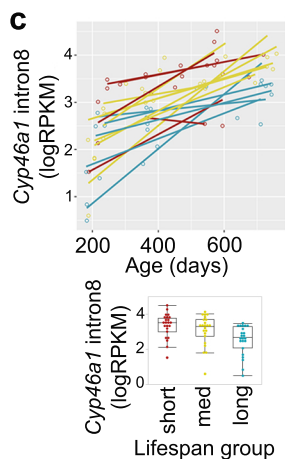
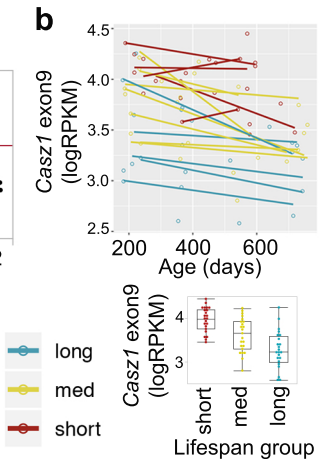
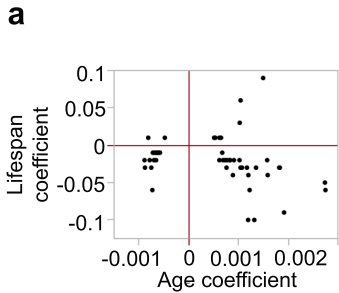
**a****b****d****e****c****f**

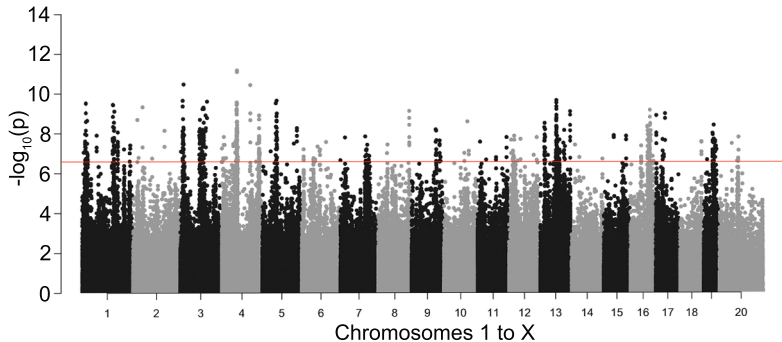
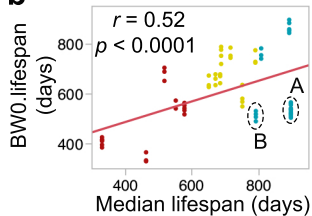
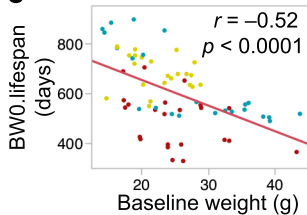
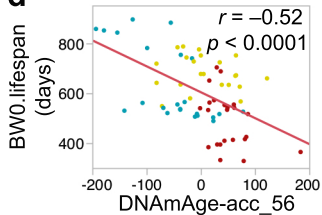










**a****b****c****d**



**a**



**b**



logRPKM

■ FDR ≤ 0.05 ■ FDR > 0.05

Signaling pathways regulating pluripotency of stem cells  
Human T-cell leukemia virus 1 infection  
Axon guidance  
Wnt signaling pathway  
Oxytocin signaling pathway  
Hepatocellular carcinoma  
mTOR signaling pathway  
Human papillomavirus infection  
Sphingolipid signaling pathway  
Endocytosis

PI3K-Akt signaling pathway  
Human cytomegalovirus infection  
Metabolic pathways  
Tight junction  
Kaposi sarcoma-associated herpesvirus infection  
Influenza A  
Hepatitis C  
Adipocytokine signaling pathway  
Hepatitis B  
Prostate cancer

KEGG pathways

Normalized Enrichment Score

mesenchyme development  
developmental growth involved in morphogen...  
cell growth  
cardiac chamber development  
morphogenesis of a polarized epithelium  
cell chemotaxis  
stem cell differentiation  
regulation of synapse structure or activity  
neuron projection guidance  
synapse organization

peptidyl-serine modification  
negative regulation of intracellular signal transduction  
regulation of inflammatory response  
positive regulation of defense response  
response to wounding  
negative regulation of locomotion  
negative regulation of cellular component movement  
methylation  
intrinsic apoptotic signaling pathway  
cellular response to inorganic substance

GO: biological functions

Normalized Enrichment Score