

Supplementary Table 1. Parent characteristics at enrolment for the Health and Early Life Microbiota (HELMi) cohort (n = 1063).

Place of Residence, n (%)		
Capital region of Finland	935 (88%)	
Helsinki	516 (49%)	
Espoo	273 (26%)	
Vantaa	142 (13%)	
Kauniainen	4 (<1%)	
Outside the capital region of Finland	128 (12%)	
Housing type, n (%)		
Apartment	591 (56%)	
Semi-detached house	291 (27%)	
Detached house	181 (17%)	
Size of accommodation, m², mean (SD)	89 (39.7)	
Number of previous children living in the household, n (%)		
0	522 (49%)	
1	419 (39%)	
2	98 (9%)	
≥ 3	24 (2%)	
	Mothers	Fathers/Co-parents
Age, mean (SD)	32.8 (4.1)	34.8 (5.3)
Education, n (%)		
University	612 (58%)	526 (49%)
University of applied sciences	322 (30%)	247 (23%)
Vocational school	78 (7%)	175 (16%)
Upper secondary school	41 (4%)	74 (7%)
Secondary school	10 (1%)	26 (2%)
Not available	-	15 (1%)

Supplementary Table 2. Biological parents' health.

	Mothers	Biological fathers
Body mass index, mean (SD)	23.4 (3.7)*	25.7 (3.4)
Medical diagnose, n (%)	601 (57%)	477 (45%)**
Allergy	401 (38%)	326 (31%)
Atopy	113 (11%)	51 (5%)
Asthma	95 (9%)	48 (5%)
Irritable bowel syndrome	69 (6%)	24 (2%)
Inflammatory bowel disease	22 (2%)	24 (2%)
Coeliac disease	20 (2%)	10 (<1%)
Type 1 diabetes mellitus	3 (<1%)	13 (1%)
Most common other maternal diagnoses		
Hypothyroidism	42 (4%)	
Migraine	44 (4%)	
Endometriosis	9 (<1%)	
Family history of diseases, n (%)		
Yes	364 (7%)	249 (23%)
No	626 (59%)	670 (63%)
Unknown	73 (34%)	144 (14%)
	Mothers	
Pregnancy complications, n (%)		
Yes		276 (26%)
No		787 (74%)
Gestational diabetes		204 (19%)
Hypertension		31 (3%)
Intrahepatic Cholestasis		18 (2%)
Hypothyroidism		9 (1%)
Hepatitis		16 (2%)
Pre-eclampsia		9 (<1%)
Other		29 (3%)

*pre-pregnancy BMI

**N = 24 (2%) not available