The epigenomic landscape of African rainforest hunter-gatherers and farmers

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The genetic history of African populations is increasingly well documented, yet their patterns of epigenomic variation remain uncharacterized. Moreover, the relative impacts of DNA sequence variation and temporal changes in lifestyle and habitat on the human epigenome remain unknown. Here we generate genome-wide genotype and DNA methylation profiles for 362 rainforest hunter-gatherers and sedentary farmers. We find that the current habitat and historical lifestyle of a population have similarly critical impacts on the methylome, but the biological functions affected strongly differ. Specifically, methylation variation associated with recent changes in habitat mostly concerns immune and cellular functions, whereas that associated with historical lifestyle affects developmental processes. Furthermore, methylation variation—particularly that correlated with historical lifestyle—shows strong associations with nearby genetic variants that, moreover, are enriched in signals of natural selection. Our work provides new insight into the genetic and environmental factors affecting the epigenomic landscape of human populations over time.

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Africa is the birthplace of modern humans and a region of extensive genetic, cultural, environmental and phenotypic diversity. Over the past years, the increasing amounts of genomic data available have provided significant insight into African evolutionary history, including the origins of hunter-gatherers, population structure, and patterns of migration and admixture. Moreover, these studies have reported evidence of selection targeting gene functions related to the changes in environment, diet and exposure to infectious disease. Adding an additional layer of complexity, the study of epigenetic variation can inform the interplay between the environment and the genome, yet the epigenomic landscape of African populations remains unexplored.

DNA methylation—an important epigenetic mark that serves as biomarker for variation in gene regulation—can be affected by both inherited DNA sequence variation and a broad range of environmental factors, such as nutrition, exposure to toxic pollutants and social environment. Accumulating evidence indicates that a substantial portion of DNA methylation variation is accounted for by genetic variation (methylation quantitative trait loci, meQTLs), which could affect methylation levels through impaired transcription factor (TF) binding. Although the role of DNA methylation in gene regulation (active or passive) and the mechanisms involved remain controversial, DNA methylation data offer a rich source of information about ongoing gene activity, and thus it can provide insight into gene functions that contribute to phenotypic variation. Recent studies have shown that DNA methylation differences exist between major ethnic groups, highlighting the potential contribution of epigenetic modifications to human phenotypic variation. However, these studies have mostly compared urban populations of different continental ancestries, so the relative impacts of DNA sequence variation and temporal changes in lifestyle and habitat on the human DNA methylome remain unknown.

The Central African belt provides an ideal setting in which to address this issue, as it hosts the world’s largest group of active hunter-gatherers—the rainforest hunter-gatherers (RHGs, traditionally known as ‘pygmies’) as well as populations that have adopted an agrarian lifestyle (AGRs) over the last 5,000 years. In addition to differing in their subsistence strategies, these two groups differ in other historical and recent aspects of their evolutionary history. The historical factors relate to the differences in demography and habitat. The ancestors of the RHGs and AGRs diverged ~5,000 years ago and subsequently experienced population contractions and expansions, respectively. These groups have also historically occupied separate ecological habitats—the ancestors of RHGs the equatorial rainforest while those of AGRs open spaces, such as savannah and grasslands. More recent changes in the lifestyles and habitats of these groups are also apparent. Many RHG groups still live in the rainforest as mobile bands, whereas AGR populations now occupy primarily rural or urban deforested areas, though some AGR groups have settled in the rainforest over the last millennia.

In this study, we define the genome-wide DNA methylation profiles in blood of various populations of RHG and AGR inhabiting the Central African belt to first assess the degree of inter-population variation in DNA methylation. We then explore the genomic and functional features of differentially methylated genes to obtain insight into the putative phenotypes involved. Finally, we assess the contribution of genetic variation to the DNA methylation levels observed, and search for signals of positive selection targeting genetic variants associated with methylation variation.

Here, we show that while both recent changes and historical differences in the habitat and lifestyle of RHG and AGR have had a critical impact on their patterns of DNA methylation variation, the biological functions affected strongly differ. We also show that DNA methylation variation that correlates with historical lifestyle shows strong associations with nearby genetic variants that, moreover, are enriched in signals of natural selection. The integration of these results allow us to propose a comprehensive framework of how temporal differences in lifestyle and habitat, together with the genetic variation, have impacted the epigenomic landscape of human populations.

**Results**

**Population samples and genetic structure.** We investigated genome-wide genotype and DNA methylation data from a total of 362 individuals, including a group of RHGs (w-RHG, n = 112), AGR groups occupying nearby urban deforested habitats (w-AGR, n = 94), and an AGR group that lives and regularly practices hunting in a forested region (f-AGR, n = 61) of the Gabon/Cameroon area (Fig. 1a; Table 1). To compare our results with an independent set of samples, we also studied RHGs and AGRs living in the eastern part of the Central African belt (e-RHG, n = 47 and e-AGR, n = 48, from Uganda). We first investigated the global genetic structure of the studied populations using genome-wide SNP single nucleotide polymorphism) data. Principal component analysis (PCA) clearly reflected their history of population divergence. The largest differences were observed between RHG and AGR populations, regardless of their geographic location, followed by the more recent split between the western and eastern Central African RHG groups (Fig. 1b).

**Processing genome-wide DNA methylation data.** We characterized DNA methylation variation in whole blood-derived samples using the Illumina 450 K array, which interrogates more than 485,000 sites across the genome. After normalization and filtering, including the removal of probes containing genetic variants at a frequency higher than 1% in the populations studied, we retained 365,886 probes in 352 individuals (Methods). Samples showed both high reproducibility and expected DNA methylation profiles across genomic regions, with sites near gene promoters being less methylated than those located in gene bodies and intergenic regions (Supplementary Note 1; Supplementary Fig. 1).

We next sought to correct methylation values (M-values) for known biological and technical potential confounders, including gender, age and heterogeneity in blood cell composition. We thus estimated ages for all samples, and compared predicted and declared ages for individuals in which chronological age was reliably ascertained (N = 256, Pearson’s R = 0.84; Supplementary Fig. 2; Supplementary Note 2), confirming the accuracy of the epigenetic clock model. Similarly, we estimated the proportions of different blood cell types in all samples, using a predictive model based on a subset of DNA methylation probes, which were removed from all subsequent analyses, yielding a final set of 365,401 probes. These predicted values showed strong correlations with observed proportions of blood cell subtypes, which were determined in a subset of samples (N = 66) by fluorescence-activated cell sorting (Pearson’s R: 0.48–0.57; Supplementary Fig. 3; Supplementary Note 3). Thus, gender, estimated ages and cell subtype heterogeneity across populations were used to adjust M-values for all subsequent analyses, including PCA, the estimation of differentially methylated sites and the mapping of methylation quantitative trait loci.
Population differences in DNA methylation profiles. When performing PCA using all samples, while age and cell counts strongly correlated with the first 10 PCs using unadjusted \(M\)-values, the subsistence strategy (RHG versus AGR) and geographic location (western versus eastern Central Africa) of the populations were the only factors associated with the first 10 PCs using adjusted \(M\)-values (Supplementary Fig. 4; Supplementary Table 1). Because of technical variables associated with differences in sample collection and DNA processing between the western and eastern African samples, one cannot entirely rule out

*Table 1 | Description of historical modes of subsistence and current habitat of populations in the study.*

| Population | Sampling location(s) | Historical mode of subsistence | Language family | Current habitat/lifestyle | \(N^*\) | \(N^\dagger\) | \(N^\ddagger\) |
|------------|----------------------|--------------------------------|----------------|--------------------------|--------|--------|--------|
| w-RHG Baka | Lomié-Messok, Salapoumbe, Oveng-Djoum, Southeast Cameroon | Hunter-gatherers | Ubangi | Villages in the equatorial rainforest, Slash-and-burn agriculture, subsistence farming, hunting and gathering in the equatorial forest | 78 | 73 | 68 |
| w-RHG Baka | Minvoul, Northeast Gabon | Hunter-gatherers | Ubangi | Villages in the equatorial rainforest, Slash-and-burn agriculture, subsistence farming, hunting and gathering in the equatorial forest | 34 | 30 | 29 |
| e-RHG Batwa | Southwest Uganda | Hunter-gatherers \(\ddagger\) | N. Bantu \(||\) | Villages near the forest. Subsistence farming, hunting and gathering in the equatorial forest before settling | 47 | 47 | 47 |
| w-AGR Nzebi | Libreville, Gabon | Agriculturalists | N. Bantu | Urban | 55 | 55 | 55 |
| w-AGR Fang | Yaoundé, Cameroon | Agriculturalists | N. Bantu | Urban | 39 | 39 | 39 |
| e-AGR Bakiga | Southwest Uganda | Agriculturalists | N. Bantu | Villages in rural, deforested areas. | 48 | 48 | 48 |
| f-AGR Nzime | Lomié-Messok, Southeast Cameroon | Agriculturalists | N. Bantu | Subsistence farming in stable deforested area, Villages in the equatorial rainforest, shared habitat with w-RHG Baka from Cameroon (mostly from the Lomié region). Slash-and-burn agriculture, forest hunting | 61 | 60 | 59 |

*Sample sizes before normalization and filtering.

*Sample sizes, after normalization and filtering, used for methylation analyses.

*Sample sizes, after SNP imputation and filtering for low call rates, used for meQTL mapping.

\(\ddagger\)Although, at present, the Batwa RHG do not live in the forest, they hunted and gathered in the Bwindi Impenetrable Forest in southwest Uganda until it became a national park in 1991. All individuals included in this study were born and raised in the equatorial forest, where they lived in non-permanent camps.

\(||\)N. Bantu stands for Narrow Bantu.

\(*\)This sample corresponds to a composite sample of Bantu-speaking individuals from Yaoundé, mostly belonging to the Fang ethnic group.
that the observed geographic differences are due to technical factors. To understand the relationship between DNA methylation variation and differences in subsistence strategies and habitat, we thus performed all subsequent population comparisons within each geographic region separately.

We compared DNA methylation variation between populations differing in genetic background, historical lifestyle and current habitat—the RHG and AGR groups living in the rainforest and rural/urban areas, respectively (Fig. 1c). PCA clearly separates the RHG and AGR groups on PC1, in both western (P = 9.9 × 10^{-15}) and eastern (P = 5.7 × 10^{-13}) Central Africa (Fig. 2a,b; Supplementary Fig. 5). We identified 25,820 differentially methylated sites (DMS; located across 8,803 genes) between w-RHG and w-AGR, and 19,401 DMS (located across 6,288 genes) between e-RHG and e-AGR (false discovery rate (FDR) < 0.01). Interestingly, when comparing the western and eastern settings, we detected an overlap of 6,844 sites (located across 2,528 genes) differentially methylated in the same direction—corresponding to 96% of the overlapping DMS (resampling P < 10^{-7}). Collectively, these findings attest to strong, shared differences in DNA methylation between RHG and AGR groups, regardless of their geographic location.

**Impact of habitat and lifestyle changes on DNA methylation.**

To distinguish the respective effects on DNA methylation of recent changes in habitat from historical differences in lifestyle and genetics of these groups, we next compared populations with a common historical lifestyle and genetic background but different recent habitats, specifically the forest f-AGR and the urban w-AGR (Fig. 1c). The observed patterns of DNA methylation variation were accounted for primarily by the habitat in which the populations live (PC1 P = 3.5 × 10^{-4}; Fig. 2c), highlighting the important role of current habitat in determining global DNA methylation profiles. We found 5,716 DMS (located across 3,550 genes) between the two groups, which we termed ‘recent DMS’. The differential methylation in the same direction of 3,304 of these recent DMS (corresponding to 99% of the overlapping DMS, resampling P < 10^{-7}; 2,146 genes) between the more distantly related w-RHG and w-AGR provided strong evidence in favour of the methylation status at these shared DMS being determined by recent changes in habitat independently of genotypic differences.

Focusing on populations with different historical lifestyles and genetic backgrounds but with the same current habitat (f-AGR and w-RHG in the Central African rainforest, Fig. 1c), PCA also tended to separate the samples with respect to their population identity (PC1 P = 2.4 × 10^{-5}; Fig. 2d). We found 4,049 DMS (located across 2,128 genes) between these groups, which we termed ‘historical DMS’. Notably, historical DMS presented larger absolute differences in mean DNA methylation levels between populations (|Δβ|), using here β-values instead of

![Figure 2](image_url)
M-values, see ref. 34) than recent DMS. In particular, the proportion of DMS for which $|\Delta|$ values are $>5\%$ was higher for historical than for recent DMS ($P < 10^{-16}$; Supplementary Fig. 6a,b). These historical DMS showed no significant overlap with the recent DMS described above (only 52 DMS were shared). The set of historical DMS identified thus reflects DNA methylation variation related to the historical differences in lifestyle and habitat characterizing the RHG and AGR groups.

**Genomic features of differentially methylated regions.** To understand the putative functional implications of DMS, we first localized them across distinct genomic regions. We found that recent DMS were enriched in sites located in gene bodies and distal promoters, while historical DMS were preferentially located around the transcription start sites (TSS), 5'-UTR (untranslated region) and first exon regions (Supplementary Fig. 7a,c). We next mapped DMS to histone modification peaks from peripheral blood mononuclear cells (PBMCs) as mapped by the ENCODE project35. We found that both recent and historical DMS mapped in excess to H3K4me1 modification peaks (32% for both DMS sets versus 20% expected) (Supplementary Fig. 7b,d). Notably, the recent DMS that were hypermethylated in f-AGR were further enriched in H3K4me3 peaks (57% versus 27%), while the historical DMS that were hypermethylated in w-RHG were enriched in H3K27me3 (32% versus 12%).

Finally, we explored the colocalization of DMS with TF-binding sites (Methods). We found that recent DMS were significantly enriched in binding sites of TFs related to cell differentiation, proliferation and development, but also to immune regulation (NFKÎ3, IRF1 and GATA3), and fatty acid storage and glucose metabolism (HNF1A, RORA and NR1H2::RXRA) (Supplementary Table 2). Conversely, historical DMS, particularly those that were hypermethylated in RHG, were preferentially overlapping binding sites of TF involved in developmental processes (TFAP2A and NHLH1). Collectively, these findings indicate that recent and historical DMS not only represent independent sets, but also are located in distinct genomic regions that contain different TF-binding sites, suggesting that they are associated to regulatory features related to different biological functions.

**Biological functions of recent and historical DMS differ.** We investigated the relevance of recent and historical DMS for explaining phenotypic diversity by exploring whether differentially methylated genes in each set were enriched in gene ontology categories or in genes reported to be associated with traits or diseases by genome-wide association studies (GWAS). We found that genes containing recent DMS were enriched in categories largely associated with immune response, host-pathogen interactions and various cellular processes (Fig. 2e; Supplementary Table 3). Consistently, recent DMS genes were enriched in genes reported by GWAS (FDR-corrected resampling $P < 8.1 \times 10^{-3}$), including autoimmune disorders, such as vitiligo (20 genes associated versus 10.1 expected, $P = 0.045$) and systemic lupus erythematosus (19 genes associated with versus 9.2 expected, $P = 0.028$).

Conversely, genes overlapping historical DMS were enriched in functions almost exclusively related to developmental processes, including multicellular organisinal development, anatomical structure development, or growth factor binding (Fig. 2f; Supplementary Table 3). In contrast to recent DMS, historical DMS genes were not enriched in genes reported by GWAS. We also found that 1,302 historical DMS (699 genes) overlapped with the DMS detected in western (w-AGR versus w-RHG) and eastern (e-RHG versus e-AGR) comparisons, in the same direction (corresponding to 99% of the overlapping DMS, resampling $P < 10^{-7}$), despite the splitting of the RHG groups $\sim 20,000$ years ago8,28,30. This common set of historical DMS was again enriched in functions primarily related to development (Supplementary Table 4). We thus identified a gene set in which epigenomic variation reflected differences in the lifestyle and habitat, as well as in genetic background, of RHGs and AGRs, regardless of their geographic location.

Because recent DMS were found to be particularly enriched in functions related to immune processes, we next evaluated the extent to which potential variability in blood cell proportions, despite our adjustments for cell count heterogeneity (Supplementary Note 3), may still affect our findings. No major differences in immune cell counts were observed between the populations compared (Supplementary Fig. 8; Supplementary Note 4). Furthermore, when using a ‘filtered’ data set, in which we removed a set of 51,386 probes that have been shown to correlate with cell counts by an independent study36, we found that the biological functions associated with recent and historical DMS clearly differed and were primarily associated with host-pathogen interactions/cellular processes and development, respectively (Supplementary Table 5; Supplementary Note 4), confirming the results obtained using the global data set.

**Genetic contribution to DNA methylation variation.** To assess the contribution of genetic variation to the DNA methylation levels, we mapped meQTLs, focusing our analyses on SNPs located in cis within a 200-kb window around the target site (Methods; Supplementary Fig. 9). We identified 45,916 DNA methylation sites ($\sim 13\%$ of all sites) associated with a nearby meQTL, in at least one population, with a FDR set to 1%. The majority of meQTLs ($\sim 90\%$) were shared across populations, with only 1,283 and 500 meQTLs detected exclusively in the RHG and AGR groups, respectively. Such extensive sharing of meQTLs reflects the closer genetic proximity of the populations studied here and the use of a different cellular model, with respect to previous studies23,25 (Supplementary Fig. 10; Supplementary Table 6; Supplementary Note 5).

We next tested the potential enrichment of differentially methylated regions in associations with genotype variants, with respect to all DNA methylation sites. We found a moderate enrichment in DMS characterizing the western (16%, odds ratio OR $= 1.5$, s.e. $= 0.02$; resampling $P < 10^{-7}$) and eastern comparisons (12%, OR $= 1.1$, s.e. $= 0.02$; resampling $P = 1.2 \times 10^{-7}$), where populations differ in both historical and recent lifestyles and habitats (Fig. 3a). Furthermore, historical DMS were strongly enriched in meQTLs (30%, OR $= 3.5$, s.e. $= 0.03$; resampling $P < 10^{-7}$), whereas recent DMS were depleted in these associations (9%, OR $= 0.80$, s.e. $= 0.05$; resampling $P < 10^{-7}$). These findings were replicated using the ‘filtered’ data set (Supplementary Note 4), indicating that the potential presence of blood cell heterogeneity is unlikely to account for these observations.

We also found that the proportions of DMS associated with meQTLs were systematically higher in historical than in recent DMS, irrespective of the mean differences in DNA methylation levels between populations (Supplementary Fig. 6c). In addition, the proportion of the variance of DNA methylation accounted for by meQTLs ($R^2$) was higher for meQTLs associated with historical DMS ($\sim 11\%$) than for meQTLs related to recent DMS (6.6%), the $R^2$ values obtained being significantly higher and lower, respectively, than for all meQTLs (Fig. 3b). Consistent with all our previous observations, historical DMS were more strongly associated with genotypic differences, which had also a larger effect, than the remaining sets of DMS.
Two scenarios can explain the observed associations between historical DMS and DNA sequence variants. In the large majority of cases (~96%), DNA methylation differences were accounted for by meQTLs detected in all populations but with differences in allelic frequency between the RHG and AGR groups (Fig. 3c–e; see Supplementary Fig. 11 for more examples). More rarely (~4%), genetic variants appeared to correlate with DNA methylation differences only in some populations, indicating interactions with other genetic variants and/or the environment (G × G or G × E interactions; Fig. 3f).

To validate our findings and evaluate the possibility that despite our stringent filtering criteria (Methods), unknown genetic variants in the methylation probe sequence may still drive some of these associations, we compared our array findings to bisulftite pyrosequencing of a selected group of DMS associated with a meQTL (that is, IGF2BP2, HOX6, ZNF492, 6p12.3, DOCK1, COL23A1, RORA and ADAM28). We observed, in all cases, a very good correlation between the DNA methylation levels measured by pyrosequencing and the array (Pearson’s R = 0.74–0.94) as well as a good agreement between the two methods (Supplementary Figs 12 and 13). Our results were verified by an independent method, where we confirmed both the differences in methylation levels and the association with meQTLs for these probes, thus suggesting that unfiltered genetic...
variation on the 450 K array is unlikely to have contributed to the global patterns of DNA methylation observed.

Signals of positive selection targeting meQTLs. Finally, we explored the adaptive significance of meQTLs using three metrics that detect positive selection signals: \( F_{ST} \), which compares the variance of allele frequencies within and between populations\(^37\); the locus-specific branch length (LSBL), which uses pairwise calculations of \( F_{ST} \) from three or more populations to detect population-specific changes in allele frequency\(^38\); and the integrated haplotype score (iHS), which is based on the degree of extended haplotype homozygosity\(^39\). We found that meQTLs were significantly enriched in high \( F_{ST} \) and LSBL values with respect to the remainder of genome-wide SNPs located in the vicinity of a methylation probe, in nearly all population comparisons involving the RHG and AGR groups (Fig. 4a,b). In addition, LSBL analysis revealed that the enrichment in signals of RHG–AGR population differentiation detected at meQTLs is particularly observed in AGR populations. Likewise, meQTLs were significantly enriched in high |iHS| among AGR groups, suggesting more recent events of positive selection targeting regulatory variation in these groups (Fig. 4c). Collectively, these findings suggest that positive selection has targeted DNA sequence variants that influence—directly or indirectly—variation in DNA methylation.

Discussion
Dissecting the means by which populations have responded, and conceivably adapted, to environmental cues associated with changes in subsistence strategies and ecological habitats is key to understand the mechanisms underlying natural phenotypic variation. Studies of genetic adaptation of African populations, including hunter-gatherers such as ‘pygmies’, Hadza, Sandawe and San, have detected selection signals in genes related to morphology, diet and immune response, and shown that most of these signals are unique to each population group\(^1,5,7,40–42\). These studies have increased our knowledge of how populations might have genetically adapted to their respective environments. However, the impact that temporal changes in subsistence strategies and habitat, together with genetic diversity, have on epigenetic variation remains unexplored, despite it can inform about additional mechanisms of human responses to environmental challenges. Our findings show that recent and historical changes in habitat and lifestyle have both critical impacts on DNA methylation variation, with differences in the functions affected and the degree of genetic control.

One possible limitation of our study is the measurement of DNA methylation from whole blood\(^36\), which could reflect population differences in the abundance of cell types, particularly when it comes to compare populations being exposed to different environmental challenges (that is, those used to detect recent DMS). Indeed, a diverse set of environmental factors, including air pollution, exposure to carcinogens and socioeconomic status, have been shown to affect DNA methylation in blood cells\(^16,43,44\). Environmental variables can also alter blood cell proportions, but it remains unclear whether changes in DNA methylation are the cause or the consequence of such cellular patterns\(^15\). Although we cannot completely rule out a partial effect of cell composition, we adopted stringent measures to control for it (Supplementary Notes 3 and 4). These analyses support the conclusion that variability in blood cell subtypes should not have a major effect on our findings (for example, replication of both the differences in biological functions between recent and historical DMS and enrichment in genetic control of historical DMS), and suggest a series of important biological implications.

First, we show that recent changes in habitat, such as those experienced by agriculturalist populations living in urban/rural areas or in the rainforest, can substantially alter the methylome of

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**Figure 4 | Selection signals at genetic variants associated to DNA methylation levels.** (a,b) Odds ratios measuring the enrichment in high (a) \( F_{ST} \) and (b) LSBL values among meQTLs, with respect to the remainder of genome-wide SNPs located in a 20-kb window surrounding each methylation probe, in the different population comparisons. \( P \) values were calculated using a Cochran–Mantel–Haenszel test, stratified by derived allele frequencies. The colours in the plots correspond to the (a) population comparisons and (b) genetic distances shown in the schematic trees below each plot. (c) Odds ratios measuring the enrichment in high |iHS| values for the different meQTL data sets (in colour). \( P \) values were estimated using a \( \chi^2 \)-test. For \( F_{ST} \), LSBL and |iHS|, we considered only SNPs with an LD \( r^2 < 0.8 \). NS, not significant, \(*P < 0.05\), \(**P < 0.01\), \(***P < 0.001\).
genetically homogeneous populations, indicating that most of their divergence in DNA methylation is unlikely to be explained by underlying genetic differences. Such epigenetic alterations affect principally immune functions and processes involved in host–pathogen interactions and cellular metabolism. This is consistent with previous findings based on gene expression variation in Moroccan populations, where immunity is the most altered function in urban populations, as compared with rural and nomadic groups. We also find that differentially methylated regions between urban and forest-based farmers are particularly enriched in genes associated with autoimmune disorders, suggesting that urbanization likely has an influence on susceptibility to immunity-related disorders, as previously hypothesized for allergies and inflammatory bowel disease. Although the underlying mechanisms remain unknown, highlighting the need of additional studies of DNA methylation variation using purified cell types and tissues, our results suggest functional links between DNA methylation variation and environmentally triggered phenotypes, owing to a combination of biotic, abiotic and cultural factors associated with increasing urbanization and modern lifestyles.

Second, when comparing rainforest hunter-gatherers and farmers who share the same forest environment—a setting that minimizes the effects that recent environmental changes have had on methylation—we find that DNA methylation differences related to historical factors mostly reside in genes with functions in developmental processes. Furthermore, such differences in DNA methylation profiles are strongly associated with nearby genetic variants, the frequency of which differs between hunter-gatherer and farmer groups. This is the case, for example, for meQTLs in genes such as IGF2BP2, HOXC6 and ZNF492, which have been associated with height, age at menarche, type-2 diabetes, bone mineral density and gene–diet interactions. We also observe cases of population-specific effects of DNA methylation variation, such as that of the 6p12.3 enhancer region that was hypomethylated in rainforest hunter-gatherers and under genetic control only in this group (Fig. 3f).

Our analyses identify a gene set showing extensive methylation differences between human groups that started to diverge at least 45,000 years ago—a division corresponding to the second deepest divergence among African populations. In specific cases, we provide a link between DNA methylation variation, genetic diversity and phenotypic traits. For example, the SNP-meQTL detected for IGF2BP2 (Fig. 3c), as well as those detected at nine other loci, have been directly identified as presenting the strongest association signals for various phenotypes, including height, by GWAS (Supplementary Data 1). In doing so, our study motivates further work to understand the mechanistic links between the patterns of epigenetic variation observed and the extensive phenotypic diversity characterizing African populations.

Third, we show that genetic variants associated with DNA methylation variation are enriched in signals of positive selection. That these signals appear to be more pronounced among agriculturists, both in the western and eastern settings, suggests the occurrence of increased local adaptation targeting regulatory variation in these human groups. One of the most iconic phenotypes distinguishing rainforest hunter-gatherers and farmers is small body size, the genetic and adaptive bases of which are increasingly recognized. Recent studies have reported several independent loci with adaptive alleles that appear to correlate with height, supporting a scenario of convergent evolution related to the African ‘Pygmy’ phenotype.

Among the candidate loci proposed, the CISH–MAPKAPK3–DOCK3 region in chromosome 3 presents both signals of selection and association with height. Specifically, genetic variation at DOCK3 has been associated with height in Europeans and, together with CISH, which is involved in the human growth hormone pathway, presents a suggestive association in a combined RHG–AGR sample. Furthermore, variants of CISH have been associated with susceptibility to infectious disease, including tuberculosis and malaria, in several African populations.

Interestingly, we find that CISH, MAPKAPK3 and DOCK3 are differentially methylated between populations, owing to meQTLs that show strong population differentiation between rainforest hunter-gatherers and farmers (FST = 0.17–0.23, with longer branch lengths among RHG, among the 5% highest of the genome). Likewise, the height-associated SNP rs16860216 at IGF2BP2 (ref. 52), which we also find to control methylation variation, presents strong allele frequency differences between groups (FST = 0.15, with longer branch length among AGR, among the 5% highest of the genome). Collectively, these results provide new insight into how DNA methylation variation might have participated, through its association with genetic variants, to adaptive phenotypes, including the Pygmy phenotype, broadening our understanding of hunter-gatherer and farmer evolutionary ecology.

In summary, this study substantially increases our understanding of the relative impacts that population genetic variation and differences in lifestyles and ecologies have on the human epigenome, and illustrates the utility of DNA methylation as a marker to track variation in regulatory activity following environmental change. Furthermore, our findings suggest that populations can initially respond to environmental challenges via epigenetic changes, uncoupled from variation in the DNA sequence, with the adaptive phenotype increasingly being achieved via genetic changes as time passes. We thus provide a basis for further experimental and theoretical studies assessing the role of epigenetic mechanisms in human adaptation over different time scales.

Methods

Population samples. We studied peripheral whole blood DNA from a total of 381 samples, corresponding to 362 individuals and 19 replicate samples, from seven populations located across the Central African belt (Fig. 1a; Table 1). These populations can be divided into two main groups: RHG populations, historically known as ‘pygmies’, who have traditionally relied on the equatorial forest for subsistence and who live close to, or within, the forest; and AGR populations, living either in rural/urban deforested regions or in forested habitats in which they practice slash-and-burn agriculture. The w-RHG sample consisted of 112 Baka from Minvoul (Gabon) and the regions of Oveng-Djoum, Lomie-Messok, and Salapoumbe (Cameroon). Given the highly similar methylation and genetic profiles of the Baka individuals from all and Gabon (Fig. 1b; Supplementary Fig. 5a,c), and their residence in the same ecological habitat (Table 1), we pooled these samples in a single group. The e-RHG sample consisted of 47 unrelated Batwa from the surroundings of the Bwindi Impenetrable Forest in southwest Uganda, all of whom were born in the forest. The w-AGR sample contained 55 Nzébi from Libreville (Gabon) and 39 Fang from Yaoundé (Cameroon). Again, based on the similarity of their methylation and genetic profiles (Fig. 1b; Supplementary Fig. 5b,c) and habitats (Table 1), these samples were merged into a single group. The e-AGR sample contained 48 Bakiga from the surroundings of the Bwindi Impenetrable Forest in southwest Uganda. We also analysed an AGR sample of 61 Nzébi from Messok (Cameroon) (referred to as f-AGR), who were recruited on the basis of their frequent practice of hunting in the forest traditionally inhabited by the w-RHG sample.

Further details about the modes of subsistence of these populations, their habitats and sample sizes, before and after filtering, are provided in Table 1. Informed consent was obtained from all participants and from both parents of any participants under the age of 18. Ethical approval for this study was obtained from the institutional review boards of Institut Pasteur, France (RB M 2008-06 and 2011-54/IRB/3), Makerere University, Uganda (IRB 2009-137) and University of Chicago, USA (16986A).

Genotyping data. Of the 362 individuals included in this study, 191 had already been genotyped by Illumina Omni1 in two previous studies. This consisted of 15 e-RHG, 29 w-RHG, 31 e-AGR and 21 f-AGR individuals from ref. 10, and 34 e-RHG and 15 e-AGR individuals from ref. 42. The remaining 171 samples—105 w-RHG, 26 w-AGR and 40 f-AGR individuals—were genome-wide
genotyping using the Illumina OmniExpress for 719665 SNPs. We filtered out 7,120 SNPs on the basis of their physical location (that is, those on the Y chromosome and SNPs unmapped on dbSNP build 37), problematic genotype clusters in GenomeStudio (Illumina, San Diego) based on a GenTrain score < 0.35, and SNP call rate < 95%. We also filtered out two w-RHG individuals with a call rate < 95% and eight individuals presenting cryptic relatedness (that is, kinship coefficient > 0.15 with another individual), with the KING program64. We phased the 191 Omni1 individuals with SHAPEIT2 (ref. 55) and imputed missing SNPs in the OmniExpress data set, using the Omni1 data set as a reference, with IMPUTE2 (ref. 56). Five samples (4 w-RHG and 1 f-AGR) with call rates < 95% after imputation were removed. After filtering out low-quality imputed SNPs and SNPs with call rate < 95% after imputation, we obtained a final set of genotypes at 876886 SNPs for 347 individuals, comprising 98 w-RHG, 94 w-AGR, 60 f-AGR, 47 e-RHG and 48 e-AGR individuals. To evaluate imputation accuracy, we compared the concordance of genotyped and imputed SNPs with whole-genome sequences from 20 w-RHG (Baka) and 20 w-AGR (Nzubi) studied here, obtained by Illumina HiSeq 2000 at an average coverage of 5.6 × (17,080,726 SNPs, unpublished data). SNP calling of next-generation sequencing data was performed with GATK7. We kept SNPs passing a sensitivity threshold (VQSR tranche) of 99.9%, with a confidently called reference allele, passing Hardy–Weinberg equilibrium and found in genomic regions of ‘strict callability’ (as defined by the 1000 Genomes Project Consortium58) and limited evidence of identity-by-descent (IBD). Average concordance rate was 97.2% (individual range: 94.6–99.9%) and 96.5% (individual range: 94.2–98.6%) for genotyped and imputed SNPs, respectively. Finally, we had to remove another two individuals because of their methylation profiles (see the ‘DNA methylation data processing’ section), yielding a final data set of 345 individuals for whom we had both genotype and methylation data.

**Determination of differentially methylated sites**. Sites differentially methylated between populations (DMS) were identified statistically, by fitting a linear regression model for each site (M-values ~ population + sex + age + cell type proportions + error), and applying empirical Bayes smoothing to the s.e.’s, with the R bioconductor package59. Sites with a Benjamini and Hochberg adjusted P < 0.01 were considered to be differentially methylated. To define the amplitude of the DMS, we used different criteria: a Benjamini and Hochberg adjusted P < 0.01 and a difference in mean methylation level between the two populations of more than 2.5 or 10%. For this analysis, methylation level was determined as the ratio of methylated probe intensity to overall intensity, the β-value34. We extracted the overlaps between different DMS sets and calculated the Jaccard measures for these overlaps being obtained by chance, using 107 resamplings.

**Genomic features of differentially methylated sites**. We analysed the enrichment in target sites of particular genomic regions, by calculating an OR, as defined follows:

\[
\text{OR} = \frac{P(\text{R} | \text{DMS})}{P(\text{R} | \text{not DMS})} = \frac{P(\text{not R} | \text{DMS})}{P(\text{not R} | \text{not DMS})}
\]

with R being ‘in the region’. Genic regions were defined according to the UCSC_REFGENE_GROUP column from the Illumina HumanMethylation450 annotation: distal promoter (from 1,500 to 200 bp upstream from the TSS), proximal promoter (less than 200 bp upstream from the TSS), 5′ UTR, first Exon, Gene Body and 3′ UTR. The histone modification peak data for H3K4me1, H3K4me3, H3K9me3 and H3K27me3, which correspond to the histone marks for which data was available for PBMCs, were downloaded from the ENCODE website (http://genome.ucsc.edu/ENCODE/). A site was considered to colocalize with a histone modification mark if it falls into the region defined as a ‘narrow peak’ (FDR of 0.01), TF-binding sites with a p-value of sequences of 30 bp around each methylation site were obtained using the TRAP software32 and the position weight matrix of 85 human TFs from JASPAR64. For each TF, a site was considered to have a high affinity if it fell into the top fifth percentile of the score distribution. P-values for enrichment in genomic positions, histone marks or TF-binding sites among recent and ancient DMS were obtained using a χ²-test.

**Biological functions of differentially methylated genes**. We extracted all differentially methylated genes, defined as genes carrying at least one DMS. We used the geqeq R biocomparator package to perform an analysis of the over-representation of gene ontology categories65 among differentially methylated genes. We used the reference-based process: a Benjamini and Hochberg adjusted P < 0.01 and a difference in mean methylation level between the two populations of more than 2.5 or 10%. We extracted the overlaps between different DMS sets and calculated the Jaccard measures for these overlaps being obtained by chance, using 107 resamplings. We used the goseq R bioconductor package to perform an analysis of the over-representation analysis consisted of the 19,672 genes for which we had data. DMS sets were significantly enriched in a given category if the FDR-adjusted P value was < 0.01.
various cell types were used as cotraties in the linear model. In addition, we included the first PC obtained from genotyping data as a covariate, to correct for varying degrees of AGR ancestry across individuals within RHG populations. We then estimated the genome-wide weight of each configuration (Supplementary Table 6) using eqtlbma_hm and the default grids provided by the eqtlBma package as a priori for the hierarchical model. The probability of a methylation site having no meQTL (β0) was estimated by the EBF method67, and various posterior probabilities were estimated with eqtlbma_avg. We then extracted all the methylation sites with at least one meQTL at an FDR of 0.01 (ref. 68). We identified the best-associated SNPs, defined as all SNPs for which the sum of posterior probabilities for being the best-associated SNP, assuming that the site was associated with all SNPs, was at least 0.85. For most sites with several SNPs associated with high posterior probabilities, the best configurations (that is, the combination of populations in which the SNP was a meQTL) were identical for all the SNPs. In the 2,469 cases in which there were at least two configurations, the best configuration was chosen by looking directly at the association. The 155 cases for which there were more than two different configurations were discarded from the list of significant meQTL-associated sites.

We calculated the proportion of historical DMS either associated with meQTLs presenting strong differences in allele frequency between the populations compared (that is, high FST) or reflecting G × G × E interactions (that is, meQTLs that are detected only in some populations using an analysis of variance (M = population + genotype + population × genotype). We thus obtained the proportion of the variance in DNA methylation levels explained by each factor and their corresponding P values. After adjustment for multiple testing, using a Benjamini and Hochberg correction, we considered that a meQTL-associated DMS reflected G × G × E interactions when P < 0.01 for the population × genotype factor.

Detection of positive selection. To detect mutations presenting signals of positive selection, we used the analysis of molecular variance-based FST (ref. 37), the LSBL38 and the haplotype-based iHS9. For LSBL, we choose the Ju/’hoansi Khoe-San as outgroup, because genetic distances between this population and RHG and AGR groups were similar. We merged our imputed SNP genotyping data set with the LSBL data set of the Khoe-San from Schlebusch and colleagues2, and kept 664,661 shared SNPs that presented neither allele mismatches nor allele frequency discordanices (determined by comparing w-AGR with south-Nature Comm. using plink69. We next retrieved SNPs in strong linkage disequilibrium with the HumanOmni2.5 data set of the Khoe-San from Schlebusch and AGR groups were similar. We merged our imputed SNP genotyping data set separately (w-RHG, w-AGR, f-AGR, e-RHG and e-AGR). Ancestral states of the SNPs were determined using the sequence provided by the 1000 Genomes database, which we manually modified to include two recent GWAS of height52

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Author contributions

L.Q. conceived and supervised the study. M.F. designed the analysis strategy and analysed the data, with input from E.P., M.R., M.J.J., M.S.K., L.B.B and L.Q.-M. T.F.R., M.P., M.J.J and K.S.S provided support for the analysis strategy and statistical methods. J.L.M., L.M.M and M.S.K contributed DNA methylation data and performed targeted pyr-me sequencing. H.Q. and C.H. assisted with the genetic analyses. A.F., E.H., A.G., E.B., P.M.-D., J.-M.H., G.H.P and L.B.B contributed to sample collection. L.B.B contributed FACS data. M.F., E.P. and L.Q.-M. wrote the manuscript, with input from all authors.

Additional information

Accession codes: The genotyping data generated in this study have been deposited in the European Genome-Phenome Archive under accession codes EGAS000001000065, EGAS000001000088 and EGAS000001001066. The DNA methylation data generated in this study have been deposited in the European Genome-Phenome Archive under accession code EGAS000001001066.

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