**Supplemental Digital Content 1.** Descriptive statistics of the goodness of fit of the individual linear regressions retained after applying the screening and filtering procedures to the original dataset of the HERITAGE Family Study.

	Univariate approach			Univariate-bivariate blended approach		
	$R^2$	r	SEE	$R^2$	r	SEE
Median	0.971	0.985	4.1	0.991	0.995	2.1
Q1	0.936	0.967	2.7	0.978	0.989	1.3
Q3	0.987	0.993	6.1	0.997	0.998	3.2
Minimum	0.507	0.712	0.1	0.818	0.904	0
Maximum	1	1	19.1	1	1	8.6

 $R^2$ , coefficient of determination; r, coefficient of correlation; SEE, standard error of the estimate (percentage points); Q1, first quartile; Q3, third quartile.