

How can I convert a date of birth to age in Excel, and what are some examples of how to do so?

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In Excel, there are various ways to convert a date of birth to age. One method is to use the DATEDIF function, which calculates the difference between two dates in years, months, or days. Another method is to use the YEARFRAC function, which calculates the number of years between two dates including fractions of a year. Additionally, the TODAY function can be used to automatically update the age calculation based on the current date. For example, if the date of birth is entered as "7/12/1985" and the current date is "9/1/2021," the age would be calculated as 35.

Convert Date of Birth to Age in Excel (With Examples)

You can use the following formulas to convert date of birth to age in Excel:

Formula 1: Convert Date of Birth to Age in Years (e.g. 23 years)

=DATEDIF(A2,NOW(),"y")

Formula 2: Convert Date of Birth to Age in Decimal Years (e.g. 23.567 years)

=YEARFRAC(A2,NOW())

Formula 3: Convert Date of Birth to Age in Years, Months, Days (e.g. 23 years, 6 months, 25 days)

**=DATEDIF(A2,NOW(),"y")&" years,
"&DATEDIF(A2,NOW(),"ym")&" months,**

"&DATEDIF(A2,NOW(),"md")&" days"

Each formula assumes that the date of birth is located in cell A2.

The following examples show how to use each formula in practice with the following list of birth dates in Excel:

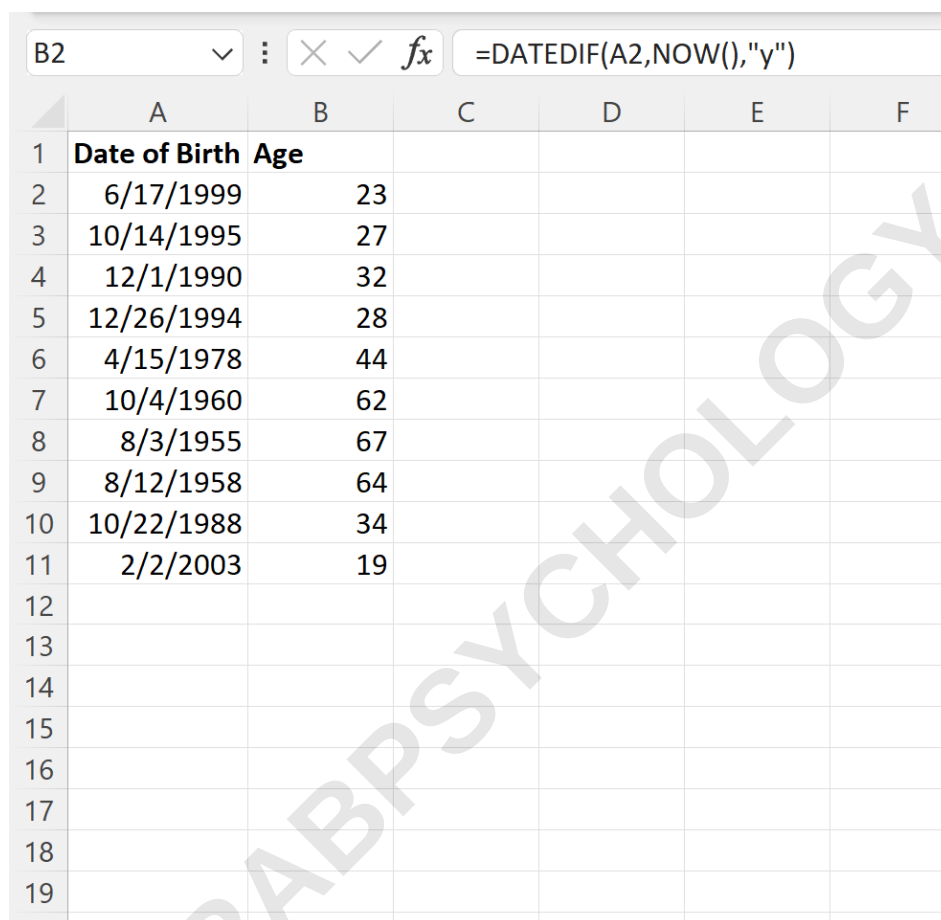
	A	B	C	D	E	F
1	Date of Birth					
2	6/17/1999					
3	10/14/1995					
4	12/1/1990					
5	12/26/1994					
6	4/15/1978					
7	10/4/1960					
8	8/3/1955					
9	8/12/1958					
10	10/22/1988					
11	2/2/2003					
12						
13						
14						
15						
16						
17						
18						
19						
20						

Example 1: Convert Date of Birth to Age in Years

To convert the date of birth to age for cell A2, we can type the following formula into cell B2:

=DATEDIF(A2,NOW(),"y")

We can then click and drag this formula down to each remaining cell in column B:



The screenshot shows an Excel spreadsheet with the following data:

	A	B	C	D	E	F
1	Date of Birth	Age				
2	6/17/1999	23				
3	10/14/1995	27				
4	12/1/1990	32				
5	12/26/1994	28				
6	4/15/1978	44				
7	10/4/1960	62				
8	8/3/1955	67				
9	8/12/1958	64				
10	10/22/1988	34				
11	2/2/2003	19				
12						
13						
14						
15						
16						
17						
18						
19						

The formula bar at the top shows the formula `=DATEDIF(A2,NOW(),"y")` entered in cell B2.

Column B displays the age for each birth date in column A in terms of years.

Example 2: Convert Date of Birth to Age in Decimal Years

=YEARFRAC(A2,NOW())

We can then click and drag this formula down to each remaining cell in column B:

	A	B	C	D	E	F
1	Date of Birth	Age				
2	6/17/1999	23.56667				
3	10/14/1995	27.24167				
4	12/1/1990	32.11111				
5	12/26/1994	28.04167				
6	4/15/1978	44.73889				
7	10/4/1960	62.26944				
8	8/3/1955	67.43889				
9	8/12/1958	64.41389				
10	10/22/1988	34.21944				
11	2/2/2003	19.94167				
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						

Column B displays the age for each birth date in column A in terms of decimal years.

Example 3: Convert Date of Birth to Age in Years, Months, Days

To convert the date of birth to an age in years, months and days for cell A2, we can type the following formula

into cell B2:

=DATEDIF(A2,NOW(),"y")&" years, "&DATEDIF(A2,NOW(),"ym")&" months, "&DATEDIF(A2,NOW(),"md")&" days"

We can then click and drag this formula down to each remaining cell in column B:

B2						
	A	B	C	D	E	F
1	Date of Birth	Age				
2	6/17/1999	23 years, 6 months, 25 days				
3	10/14/1995	27 years, 2 months, 28 days				
4	12/1/1990	32 years, 1 months, 10 days				
5	12/26/1994	28 years, 0 months, 16 days				
6	4/15/1978	44 years, 8 months, 27 days				
7	10/4/1960	62 years, 3 months, 7 days				
8	8/3/1955	67 years, 5 months, 8 days				
9	8/12/1958	64 years, 4 months, 30 days				
10	10/22/1988	34 years, 2 months, 20 days				
11	2/2/2003	19 years, 11 months, 9 days				
12						
13						
14						
15						
16						
17						
18						
19						
20						
21						

Column B displays the age for each birth date in

column A in terms of years, months, and days.

The following tutorials explain how to perform other common tasks in Excel:

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