

How can I use Excel to calculate a person's age on a specific date?

Authored by
stats writer

June 22, 2024

RECOMMENDED CITATION

stats writer (2024). *How can I use Excel to calculate a person's age on a specific date?*. PSYCHOLOGICAL SCALES. Retrieved from <https://scales.arabpsychology.com/?p=147308>

Excel is a powerful tool that can be utilized to easily calculate a person's age on a specific date. By inputting the person's date of birth and the desired date, Excel can automatically calculate the exact age in years, months, and days. This feature can be useful for various purposes such as tracking employee ages, planning events, or simply keeping track of personal milestones. With its user-friendly interface and customizable formulas, Excel provides a convenient and efficient solution for determining a person's age on any given date.

Excel: Calculate Age on a Specific Date

You can use the following formulas to calculate the age of an individual on a specific date based on their date of birth:

Formula 1: Calculate Age in Years (e.g. 60 years)

=DATEDIF(A2, B2, "y")

Formula 2: Calculate Age in Decimal Years (e.g. 60.372 years)

=YEARFRAC(A2, B2)

Formula 3: Calculate Age in Years, Months, Days (e.g. 60 years, 4 months, 14 days)

**=DATEDIF(A2,B2,"y")&" years,
&DATEDIF(A2,B2,"ym")&" months,
&DATEDIF(A2,B2,"md")&" days"**

Each formula assumes that the birth date is located in cell A2 and the specific date of interest is in cell B2.

The following examples show how to use each formula in practice.

Example 1: Calculate Age in Years

We can type the following formula into cell C2 to calculate the age of an individual in years on the date of 5/15/2040, assuming they were born on 1/1/1980:

=DATEDIF(A2, B2,"y")

The following screenshot shows how to use this formula in practice:

	A	B	C	D	E
1	Date of Birth	Specific Date	Age		
2	1/1/1980	5/15/2040	60		
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					

We can see that an individual who was born on 1/1/1980 will be 60 years old on 5/15/2040.

Example 2: Calculate Age in Decimal Years

We can type the following formula into cell C2 to calculate the age of an individual in decimal years on the date of 5/15/2040, assuming they were born on 1/1/1980:

=YEARFRAC(A2, B2)

The following screenshot shows how to use this

"&DATEDIF(A2,B2,"md")&" days"

The following screenshot shows how to use this formula in practice:

	A	B	C	D	E
1	Date of Birth	Specific Date	Age		
2	1/1/1980	5/15/2040	60 years, 4 months, 14 days		
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					

We can see that an individual who was born on 1/1/1980 will be 60 years, 4 months and 14 days old on 5/15/2040.

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