How do I calculate the average age in Excel? Can you provide an example?

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Calculating the average age in Excel is a simple and efficient way to analyze a set of ages and determine the overall average age. To do so, you can use the AVERAGE function, which takes the sum of all ages and divides it by the total number of ages. For example, if you have a list of ages in cells A1 to A10, the formula would be =AVERAGE(A1:A10). This will give you the average age of the 10 individuals. By using this function, you can easily calculate the average age of any group of people or data set in Excel.

Calculate Average Age in Excel (With Example)

Often you may want to calculate the average age in Excel based on a list of birth dates.

For example, suppose you would like to know the average age of people in the following dataset:

	A	B	C	D	E
1	**Name**	**Date of Birth**			
2	Andy	1/1/1950			
3	Bob	3/15/1955			
4	Chad	4/12/1958			
5	Doug	12/20/1966			
6	Eric	11/25/1970			
7	Frank	11/27/1975			
8	Greg	10/1/1988			
9	Henry	10/12/1995			
10	Isaac	5/15/2004			
11	John	5/18/2005			
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The following step-by-step example shows how to calculate the average age.

Step 1: Enter the Data

First, let's enter the date of births for 10 individuals:

	A	B	C	D	E
1	**Name**	**Date of Birth**			
2	Andy	1/1/1950			
3	Bob	3/15/1955			
4	Chad	4/12/1958			
5	Doug	12/20/1966			
6	Eric	11/25/1970			
7	Frank	11/27/1975			
8	Greg	10/1/1988			
9	Henry	10/12/1995			
10	Isaac	5/15/2004			
11	John	5/18/2005			
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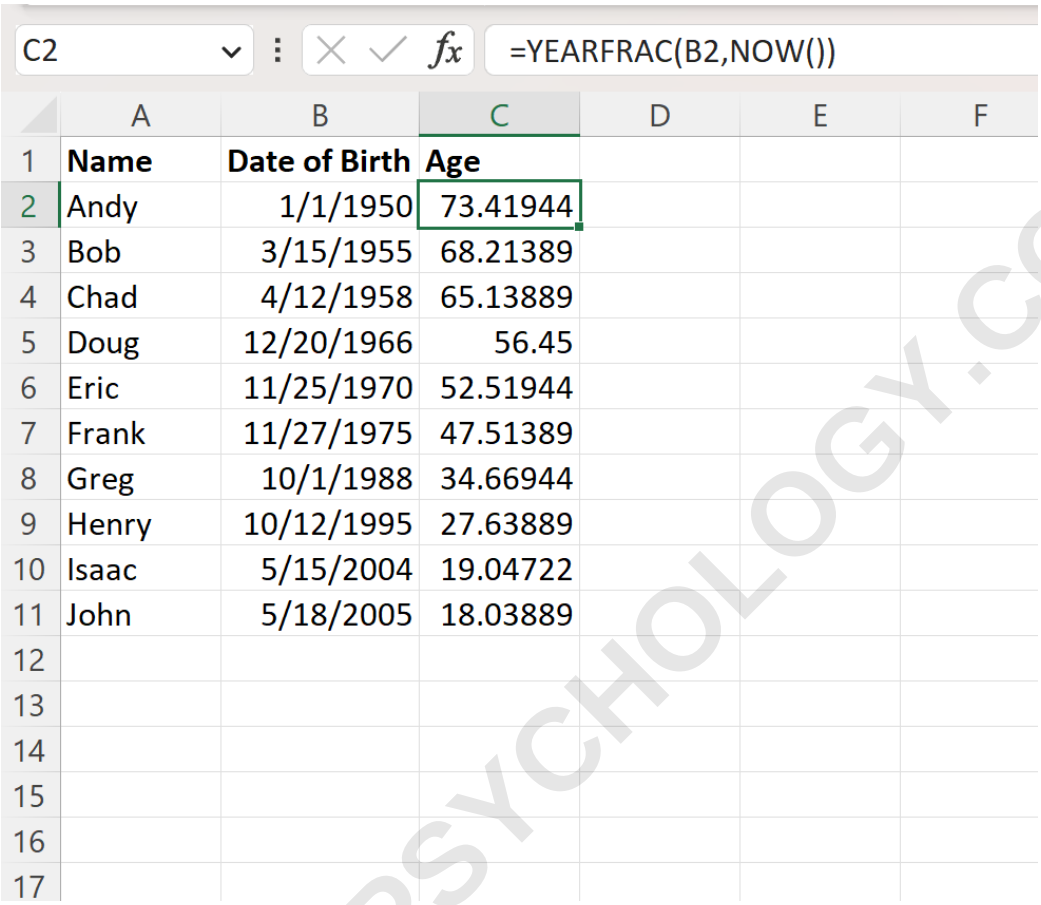
Step 2: Convert Date of Birth to Age

Next, we can type the following formula into cell C2 to calculate the age of the first individual:

=YEARFRAC(B2,NOW())

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



	A	B	C	D	E	F
1	**Name**	**Date of Birth**	**Age**			
2	Andy	1/1/1950	73.41944			
3	Bob	3/15/1955	68.21389			
4	Chad	4/12/1958	65.13889			
5	Doug	12/20/1966	56.45			
6	Eric	11/25/1970	52.51944			
7	Frank	11/27/1975	47.51389			
8	Greg	10/1/1988	34.66944			
9	Henry	10/12/1995	27.63889			
10	Isaac	5/15/2004	19.04722			
11	John	5/18/2005	18.03889			
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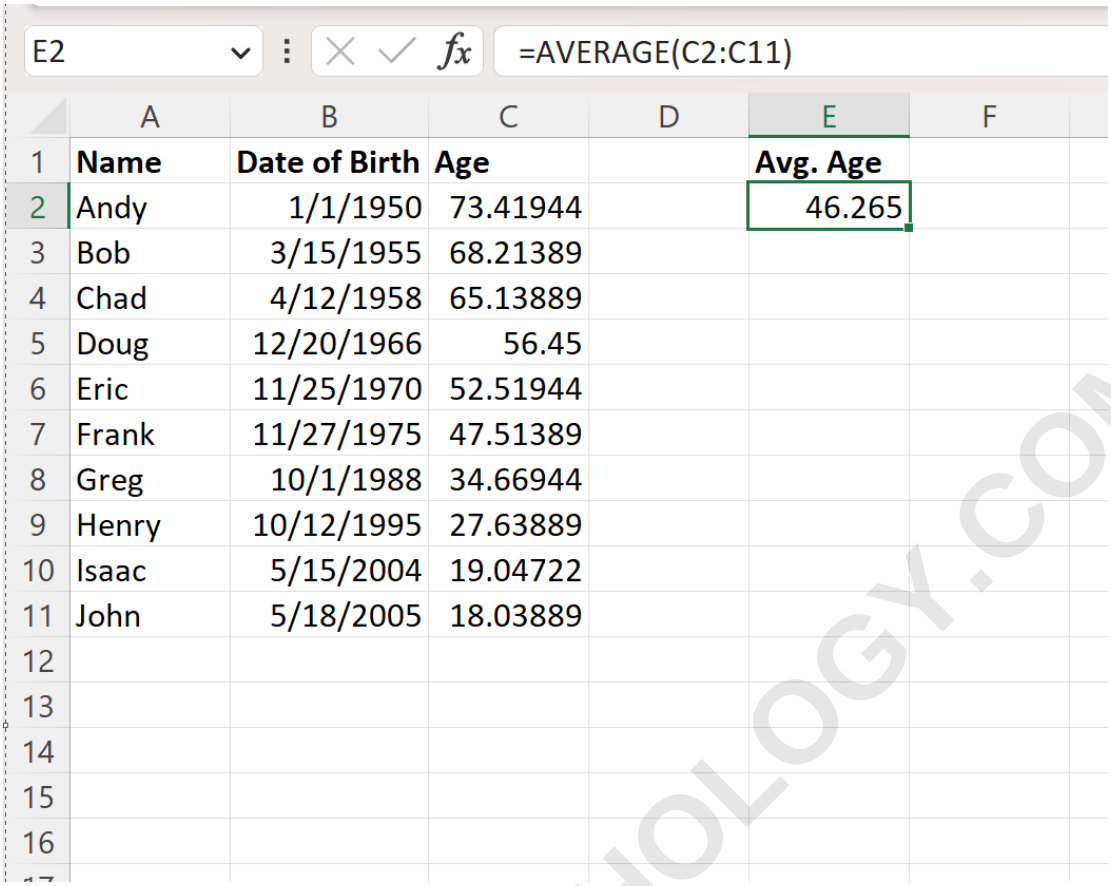
Step 3: Calculate Average Age

Next we can type the following formula into cell E2 to calculate the average age of all individuals in this list:

=AVERAGE(C2:C11)

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



	A	B	C	D	E	F
1	**Name**	**Date of Birth**	**Age**		**Avg. Age**	
2	Andy	1/1/1950	73.41944		46.265	
3	Bob	3/15/1955	68.21389			
4	Chad	4/12/1958	65.13889			
5	Doug	12/20/1966	56.45			
6	Eric	11/25/1970	52.51944			
7	Frank	11/27/1975	47.51389			
8	Greg	10/1/1988	34.66944			
9	Henry	10/12/1995	27.63889			
10	Isaac	5/15/2004	19.04722			
11	John	5/18/2005	18.03889			
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If you would instead like to display the average age in terms of years and months, you can type the following formula into cell F2:

=INT(E2) & " years, " & INT((E2-INT(E2))*12) & " months"

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

F2 =INT(E2) & " years, " & INT((E2-INT(E2))*12) & " months"

	A	B	C	D	E	F
1	**Name**	**Date of Birth**	**Age**		**Avg. Age**	**Avg. Age in Years & Months**
2	Andy	1/1/1950	73.41944		46.265	46 years, 3 months
3	Bob	3/15/1955	68.21389			
4	Chad	4/12/1958	65.13889			
5	Doug	12/20/1966	56.45			
6	Eric	11/25/1970	52.51944			
7	Frank	11/27/1975	47.51389			
8	Greg	10/1/1988	34.66944			
9	Henry	10/12/1995	27.63889			
10	Isaac	5/15/2004	19.04722			
11	John	5/18/2005	18.03889			
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We can see that the average age of these individuals is 46 years and 3 months old.

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