



Dr. Elizabeth Tilson to join Nurture NC

[Nurture NC](#) (NNC) is pleased to announce that Elizabeth Cuervo Tilson, MD, MPH will join as Executive Director, effective October 1, 2025. Dr. Tilson brings strong subject matter expertise in maternal and infant health, along with deep experience in forging public-private partnerships and advancing collaborative work across the state. Dr. Tilson is board-certified in Pediatrics and Preventive Medicine, and holds a Master of Public Health degree in Maternal and Child Health. She most recently served as the NC State Health Director and Chief Medical Officer for nearly eight years in the NC Department of Health and Human Services.

NNC is a statewide multi-sector collaborative initiative dedicated to improving maternal and infant health outcomes in North Carolina. By bringing together senior leadership from government, healthcare, non-profit community-based organizations, insurance providers, academia, philanthropy, community voice, and private business, NNC aims to foster an evidence-based and coordinated approach to advancing maternal and infant health. Three initial focus areas have been identified where coordinated action can address systemic barriers and build on existing momentum and stakeholder support: Maternal Health Workforce, Rural Access, and Public Policy.

Liz Star will continue her leadership role as Founder/President of the HopeStar Foundation and serve as Board Chair of NNC. Shannon Dowler, MD, will continue with NNC as Advisor, Strategic Policy Initiatives, working in partnership with the NNC Advisory Board.

NNC has been supported by the HopeStar Foundation, Dogwood Health Trust, and the North Carolina Maternal Health Funders Collaborative.